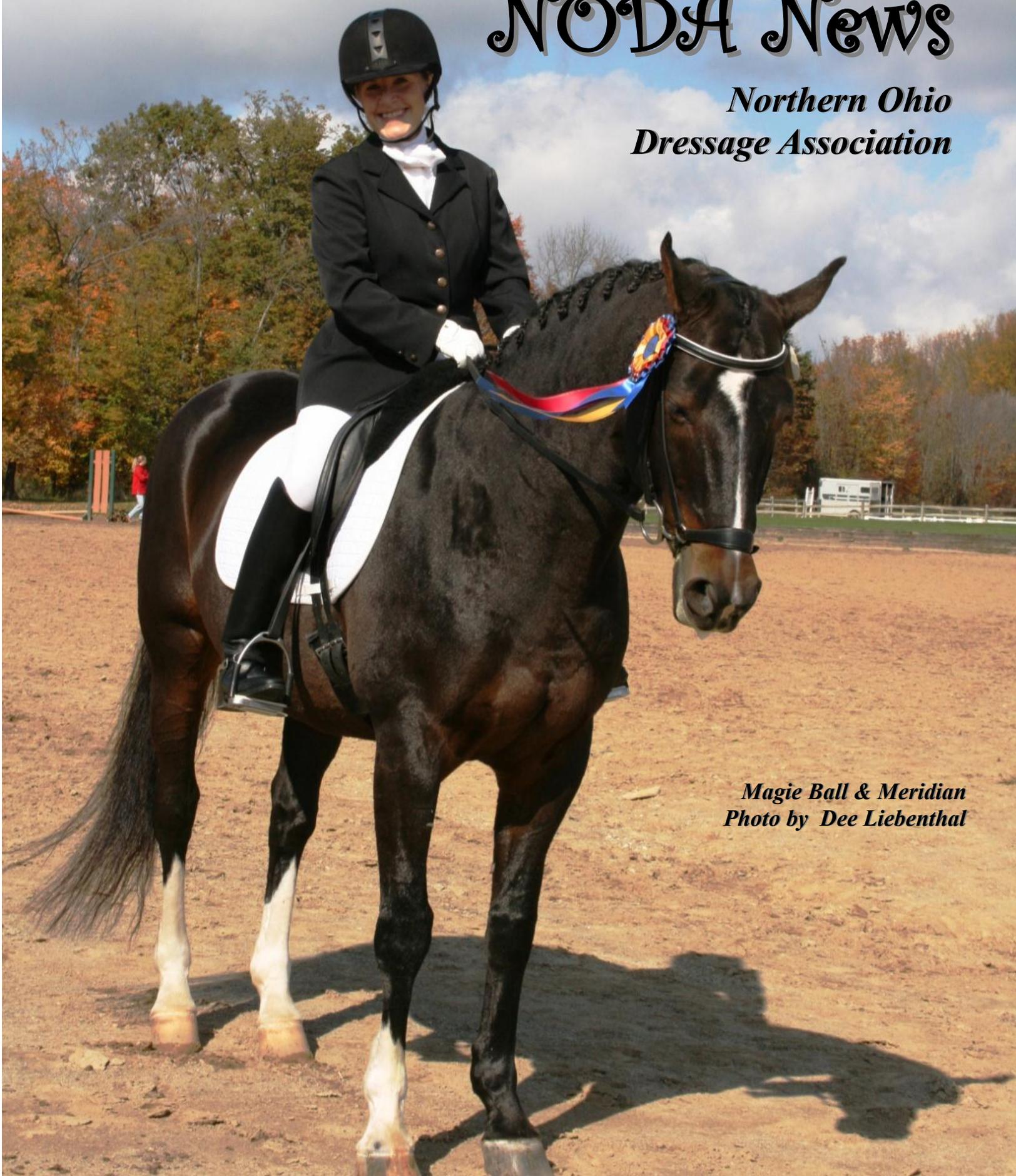


NODA News

*Northern Ohio
Dressage Association*



*Magie Ball & Meridian
Photo by Dee Liebenthal*

2011 NODA Executive Board

President

Dee Liebenthal
330-562-8455
president@nodarider.org

Vice President

Kimberly Moody
330-678-2323
kmoody2@neo.rr.com

Treasurer

Jennifer Kick
440-487-1925
treasurer@nodarider.org

Secretary

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secretary@nodarider.org

Parliamentarian

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330-527-4683
parliamentarian@nodarider.org

Correspondence Secretary & Handbook

Rosemary Rufo
330-527-7836
correspondence@nodarider.org

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Bonnie Gray
330-527-3603
Bonnie-DAL@nodarider.org

Kathy Kirchner

330-995-6010

Kathy-DAL@nodarider.org

Cassandra Hummert-Johnson

216-926-8789

Cassandra-DAL@nodarider.org

Mary Dana Prescott

440-256-8858

Cary Smith-Wilson

440-543-4388

Cary-DAL@nodarider.org

Greetings from the President



Dee & Rens

Dear NODA Members,

April is finally here with warmer weather, longer days, and the start of the Midwest show season. I know I always seem to start this letter with a comment about the current weather. Well, here in the Midwest the weather determines a lot of what goes on in our lives, especially when much of your life is lived out of doors. We equestrians so cherish our ability to ride, and not just in an indoor arena, we also like to get outside in an outdoor arena and on the trails. Even though it is tough, some do manage a winter trail ride now and then. But April is finally here. We will soon forget about the snow and cold.

