

# EID & CTA Contact

Eastern Iowa Dressage &  
Combined Training Association is a USDF Group  
Member Organization • Members automatically  
become USDF Group Members



For more information contact: [eidcta@mwnet.com](mailto:eidcta@mwnet.com) or <http://www.mwnet.com/eidcta>  
Barb Putnam, *President* at 319.626.2516 or Nancy Barta, *Vice President* at 319.362.2846

## SPRING 2002

### PREVIOUS MEETINGS

**February** was **Carole Gauger** on **Classical Riding**. Carole owned, bred, raised and trained Lipizzan horses and she work with trainers at the Spanish Riding School. She helped form a US registry for Lippizans. Her career has been amazing but yet the credit is always given to the kindness and talent of the horses she has worked with. To say this was a great lecture is just not enough. As one member noted, our group has never been so quiet and still during a talk. We all hung on every word she said. Thank you Carole and we hope you can come back soon!

In **March Mandy Johnson** gave an overview of the **USDF Young Rider** program and took many questions about how to get involved. Mandy has been involved for years and told of us about the friends and knowledge she gained.

A USDF Junior/Young Rider is anyone age 21 and under. This is true for USDF membership, awards and competition. There is information on the USDF website at <http://www.usdf.org>

For international competition, the Federation Equestre International (FEI) distinguishes between Juniors and Young Riders. FEI Junior: Anyone may compete as a Junior from the beginning of the calendar year in which she/he reaches 14 until the end of the year in which she/he reaches 18. FEI Young Rider: A rider may compete as a Young Rider from the beginning of the calendar year in which she/he reaches 16 until the end of the calendar year in which she/he reaches 21.

USDF Junior/Young Riders compete at USDF recognized dressage shows in special divisions just for Jr/YRs. There is a Regional Championship each year. If you qualify for the team you can compete in the North American Young Riders Championships (NAYRC). This show has teams from Canada, Mexico, and the United

States competing in an Olympic-style event in dressage, 3-day eventing, or show jumping. The riders earn team and individual bronze, silver and gold medals judged by five international officials.

They also have there own national Junior/Young Rider Executive Board.

To Mandy by far the best part of being a Jr/YR for Mandy has been the opportunity of riding in clinics and going to the symposiums with Germany's Conrad Shcumacher. Mandy spoke passionately of Mr. Shcumacher teachings and lectures. She outlined these quotes and principles and went through each explaining how they were presented and what they mean to horse and rider. She took many questions on these training concepts and spoke on the training pyramid and her own applications.

### Conrad Shcumacher Quotes:

- "The middle is the truth"
- "You can correct everything with a volte"
- "Never ride with force"

### Principles of Training

1. Go to the limit but not over
2. Prepare smartly
3. Don't repeat too often
4. Reward and correct
5. Punishment - DON'T DO IT
6. Use the Scale of Training
7. Keep the horse happy

### The Training Concept

1. PREPARE
2. DO IT
3. REWARD
4. Don't forget the limit

### To Be Successful

1. Things must be correctable
2. Things must be repeatable
3. Things must be perfectible

Thanks Mandy for a great lecture!



## More on Schumacher

**Conrad Schumacher** will return to the United States this spring to conduct another series of USDF Advanced Young Riders/ Junior Riders Clinics. The clinics will be presented at nine locations, enabling USDF members from across the country to participate.

**Don't miss this opportunity to audit!  
The closest locations for us are:**

### **April 21-23, 2002 - Region 4**

Pine Meadow Farm in Delano, MN.

Organizer: Maryanne Mahowald - (320)253-3154 or email mmahowald612@astound.net

### **April 25-27, 2002 - Region 2**

Tempel Farms in Wadsworth, IL,

Organizer: Angie Bodnar (847)244-5330

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## A Letter to Young Riders

Dear Fellow Region 4 Junior/Young Riders:

The 2001 USDF Convention marked the beginning of my term on the USDF Junior/Young Rider Executive Board. I look forward to representing you in the next two years both within the region as well as on a national level. My main goals within the region are to improve communication among junior/young riders and create more educational opportunities. To accomplish both of these objectives, I need your input. Please contact me via e-mail, telephone, or mail.

