

Contact EIDEA

April / May 2011 • Eastern Iowa Dressage & Eventing Association • www.mwnet.com/eidea • eidea@mwnet.com

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My Florida Adventures 2011

By Anne Cizadlo

As many of you may know, I was lucky enough to spend the better part of 3 months in Florida this winter. I traveled down here with 4 horses – my now 7 year old Oldenburg gelding Lord Luschi, Katie Wills' 9 year old Selle Francais stallion, Night Heist, and two of Lois Pienkos' horses, her 11 year old gelding Keen and Keen's 17 year old mother, Wink. We arrived on December 19 and will return home at the end of March.

It has been an adventure and a half! My main goal this season was to spend 3 months training with Robert Dover. Robert is a 5 time Olympian and one of the most decorated riders in the country and has students who are also quite successful.

We started with a couple lessons where Robert essentially ran me through several exercises to see how Luschi and I could handle them and to see where we were in our training. During those first two lessons, he told me that my horse was quite talented, yet could also easily "fall off the path" and become an orangutan using his talents against me if I wasn't careful with the training. He wanted me to add quantity to his nutrition (up his feed) to help put on some muscle. Starting in the second week here, I changed from 2 feedings a day to three, and a couple weeks later, we added a fourth feeding. My horse was eating like a growing teen-age boy! We also added oil and muscle builder to his diet.

Our original 3-day-a-week plan quickly turned to 5 days a week, full training so Robert could watch every step. On the third ride, Robert rode Luschi. He wanted to teach Luschi how to trot with more cadence. He rode Luschi about once a week during that first month and then let me do all the riding!

The main emphasis of that first month was trot with cadence. It took some tension and some pressure, but eventually Luschi wouldn't have any flat steps in the trot. Huge obstacle number one accomplished! In the canter, we were also building strength using a 5-loop serpentine. Again, we had to do about 10,000 times before we could get all the canter strides the same and not get fast and slow, swinging our haunches around, and throwing in a flying change every once in a while. We mostly did straight lines and a few power steps, but mostly just trying for steady strides in the trot and the canter. We are still working on this piece.

The other changes in the first month were with the saddle. We attempted to refit my saddle to Luschi's back, and in the process discovered that he was a little sore. I started having some deep tissue massage done on him by Robert Salvetti. He is an absolute genius when it comes to massaging horses. He knows just how much pressure to put on and how long to hold it. He found all the tight spots. Even Robert noticed a difference the next day after he had the massage. Luschi has been on a regular massage schedule



ever since. After multiple attempts, we were still unsatisfied with the saddle fit, so I test rode in a new saddle and that seemed to do the trick. So, I think that we finally have all the pieces working together – feed, ice boots, new saddle, massages, minor anti-inflammatory drugs after hard workouts and really, really good training.

In the second month, we added a more solid element of power. We have been stressing the extensions at the trot and canter working for straightness, even contact on both reins and steady balance, all on the cadenced trot and powerful canter. During the second month, we often started with the canter work to build his confidence since the canter is a bit easier than the trot. We would start with some medium canter, steady and straight. Then work into our 5-loop serpentines. Then maybe a half-pass across the arena to a counter-canter and a flying change on the rail. That routine sounds pretty easy and straightforward, but Robert has very high expectations. He wants the horse to be powerful, steady and straight every step around the arena. The flying change needs to be straight, uphill, calm, and expressive. My horse is a little more squirmy and explosive than he should be, so we would often have to do about 20 changes before we got one that Robert liked. During walk breaks I needed to be monitoring the speed, relaxation, swing and attention span of my horse (no mental rest here for me!). Then we would work on the trot. Starting with cadence

and steady power, we would add in some medium trots (usually many long sides until he got it right!) then a few shoulder-ins, haunches-ins, maybe a half-pass across the diagonal, then back to the medium trots. Muscle building every day!