A young rider I know voiced her disappointment with the recent change in the USEF helmet rule. She is of the mind that one of the greatest rewards for attaining the upper levels of dressage is placing the coveted top hat on your head. One of her goals was to ride down the centerline for her Freestyle in a top hat. How many other Juniors feel the same way? How do AAs and Professionals feel about the rule change? Those who object seem to fall into two camps: those who feel that it is an infringement on personal freedom of choice, and those who object because they feel it is a breach of tradition. Many do not really understand the ground breaking strides that this new rule has made. Olympic rider Courtney King suffered a traumatic brain injury and was in a coma for weeks after a fall that occurred when her horse tripped while walking. Courtney has said, "If my accident saves ONE person from going through what I went through, it's worth it." NODA supports this new rule and has gone one step further, asking that all competitors, no matter what level, don an approved helmet at our Schooling Shows. We hope that all of our Professionals will set an example to help keep our members safe by wearing

a helmet when mounted. So, we have hat hair. That can be fixed. It's much more difficult to fix a broken or bruised brain.

Our first Schooling Show is on May 7th.

This will be your first opportunity to volunteer at a NODA show. To get you ready for the show season, we hope that you plan to attend our **Volunteer Training Seminar at Cross Winds Farm on April 16th**. This no-charge event will help new and seasoned members alike feel more comfortable volunteering at our shows. There will be instruction on how to scribe and tabulate, as well as the duties of Paddock Master and Ring Steward. Please plan on joining the group.

Another event to help get members ready for the show season is the **Junior Young Rider Clinic sponsored by NODA** and given by Janeen Langowski at Topline Stables. She will be giving a 45 minute riding session to a maximum of 8 Juniors on **May 14th**. Please contact Cassandra Hummert-Johnson or go to: <http://www.nodarider.org> to download the flyer and the forms to apply. Remember there are only 8 spots, so act quickly to get in on this free event. Auditors are encouraged to attend, so come and watch our Juniors work with Janeen.

Check out the NODA Calendar on our website and in our Newsletter. We have a very comprehensive calendar of events. You should have your schooling show prize list by now; please read it carefully as there are some changes that you should know about.

Soon you will receive your prize list for the **NODA Recognized Shows**. This year the dates are **July 30th and 31st**, a week later than usual. Mark your calendar. We are planning a competitors' party on Saturday evening and are looking for a sponsor(s) to help make it a fabulous event.

continued page 4

2011 Committees

Awards Committee

Chair:

Janeen Langowski-Grava: 440-666-6182
yearend-awards@nodarider.org

Year-End Banquet

Chair:

Carol Cassano: 216-272-185
banquet@nodarider.org

Communications

Newsletter Editor

Niki Sackman: 440-235-1553
editor@nodarider.org

Webmaster

Linda Cooley: 440-564-8118
webmaster@nodarider.org

Competitions Committee

****Recognized Show****

Chair:

Kimberly Moody: 330-678-2323
kmood2@neo.rr.com

Manager:

Robyn Ambrose: 440-858-2164
rs-manager@nodarider.org

Show Secretary:

Mary Lou Gallagher: 216-251-7469
rs-secretary@nodarider.org

Volunteer Coordinator

Karen Eisenhauer: 330-220-4705
rs-vol-coord@nodarider.org

Sponsors/Advertising

Judy Cageao-Catania: 440-547-8196
&
Suzanne Carlton: 216-554-6748
sponsors@nodarider.org

Historical Committee

Lora Szloh: 440-845-3974
historian@nodarider.org

External Relations

Lisa Gorretta: 440-543-8682
ext-relations@nodarider.org

2011 Committees

****Schooling Shows****

Manager:

Chris Goodall: 440-729-2984
schoolingshow@nodarider.org

Chair:

Krista Warnick: 440-413-2213
ss-chair@nodarider.org

Show Secretary

Taya Workum-Byers: 440-478-8658
ss-secretary@nodarider.org

Volunteer Coordinator

Gail Patton: 440-442-5256

Educational Programs

Co-chairs:

Marcia Doyle: 330-562-8456
Marcia-Edu@nodarider.org

&

Berni Moauro: 330-467-0619
Berni-Edu@nodarider.org

Membership Committee

Chair: Alice Brightup: 440-349-0284
membership@nodarider.org

Junior & Young Rider Liaison

Cassandra Hummert-Johnson:
216-926-8789 jr-yr@nodarider.org

Member Liaison

Kathy Kirchner: 330-995-6010
MemberRep@nodarider.org

Professional Liaison

Mary Dana Prescott: 440-256-8858

NODA's Board welcomes all comments and opinions regarding NODA activities, shows and policies. Please contact member liaisons Kathy Kirchner.

Monthly board meetings are held the second Monday of each month at the Paddock Saddlery in Chagrin Falls from 7 to 9 pm. Members are welcome to attend. See monthly calendar for details as on occasion the location of the meeting may change.