Several means of communication that currently exist can be used more effectively while creating others would also be beneficial. GMOs and their newsletters, the Region 4 Newsletter, and the USDF Connection are great distributors of information. If your GMO does not have a junior/young rider contact, this is a great way to get involved. Please submit anything you would like to see in this newsletter to me, and let me know what else would be of interest for this page. Check the USDF Connection for bi-monthly updates on other regional Jr/YR activities. Unfortunately, these print media take some time and do not allow for discussion. The internet is a logical solution for these disadvantages. Some online ideas I have include creating an e-mail discussion list and a website.

For the first time, Mr. Conrad Schumacher is coming to Region 4! An unbelievable opportunity exists not only for the participants in this clinic, selected junior/young riders at at least Third Level, but for auditors as well. You will receive information on applying in the mail. Don't miss out on this excellent learning opportunity by registering to audit today. Go to [www.usdf.org/programs/yr\\_clinics/index.html](http://www.usdf.org/programs/yr_clinics/index.html) for more information on this clinic held in Minnesota April 21-23, 2002. A clinic series is one idea I have to increase educational opportunities in the region for riders 21 and under. Another is

a camp run by Advanced YRs for Jr/YRs. I need to know what you would be interested in.

Some ideas I have presented here are those I have come across. With all of your ideas, I am optimistic that as a team we can make great strides in junior/young rider dressage throughout the region. I urge all of you to get involved. I can be reached at [owner\\_maggie@yahoo.com](mailto:owner_maggie@yahoo.com), (316) 733-8475, or 1117 Terradyne Ct., Andover, KS, 67002. Please let me know what you think, because without your ideas and input, my position representing you serves no purpose.

Sincerely,

Elizabeth Barclay, Your Region 4 Junior/Young  
Rider Executive Board Representative

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## Do what I mean not what I say . . .

When instructors say "keep your hands still" a rider might mistakenly think that means still in relationship with their body, but a still hand stays in the same place relative to the horse.

There needs to be quite a bit of movement in the elbows and arms to achieve a 'still' hand, especially as a rider's body moves to post the trot. If a rider tries to keep her hands still by tensing the fingers, wrists, elbows, shoulder or arms, the hands then follow the movement of the rider's body and lose their placement relative to the horse. While you are rising and sitting for the post your horse is not to follow your hand movement, but is to continue the same steady forward trot with his head in the same spot. This is much easier for the horse to do when the bit in his mouth is not being jerked around. If your hands rise and fall as you post the horse will feel it and will respond with some inconsistent rein contact of his own. Moving your hands with your body causes your hands to bounce, pull, and basically be everything *but* still. As a rider's body moves to post or accept the concussion of the horse's gait, there must be flexion in the rider's joints and muscles. Riders are allowed to move their bodies, but their hands must stay with the horse.

Try this exercise. From a posting trot put your hands on top of the saddle pommel or, if your arms are long enough, put them on the horse's withers. Keep your hands there and continue to post. Feel the way your elbows and other joint and muscles must flex to allow your body to go up in the post (elbows extend) and back down into the saddle (elbows bend). This feeling is a 'still' hand. It stays completely with the horse's movement instead of following the rider's body. From the ground people will say that your hand is steady, still, quiet or soft because it is following the horse's movement. The horse will relax into a steady contact and be able to stay on the bit because your hands are still and consistent.

# IaDCTA/EID&CTA Adult Dressage Camp

## May 17,18,19<sup>th</sup>, 2002

At the Iowa Equestrian Center, Cedar Rapids, Iowa

IaDCTA and EID&CTA are proud to announce that we will be holding an adult dressage camp May 17, 18,19<sup>th</sup>, 2002. This is a wonderful opportunity to come and be immersed in 3 days of riding, auditing and lectures from three wonderful USDF certified instructors. The cost of camp includes hotel, food, stabling, and 6 lessons (3 semi-private and 3 private) as well as lectures and handouts. Auditors are also welcome, with various packages offered. The camp will take place in the new Iowa Equestrian Center in Cedar Rapids Iowa. This facility features a 200x100 indoor arena with bleacher seating, a great sound system, an indoor staging area, all of which is connected directly to the stabling area. There is also a 170x300 outdoor arena as well, which may be used if we desire to be outside. The facility is climate controlled.