One day in the second month, Robert wanted us to take our lesson at the horse show. We had to trailer to the show, park a long hike from the ring, then walk through the flapping stabling tents into the main arena to drop off my headset to Robert who (of course) was sitting in the judge's box at "C" teaching someone else's lesson. We walked around a strange arena once on foot, then a few times under saddle (scoreboard, 5 judge's boxes, flowers, 10 other Grand Prix horses in the ring) and then Robert turned on my headset and told me to come in the ring and warm up. YIKES! Here were about 8 other riders all warming up for their CDI classes the next day and little ME trying to take a lesson on a horse I can barely keep straight, much less out of anyone's way! It felt like bumper cars anyway, and my horse was a little tense and Robert was expecting the same work as we had the day before at home. Additionally, in the middle of my ride, a storm blew through. I was in a covered arena, so the rain didn't bother us, and the roof was insulated so it wasn't too loud, plus I was really busy so Luschi didn't really notice the tornadic winds blowing outside. Luckily I was too overwhelmed to notice the insanity and I just did what he told me and tried not to crash into anyone.

This third month is proving to be the toughest. About the time I get something under my belt, Robert drops it and makes the exercises harder. Now he has added in more reliable extensions, some working canter pirouettes, even straighter counter-

canter exercises, and 4-tempi and 3-tempi changes. He wants to Luschi on my aids (not anticipating) and is performing the exercises the way that he should. He increases the expectations daily.

During the beginning of the third month, we once again went to the show grounds for our lessons. Of course, this was a new show grounds. More flapping tents, another 3 miles to hike from the trailer to the warm-up ring and more open fields. This time, I had Katelyn Sheen with me. She had come for a visit and really helped me. Luschi felt quite secure following her through the maze at the show, and, best yet, Katelyn could track down Robert to give him the headset! Robert zips around on a golf cart, so he's tough to catch. The wind was blowing about a hundred miles an hour, but no rain. Again, once Luschi gets in the arena and goes to work, the weather conditions don't really bother him.

One thing about Robert is that he is brutally honest. He says exactly what he thinks about anything anytime. It is sometimes difficult to hear repeatedly that you don't have something right yet, but at the same time, if you have tough enough skin, you can improve greatly with the feedback. The lessons aren't for the faint of heart, but I'm really appreciative of his determination and honest interpretation of what is happening. If you want to hear a little extra part of Robert, you can always tune into his radio show on Tuesdays from 6 PM until 8 PM Eastern time on his website www.doversworld.com. I usually get a little preview of the radio show in my lesson since I am typically the last Tuesday lesson before he goes to air the show!

I will absolutely spend more time working with Robert, so look for more updates in the future!!

Our sympathies to

Merril Klemm

on the loss of

his wonderful

gelding, Airyn.

Airyn was born on

March 1, 1986.

After a bout of colic

he was euthanized on

March 4, 2011.

He is deeply missed.

**To get email notices you must
sign up with the member only
EIDEA-NEWS Yahoo group at [www.
yahogroups.com](http://www.yahogroups.com).**

**Contact Judy Nauseef at
319-338-9207 or judyn@hughes.net
for help with signing up.**

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Deadline: May 15, 2011.

Carol Eilers, 319-365-7314 or
Aplznoats@aol.com.

Subscription forms at:
www.applesnoats.com

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Calendar of Events

Local Shows & Clinics

April 14, 15 & 17

Janet McCune Clinic at SpringRise Farm, Central City, IA & Wolf Ridge Farm, Kalona IA. Contact Lois Pienkos at 319-438-6460 or pienkyl@aol.com

May 7

Warm-Up to the Classics Schooling Show, Cumming, IA. Info at iadcta.org

May 14 - 15

Event Derby and Eric Dierks Clinic at Leamanach Farm, 2727 Dubuque Street, North Liberty, IA. Info at lisamarielishop.com

Tamarack Stables Shows

(info at tamarackstablesiowa.com)

Saturday May 21st, 2011 - Dressage

Sunday May 22nd, 2011 - Jumping

Saturday June 25th, 2011 - Dressage

Sunday June 26th, 2011 - Jumping

Saturday August 27th, 2011 - Dressage

Sunday August 28th, 2011 - Jumping

Catalpa Corner Horse Park Shows & Schooling

(info at catalpacorner.org)