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The Dressage Foundation

The Visiting Vet

Topline Stables at Walden

Transitions Dressage

Valley Riding

Valley Equine Dentistry

Xhalt Equestrian Center

The Olympic Dream Program for Advanced Young Riders ***-funded and administered by The Dressage Foundation***

The Dressage Foundation Young Rider Olympic Dream Program is ready to go for the tenth year! The concept of the program evolved as a result of former Olympian Michael Poulin's wish to offer an opportunity for gifted Young Riders to enhance their understanding of dressage theory through a European tour. The program is both funded and administered by The Dressage Foundation of which Poulin is a National Board Member.

The 2011 trip is planned so as to maximize the possibility that riders who wish to participate in the North American Junior Young Rider Championship (NAJYRC) can apply. Departure will be immediately after the final selection trial for the Championships, and riders will return nearly three weeks before the Championships. Tentatively these dates have been set for June 28-July 8, 2011.

The program is open to USDF Young Riders, riding at Fourth Level or above, who are 16-21 years of age. Also, 22-year-old graduates of the 2010 Advanced Young Rider Program may apply. Participation in the NAJYRC is not required.

The current plan is to visit Ingrid Klimke, Jean Bemelmans, Matthias Rath, Hubertus Schmidt and former American team coach, Klaus Balkenhol—depending on each trainer's availability. While traveling, the young riders will record their observations in daily journals and chronicle the events with photos and video to share with their home dressage organizations.

A Selection Committee comprised of leading American dressage persons selects four candidates based on their

applications including an essay, DVD and written recommendations. Committee members want to see riding proficiency and commitment to training in the sport of dressage. **The 2011 applications are due April 8, 2011. Candidates are encouraged to apply early and follow directions carefully.**

This program is made possible by donors to The Dressage Foundation (TDF), a nonprofit, tax-exempt organization whose mission is "To cultivate and provide financial support for the advancement of Dressage."

The application and further information on this extraordinary program is available on the TDF website: www.dressagefoundation.org or you may contact Jenny Johnson or Beth Baumert:

Jenny Johnson
Beth Baumert, Administrator
The Dressage Foundation
Cloverlea Dressage LLC
1314 'O' Street, Suite 305
266 Route 87
Lincoln, NE 68508
Columbia, CT 06237

Telephone: 402-434-8585
Telephone: 860-228-9242
Fax: 402-436-3053
Fax: 860-228-4242

Email: jenny@dressagefoundation.org
Email: BethBmrt@aol.com

Watch for updates on the next steps for our new **Video Clinic Project**. This is a great idea put together by Dan Crudele, with Nancy Lewis Stanton and Lauren Ball Tisdale providing critique and commentary. We hope that this idea will grow and become more than just a pilot project. Please check out the website for details and schedule your competition ride for filming and commentary by these two well-respected NODA professionals. This is free to NODA members.

Earn your NODA Bucks from home!!! Write an article for the Newsletter. This time of year the Newsletter is in great need of articles from our members. Did you attend a horse event, lecture or have a good lesson with your trainer? Did you go to Florida this winter? Did you see Steffen Peters win the Free Style at the Masters? Share your experience with other members who could only watch it on video. Maybe you have a story to share about a horse or trainer that changed your life. Even our NE Ohio winter with its snow and cold might

have produced some pretty good stories.

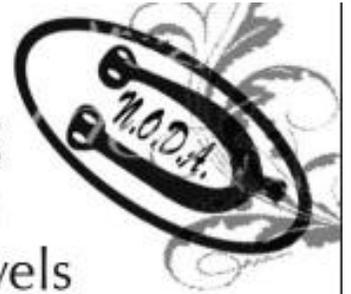
Already in 2011 we have many new NODA members, and are thrilled to welcome you to our club. We want to be sure you know that we have a Member Liaison, Kathy Kirchner, whose job is to hear about and do her best to solve any NODA-related problems or issues you may have. She also likes to hear compliments about NODA! You do not have to give your name if you don't want to. Contact Kathy at memberrep@nodarider.org.

Enjoy all the wonderful Equestrian Events in North East Ohio during this 2011 season.

Dee Liebenthal
President

Janeen Langowski-Grava

is hosting a free clinic for junior/young riders at Topline Stables at Walden on May 14th 2011 at 9am. Riders of all levels are welcome. If you lack a horse or transportation, Janeen has a few mounts available for the horse-less rider on a first-come, first-serve basis.



You must be a NODA member to ride.
There are only eight spots available, so sign up soon!
Auditors Welcome



Janeen and Lego, Barbara Bower

Janeen Langowski is a USDF Silver Medalist based in Northeast Ohio. She has achieved multiple awards through Intermediare I, and has trained with notable trainers such as Charles de Kunffy and Carole Grant. She strives to further persue and teach classical horsemanship through continual growth and learning. Her experience allows her to be an effective teacher of students and horses of all ages and levels.