Your clinicians will be:

**Beth Baumert**, CT, USDF certified instructor to 4<sup>th</sup> level who is also one of the editors of Dressage Today and has taught at the NDA camps before. She also runs an active farm in Connecticut with her daughter...

**Jennifer Baumert**, CT, who is also USDF certified to 4<sup>th</sup> level and is one of the up and coming riders in the US right now. She has been featured several times in Dressage Today and also in several videos, and was selected to ride in one of the USDF symposiums.

**Kristi Wysocki**, CO, is a USA Equestrian "r" judge and USDF certified instructor. She has won numerous regional and national awards, from training through FEI. She evented as a teenager, but turned her focus to dressage when she moved to Alaska in the 80's. She currently lives in Colorado where she and her husband run their farm. She has taught at numerous adult camps. She finds that students "let down their hair" and have more fun then at clinics- and end up learning even more.

**Sign up today so you don't miss this great opportunity!**

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### Adult Camp Auditor Application

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

\_\_\_\_ Auditor Package #1:

Hotel room for Friday and Saturday, Meals Friday- Sunday, Evening Lectures and Ride Auditing. Cost: \$150

\_\_\_\_ Auditor Package #2:

Hotel Room for Saturday only, Meals Saturday and Sunday, Saturday evening lectures and Ride Auditing. Cost: \$100

\_\_\_\_ Auditor Package #3:

No hotel, meals and ride auditing for two days plus Saturday evening lecture. Cost: \$50

\_\_\_\_ Auditor Package #4:

Breakfast, lunch and ride auditing for one day. Cost: \$25

Other arrangements may be available for spouses, etc. Contact Dana McCullough at (515)292-9403 for information.

Please mail this completed form with your check to: Dana McCullough  
2054 Cessna St.  
Ames, IA 50014



## FUTURE MEETINGS . . .

**Tuesday, April 2, 2002 7 PM**  
Sheryl Stillions of Wright-Way Trailers on Horse Trailers at Kirkwood's Washington Hall

**Tuesday, May 7, 2002 7 PM**  
Braiding Demo at Lyse & Tom's barn

**Tuesday, June 4, 2002 7 PM**  
Dressage topic at Ellen Mahaney's barn

**Tuesday, July 2, 2002 7 PM - TBA**

**Tuesday, August 6, 2002 7 PM**  
Annual feeding frenzy. We are thinking of having at Rookies in North Liberty.

**Tuesday, September 3, 2002 7 PM**  
(Tentative) Driving Demo at Barb Hall's

**Tuesday, October 1, 2002 7 PM**  
Vet talk by Dr. Kirk Heisterkamp at River Basin Equine

**Tuesday, November 5, 2002 7 PM - TBA**

**Tuesday, December 3, 2002 7 PM**  
Tack & Yak at Saddle & Leather

## WHAT'S HAPPENING?

**March 29 - 31**  
Amanda Magruder Clinic at Free Rein

**Saturday, May 4, 2002**  
Wind's Reach Cross Country Schooling Clinic

**Sunday, May 5, 2002**  
Wind's Reach Dressage Schooling Show and CT Show

**May 17 - 19, 2002**  
IaDCTA and EID&CTA Adult Dressage Camp

**May 27, 2002**  
Carol's Dressage Show at Kirkwood.

**Sunday, July 7, 2002**  
Wind's Reach Dressage Schooling Show a and CT Show

**September 7 & 8, 2002**  
Wind's Reach Dressage Schooling Show and Horse Trials

**September 14 & 15, 2002**  
TRPC Annual Schooling Horse Trials



Megan Ward  
1228 Hertz Drive, SE  
Cedar Rapids, IA 52403

Our web site has been updated  
<http://www.mwnet.com/eidcta>