May 28-30 Tune-Up Weekend

July 30-31 Open XC Schooling

September 10-11 Fall Move-Up Weekend

June 16-19

GRCHA Centered Riding Clinic with Carol Wilson at DreamCatcher Stable

July 17-18

Iowa Games, Ames, IA. Info at iadcta.org

Exhibitions & Fairs

April 15-17 Midwest Horse Fair, Madison, WI, Steffen Peters is one of the clinicians. See midwesthorsefair.com

April 29-May 1

Minnesota Horse Expo, St. Paul, MN See mnhorseexpo.org

April 28-May 1

Rolex Kentucky Three-Day Event www.rk3de.org

Clinics

May 6-8, Jun 24-26, July 29-31, Sep 30- Oct 2, Oct 21-23

Janet Foy Clinics, Judd's Green Meadow Farm, Belleville WI. Contacts: Mary Hanneman: 608-712-0975, mahanneman@gmail.com or Caryn Vesperman: 608-455-2208, or touchstonefarm@gmail.com

USDF Advanced Instructor Workshop Series

Training thru 2nd Level, host: Brandywine Farm

May 14 -15, 2011 Riding & Training with Ann Guptill

July 16 -17, 2011 Lungeing with Bailey Cook

Sept 24 - 25, 2011 Teaching with Sarah Geikie

Levels of participation: participating instructor, par-

ticipating auditor, preregistered silent auditor, silent auditor. Contact Colleen Holden at colleenholden@comcast.net or HoldenDressageTraining.com

October 1-2, 2011

Debbie McDonald Clinic hosted by CSDEA at the University of Minnesota Leatherdale Equine Center, St. Paul, Minnesota. Contact Mindy Lenz at 952-887-8376 or melinda.lenz@toro.com

2011 USEA Recognized Shows

May 14-15

Mill Creek Pony Club H.T. at Longview

Open Date: Mar 29, 2011 / Close Date: Apr 26

May 20-22

Otter Creek Spring H.T.

Open Date: Apr 05, 2011 / Close Date: May 03

May 28-29

Briar Fox Spring H.T.

Open Date: Apr 12, 2011 / Close Date: May 10

Jun 06 Carriage House Farm Combined Test

Jun 11-12 Queeny Park H.T.

Jun 18-19 Silverwood Farm Spring H.T.

Jun 25-27 Fox River Valley Pony Club H.T.

Jul 10 Wayne DuPage H.T.

Jul 16-17 Roebke's Run H.T.

Jul 23-24 Briar Fox Farm Summer H.T.

Jul 23-24 Hunter Oaks H.T.

Jul 30-31 Catalpa Corner Charity Horse Trial

Aug 06-07 Silverwood Farm Summer H.T.

Aug 12-14 Otter Creek H.T.

Aug 26-28 Heritage Park Classic 3-Day & H.T.

Sep 03-04 Silverwood Farm Fall H.T.

Sep 03-04 Steepleview H.T.

Sep 17-18 Dunnabeck H.T.

Sep 23-25 Otter Creek Fall Horse Trial

Oct 07-09 Roepke's Run H.T.

Oct 29-30 Briar Fox Fall H.T.

2011 USDF Recognized Shows

May 7 & 8

Kansas City Dressage Society Dressage At Longview I & II, Kansas City, MO
www.kansascitydressage.com