Topline Stables; 1109 Aurora-Hudson Rd. Aurora Ohio, 44202

For further information, contact NODA through
the Jr/Yr liaison Cassandra at JR-YR@nodarider.org
Or call Janeen Langowski 440 -666-6182



IdleHour Forio and Nancy Lewis-Stanton

Elizabeth Jenkinson and Dan Crudele, owners of IdleHour Forio, would like to thank Nancy, everyone at SendonWay Equestrian Center, Chardon, OH, and Marilyn Webster of IdleHour Stud, St. Thomas, PA, for a memorable show year in 2010. Nancy and IH Forio's accomplishments included GAIG/USDF Region 8 Championships Fifth Place First Level Open, Cleveland Bay Horse Society of North America Performance Award Champion First Level Open and Second Level Open, NODA Year End Champion First Level.

We wish everyone at SendonWay great success at the start of the 2011 competition season!

2011 Summer Camp Topline Stables at Walden

Owner Janeen Langowski - Grava
Assistant Trainer Valerie de Caussin
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www.topline-stables.com / janeengrava@earthlink.net
330-995-0039 Stable / 440-666-6182 Cell

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Sign-up sheet can be downloaded from website.

There are only 5 spots available per week. Sign up early by reserving spot with a \$150.00 deposit per child.

Week 1 June 13 - June 17	9:00 AM - 12:00 PM Beginner	Week 2 June 20 - June 24	9:00 AM - 12:00 PM Beginner - Intermediate
Week 3 June 27 - July 1	9:00 AM - 12:00 PM Intermediate	Week 4 July 5 - July 8	9:00 AM - 12:00 PM Beginner (pro-rated week)
Week 5 July 11 - July 15	9:00 AM - 12:00 PM Beginner - Intermediate	Week 6 July 18 - July 22	9:00 AM - 12:00 PM Beginner
Week 7 July 25 - July 29	9:00 AM - 12:00 PM Beginner - Intermediate	Week 8 August 1-August 5	9:00 AM - 12:00 PM Intermediate - Advanced
Week 9 August 8 - August 12	9:00 AM - 12:00 PM Beginner - Intermediate	Week 10 August 15 - August 19	9:00 AM - 12:00 PM Beginner
Week 11 August 22 - August 26	9:00 AM - 12:00 PM Beginner - Intermediate		

Camp will be structured for riding lessons & games on and off the horse. Kids will ride daily.

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Both are designed to help teach and develop both correct riding skills and horsemanship.



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Dressage Competitors: Anyone mounted on a horse must wear protective headgear except those riders *age 18 and over* while on horses that are competing *only* in FEI levels and tests at the Prix St. Georges level and above (including FEI Young Rider Tests, the USEF Developing Prix St. Georges Test and the USEF Brentina Cup Test). [Learn More](#)

LEC DRESSAGE PRIX DE VILLES SHOW? ARE YOU COMPETING AND A NODA MEMBER?

Receive \$25 per member if:

Your team is all NODA members

**Your team name must contain "NODA",

How and When to Apply: After the show is over, mail copies of entry with team name and team member names to: Jennifer Kick, NODA Treasurer; 1810 Woodstock Road; Gates Mills, OH 44040

Reimbursement Check mailed to Team Captain for distribution.

Questions? E-mail Treasurer@nodarider.org

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330-995-0039 Office 440-666-6182 Cell

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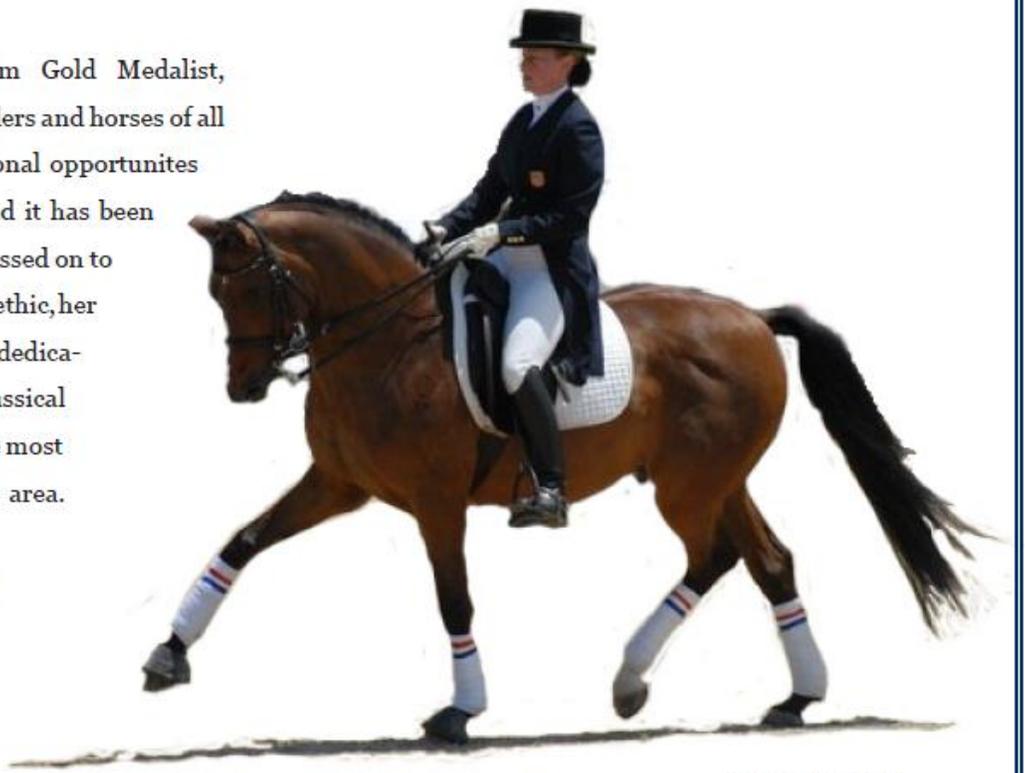
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For more information please contact Kate Poulin at 386.624.3968 or katepoulin@yahoo.com www.katepoulin.com



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Saddle Solutions

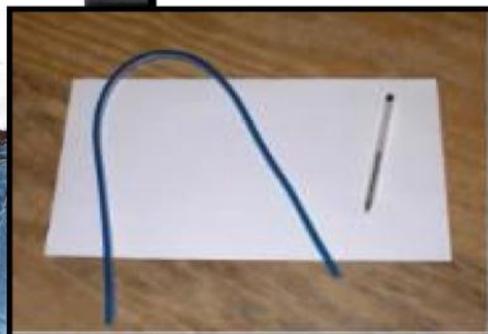
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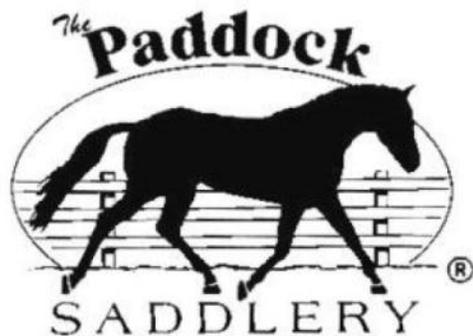
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Closed Mondays



NODA Board Meeting Minutes - February 14, 2011

Meeting Location: The Paddock Saddlery

Attendance: Robyn Ambrose, Alice Brightup, Linda Cooley, Marcia Doyle, Mary Lou Gallagher, Chris Goodall, Lisa Gorretta, Mary Jo Keptner, Jennifer Kick, Kathy Kirchner, Janeen Langowski-Grava, Dale Lappert, Dee Liebenenthal, Berni Moauro, Kim Moody, Gail Patton, Mary Dana Prescott, Niki Sackman, Carey Smith Wilson, Stephanie Smith, Krista Warnick, Taya Workum-Byers

Call to Order: Dee Liebenenthal, President, called the meeting to order at 7:00PM.

Minutes: One correction- Niki Sackman should have been listed in attendance. Linda Cooley moved to accept the minutes, Kathy Kirchner seconded and the motion passed.

Treasurer's Report: Jennifer Kick

- Checking account balance is \$14,999.55 and savings account balance is \$5009.18 for a total of \$20,008.73.
- Jennifer made a motion to move \$5000 from checking to savings. Marcia seconded and the motion passed.
- W9 forms needed to be completed and signed by those who may hire a judge or official.
- 2010 Income=\$68,940.37, expenses=\$62,159.10 for a profit of \$6781.27.

Handbook Report: Dee for Rosemary Rufo

- Some information is still needed.

Awards Report: Janeen Langowski-Grava

- Ribbons are ordered. Fewer were ordered in order to reduce our inventory.
- Details are being worked out for a free Jr/YR clinic at Topline probably in April. Niki moved to have NODA support this, Lisa seconded and the motion passed.
- Janeen read the descriptions of the two new awards for 2011- the "Determined Effort Award" and the "Full of Grace Award." Kathy Kirchner moved to accept the "Full of Grace Award," Krista Warnick seconded and the motion passed. (The "Determined Effort Award" was accepted last month.)

Membership Report: Alice Brightup

- There are now 211 members, including 45 professionals and 23 Jr/YRs. There are 27 new members.

Education Report: Marcia Doyle and Berni Moauro

- The New Test Clinic was a success with approximately 80 attendees. Jennifer reviewed the figures for it so far. Income=\$3059.00, Expenses=\$1929.24 for a profit of \$1129.76. However, that will be adjusted with some expenses yet to come in.

- Marcia thanked Jennifer for her help in driving Margaret and for helping with the video.
- The free lecture on Friday evening was a last minute idea, so those without email (about 20 people) didn't learn about it in time to attend. Discussion on how to handle that in the future.
- Discussion on having an L program. Dancing Horse Farm in Lebanon, Ohio is having one this year. Ours would probably be in the fall of 2013.
- Discussion on having a certified instructor program someday.
- Discussion on volunteer training day. April 16 was the tentative date.

Data Management/Historian Report: Dee for Lora Szloh

- Dee read an email from Lora. She continues to scan in information.