May 21 & 22

34th Annual Cornhusker Classic I & II, Lincoln, NE
www.NebraskaDressage.org

May 28 & 29

Bara Trac I & Bara Trac I Too Dressage, Mason City, IA
www.dressageshowinfo.com

June 4 & 5

Kansas Dressage & Eventing Association Spring I,

Hutchinson, KS

June 4 & 5

St. Croix Classic, Lake Elmo, MN

June 11 & 12

Dressage At Alpine I & II, Long Lake, MN
www.dressageshowinfo.com

June 17 - 19

Sun Dance Dressage I & II, Lake Elmo, MN

June 17 - 19

SLADS Summer Dressage Festival I & II, Lake Saint Louis, MO
www.slads.org

June 18 & 19

Iowa Dressage Classic I & II, Cumming, IA
http://iadcta.tripod.com

June 24 - 26

Dressage Lite & Lite Too, Mason City, IA
www.dressageshowinfo.com

July 15-17

Midsummer Dressage Show, Lake Elmo, MN

July 16 & 17

Briar Fox Farm Summer Dressage, Augusta, KS
www.thehorsefarm.com

August 6-7

Bara Trac II & Bara Trac II Too, Mason City, IA
www.dressageshowinfo.com

August 20

Summer Fest Breed Show, Cleveland, MO
midamericasporthorse.com

August 27 & 28

Northern Lights Dressage, Lake Elmo, MN

August 27-28

Centerline Dressage Classic I and II, Springfield, IL. Jeanne Craven at mowanda@aol.com or centerlinedressage.com

September 9 - 11

Great American/USDF Region 4 Championships & Midwest Regional Championship And Open Show, Mason City, IA
www.dressageshowinfo.com

September 17 & 18

CSDEA Dressage Festival & Championship, Lake Elmo, MN www.csdea.org

September 24 & 25

Briar Fox Farm Labor Day Dressage, Augusta, KS
www.thehorsefarm.com

September 24

AAALSHA Open Dressage Show, NEC, Lake St Louis, MO. Nancy Nathanson at 805-448-3027 or andalusian-lustano-alliance.com. This show is open to all breeds.

October 8-9

SLADS Fall Festival, NEC, Lake St. Louis, MO. Sandy Lewis at sandy.marnie@att.net.



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



NEXT MEETINGS

TUESDAY, MAY 3RD, 2011, 7 PM (social time 6:30 - 7)
SAFE TRAILERING by SARAH HAUSCHILD AT KIRKWOOD'S IOWA EQUESTRIAN CENTER PARKING LOT
Sarah Hauschild of Wolf Ridge Farm will lead our May 3 meeting on the topic Safe Trailering. We will meet in the parking lot of the Kirkwood Equestrian Center. Come to learn or refresh your knowledge before the show season and trail riding starts for most of us. Sarah has years of experience of hauling horses. She will review preparations for hauling and for emergencies. This will include preparing your towing vehicle. We will have a bumper pull and a gooseneck trailer and a diesel and a non-diesel vehicle. She will demonstrate hitching both types. Contact Judy Nauseef with any questions, 319-330-8143. *In case of severe weather we will cancel the meeting.*

Directions from the North: Take I380 to the US-30 E/ US-151 N exit- exit number 16- toward MT VERNON.

Keep RIGHT at the fork in the ramp. Turn RIGHT onto KIRKWOOD BLVD. SW. You will go pass the main campus entrance. Turn left onto 76th Street. Turn right at the Iowa Equestrian Center entrance.

Directions from the South: Take I380 to Wright Brothers Blvd. (the Airport Exit) turn right. At the stop sign turn left onto Kirkwood Blvd.. At stop sign turn right onto 76th Street. Turn right at the Iowa Equestrian Center entrance.

TUESDAY, JUNE 7TH, 2011, 7 PM (social time 6:30 - 7)
GYMNASTIC JUMPING & INTRODUCING LIVERPOOLS BY LISA MARIE BISHOP AT LEAMENACH FARM,
2727 Dubuque Street North Liberty Iowa (It was Free Rein)

We say dressage is always about the basics. So it is for jumping too. Gymnastic jumping not only teaches horse and rider valuable skills it builds physical strength. Lisa will lead demonstration riders through exercises and explain why and how they work. Time permitting Lisa will explain how to introduce a horse to Liverpool jumps.

Directions from I-380: Take Exit 4 / West Penn Street to North Liberty. Turn Right at Highway 965 (traffic lights). Go to the next set of lights and turn left onto West Zeller Street. Go to the end and turn right onto Dubuque Street. The speed limit goes up to 50. There will be a large curve as you pass North Liberty Road. Farm will be on the right.

Directions from I-80: Take the Coralville exit 242. Go south on 1st Avenue for 3 miles. There will be a roundabout. The road name changes to North Liberty Road. Turn right onto North Dubuque Street. Farm will be on your right.