Recognized Show Report: Robyn Ambrose and Mary Lou Gallagher

- Mary Lou asked whether or not we're having a silent auction, because that information needs to go into the prize list. It was decided to leave it out of the prize list, because we're still undecided.
- Robyn reported that ribbons are ordered (in time for the discount). There are still enough wine glasses. Vet and blacksmith are hired. The TD will be Marilyn Kulifay.
- Suzanne Carlton will continue to work at getting sponsorships. She needs a computer savvy person to help her out.
- Lisa Gorretta made a motion to have NODA pay the fees to have the NODA'11 show and the Encore show sanctioned by the AQHA. The fee is \$50 per show for a total of \$100. Niki Sackman seconded and the motion passed.

Schooling Shows Report: Chris Goodall

- Judges are hired and ribbons are ordered.
- Chris will look into getting a different storage facility in a central location.
- Lisa asked about storing the dressage ring that has been at LEC. They would like us to take it away.

Banquet Report: Dee for Carol Cassano

- Carol has tentatively reserved the Crown Plaza for Nov. 19, 2011 in a similar format as last year. Lisa moved we go ahead with that, Kathy seconded and the motion passed.

External Relations Report: Lisa Gorretta

- Lisa moved that we sponsor Prix de Ville teams of NODA members with NODA in the team name with \$25 per team member. Dale seconded and the motion passed.

- Board members agreed that we should exchange 3 months of advertising in our newsletter for a NODA ad in the Buckeye Horse Park show bill.
- Alice Brightup moved that we give \$200 worth of whatever equipment they need to LEC as a thank you for the free use of their classroom for the New Test Clinic. Jennifer seconded and the vote passed.
- FEI rule change starting Jan. 1, 2011 onward-the marking system will include half points.

Website Report: Linda Cooley

- Many new events are posted.
- All the new dressage tests are posted. A link is included for the eventing tests.
- New "Dressage Foundation" page added to website. Link is under "E-News"
- Schooling show information is all on the SS page.
- The video clinic opportunity is posted.

Member Liaison Report: Kathy Kirchner

- No problems have been reported.

Professional Liaison Report: Mary Dana Prescott

- Dee asked Mary Dana to send a letter and follow up with a phone call to the professionals to help determine interest in having a certified instructor program.

Old Business:

- Update on the video clinic- Krista reported that two riders have signed up for March. Some people have asked if we'll have it at the schooling shows.

Adjournment: The meeting was adjourned at 9:07PM. The next meeting will be held at 7:00PM on Monday, March 14, 2011 at The Paddock Saddlery.

EDUCATION FREE TO NODA MEMBERS - SHOW VOLUNTEER TRAINING SEMINAR

Saturday April 16th from 1 to 4 pm

What's a Scribe? Tabulator? Paddock Steward? Runner?

Seminar at Cross Winds Farm in Auburn Township includes light lunch, volunteer job information, and group "hands on" training sessions.

RSVP to Marcia ASAP Marcia-EDU@nodarider.org or 330-562-8456.



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dsanders08@windstream.net

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Lengthen the Leg

By: Kriss Ropp, Free Spirit Farm

"Shorten your stirrups and lengthen your legs." This concept has been an element of two of the more recent clinics I have attended. Both clinicians felt that riders sacrificed the usefulness of their legs and the independence of their seats by trying to ride with unnecessarily long stirrups. Both well-known clinicians recommended that riders shorten their stirrups and learn how to use their legs in a manner that gives the illusion of length. More importantly than the look, learning to do this allows for the correct use of the legs.

Stirrups that are too long often cause riders to 'fish' for their stirrups. This means in an attempt to maintain contact with the stirrup while using a leg aid, the rider ends up pointing the toes down versus deepening the flexion of the ankle. The result is that the muscles on the back of the rider's legs contract, the thighs are drawn up, the ankles tighten, and the knees grip, creating a pivot point. This misuse of the muscles of the leg for security creates tension, pushing the seat bones up and to the back of the saddle, preventing independent use of one's legs and pelvis. This alignment makes it impossible to create a deep seat. The rider's center of balance is pushed away from the saddle and often forward of the horse's center of balance.

Stability of the pelvis should be the job of core muscles located deep in the abdomen. This requires the correct placement of the rider's pelvis on the saddle. It is important to note here that having a correctly fitting saddle (for horse and rider) is not a luxury, but a necessity, and therefore a good investment. When the saddle prevents the rider from establishing a vertical or neutral position of his or her pelvis, the ability of the rider to relax is compromised.

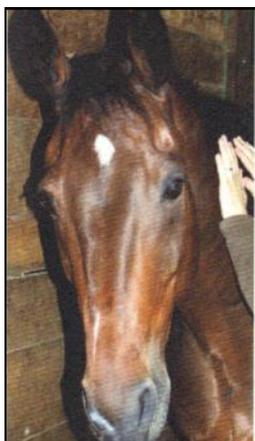
So how does one shorten the stirrups and lengthen the leg? Sounds impossible you think? Not really. We ask our horses to do it all the time. Avoiding holding patterns and locked stiff moving joints in our horses' bodies allows them to produce a longer more suspended stride. The visual effect is one

of elastic movement with expression. However, understanding the technique is one thing; applying it to ourselves and putting it into daily practice can be another. That requires one to be aware that there are different ways to use muscles. Most people are familiar with the term contraction when describing muscle usage, but there is also elongation. Think of ice skaters, gymnasts, and ballerinas. Many of these athletes give the appearance of never-ending limbs, yet often they themselves are quite small. I certainly have not seen a six-foot-tall ballerina in the many hours I have spent in the dance studio and onstage. How is it done? Developing body awareness and a lot of self-discipline are the main requirements. Riders must erase established muscle memory patterns and then reprogram new ones.

Relaxation of the large surface muscles of the leg and pelvis is mandatory. The leg muscles necessary for riding are smaller and deeper. It is important to note that the rider's leg should be in a position under the rider's pelvis, similar to standing with bent legs. Unfortunately it is more common to see riders with their legs pressing forward against the stirrup to a point where part of the lower leg is out in front of the knee. This placement often causes stiffening of the three joints of the leg (knee, ankle, and hip) again forcing the rider's pelvis too far back in the saddle, and preventing the seat bones from resting in the lowest part of the seat. Some riders position themselves in this fashion out of a false sense of security, instead of using their core. Bracing in the back of the saddle like this absolutely prevents independent aids.

Understanding the relationship between the pelvis and thigh helps clarify why shortening the stirrups make sense. The ligament that wraps around the head (ball) of the femur and connects it to the socket of the pelvis is very strong. It is attached in a spiraling fashion. This ligament limits the amount the thigh can move backwards. Although some people are more flexible than others, when the thigh reaches its maximum rotation backwards (as it can when stirrups are too long), the pelvis is forced to tip forward onto the pubic bone sending the rider's weight onto the front of the saddle. This limits the influence of the pelvis and tenses the lower back, preventing the pelvis from being able to freely follow the motion of the horse—especially if that horse is a big mover. Sitting too far forward on the crotch limits the available range of motion in the hip the rider can use to influence the horse's movement

To help a rider achieve the feel of the amount of relaxation necessary to allow the leg to appear longer, a hands-on approach from an educated ground person is useful. With the rider sitting in the saddle the leg is manipulated from just below the hip using a series of small motions the rider cannot predict. This is a method commonly found in the Alexander



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Technique. The muscle patterns are scrambled and the large leg muscles disengage, giving the rider an experience of a very heavy leg. Usually it should be applied to both sides as most riders will feel genuinely lopsided if it isn't. Most riders also marvel at the profound sense of relaxation they experience when doing this. Another way to achieve a similar effect, especially if you do not have someone on the ground, is to do some exercises that fatigue the thigh muscles so that they are too tired to engage. Doing these as a rider warm-up shortens the time it takes to achieve that deep seat feeling. These include pulling both knees up and out one at a time or together, and holding them there for as long as possible while your horse is walking. Just simply tensing the muscles until you cannot hold them any longer also is helpful. There are also many exercises that one can do on the longe-line. This, of course, also requires another person. Many exercises in body awareness and relaxation can be done unmounted. This is often a great place to start. Being aware of what relaxation feels like and how to achieve it before you saddle up simplifies the process of finding it in the saddle. Meditation, breathing exercises, Yoga, and simple explorations on the balance ball or with exercise bands all create situations where that elusive 'feel' of relaxation can be achieved. These types of explorations also create situations where a rider can locate and strengthen the core support muscles that are necessary to ride well. Learning how to align one's skeleton and use muscles correctly makes riding

more efficient, prevents fatigue, and allows for more productive rides.

Once the sense of relaxation with core support is achieved it is time to reeducate the legs. This may be the most frustrating phase. Locating and strengthening the small muscles (adductors) on the inside of the thigh and the muscles that lift the toe (the ones that people complain about when they get shin splints) is necessary. Again this is most easily done off the horse. Many riders do not think adductors should be used to ride. Incorrect use of them (pinching the knee) does indeed cause problems. However, because of how and where they attach between the pelvis and the leg, they can be used to draw the seat deeper into the saddle, creating a wider base of support for the rider. Developing this way of using them does require time and diligence, but the payoff in increased security and control is worth it. Learning how to use the muscles on the front of the calf ensures a more elastic ankle and prevents the hamstring (on the back of the thigh) from tensing.

Think about this: in our normal daily activities like walking, we use muscle groups in opposition. The quadriceps (front of the leg) contract as the hamstring (back of the leg) relaxes, and then the opposite happens. This produces the ability to swing the leg forward, step on it and push off creating the walk stride. Now imagine that you are sitting in your saddle

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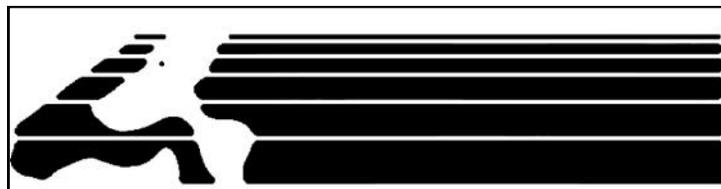
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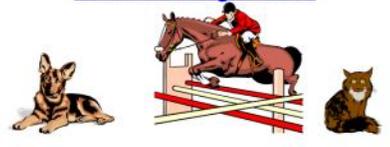
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and you are going to ask for leg yield to the left. As you apply the right leg you lengthen the leg front, back, and sides. Done correctly the right seat bone is drawn deeper into the saddle assisting the rider's leg in moving the horse to the left. Now picture what you see in the ring most of the time. The rider attempts to leg yield left by contracting the back of the right leg. This pulls the right heel up (causing tension in the right ankle, knee, and hip since all three joints are related), and subsequently pushes the right seat bone up away from and the rider's weight onto the left seat bone, effectively tipping the rider left and blocking the horse from comfortably moving left. This is known as conflicting aids.

Achieving the illusion of a long leg is difficult at first but with time and correct repetition of the engagement of the leg muscles you could soon be doing it by feel. The mechanics include engaging the front of the calf, identifying the adductors of the inner thigh, and avoiding pulling the heel up when cueing the horse. Remember, muscles can be used in different fashions for different results; however, a tense muscle prevents the ability of the rider's joints from absorbing motion and interferes with correct application of aids. Tense muscles cause riders to appear stiff and tight. Stiff riders cause unhappy horses.

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Online applications are available at www.DressageFoundation.org, click on Funds and Programs, then Help with Educational Clinics/Seminars/Symposia.

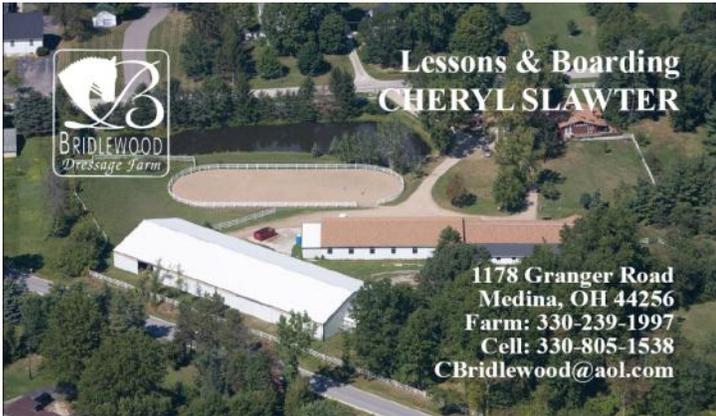
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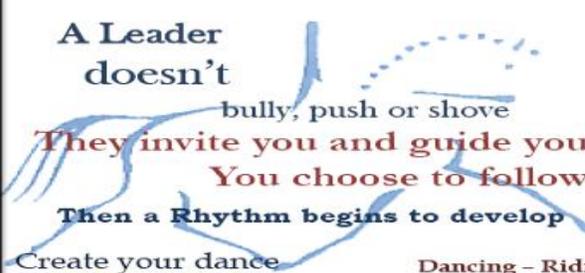
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Levels*, Contact [Team Engaged](mailto:TeamEngaged),
Kelly Gage
info@teamengaged.com or
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4/2-3

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www.majesticfarm.net

4/5-6

CHRISTOPH HESS from Germany at
Fair Weather Farm. Contact
Kate Poulin at 386 624 3968 or
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4/7-10

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4/9-10

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4/9

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4/9-10

**MAJESTIC FARM APRIL
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5/7

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(L) and Sue Hughes (R)**

7/11

**NODA Dressage Schooling Show
at Grand Haven Stables, Grand
Haven Stables, Jefferson OH**
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7/30-31

**NODA Dressage 2011 & NODA
Dressage 2011 Encore at Grand
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8/14

**NODA Dressage Schooling Show
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Soukup (L) and TBA**

9/11

**NODA Dressage Schooling Show
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-Marsh (R) and Karen Winn (R)**

10/15

**NODA Dressage Schooling Show
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Verhan Dressage Odyssey I Saddle, brand new, ridden in five times, must sell, black size 18 med/w, asking only \$2,200, Regina 216.390.3702 or regina.sacha@sbcglobal.net

STABLE LISTINGS

Brecksville Stables Inc.
Under new management, has stalls available for boarding. Stalls are matted, have windows and measure 12 x 10. Horses are fed hay, grain & watered 3 times daily, stalls are cleaned 6 days a week, and turn out is included. There is an indoor hot/cold water wash rack, and a washing machine for horse apparel. Grass pastures are available (in good weather), as is a round pen. The large indoor arena has excellent footing, and there is a very large outdoor sand ring as well. Outside private instructors are permitted to teach boarders at the facility with management approval and scheduling availability. There are no public lessons, so borders now enjoy less crowded use of the rings. Extensive bridle trails are available through the Brecksville Reservation of the Cleveland Metroparks where we are located. Trailer parking is free. Board is \$550/month. Please call 440-526-6767 for a facility tour and to select a stall. \$

Cloverfield Mary Dana Prescott Kirtland, OH (440) 256-8858

Boarding, training, and/or lessons; dressage and some jumping. Opportunities to go to clinics and shows. Provide lots of grass turnouts. Will also travel to your farm for lessons.

Cross Winds Farm Bob Weston 16490 Munn Road Chagrin Falls, OH 44023 (440) 543-5698 (440) 829-8165 www.thecrosswindsfarm.com

remington75@windstream.net
Boarding, training, dressage and eventing **Stalls available**

Grand Prix Farm Kelli Flanagan 1818 Lester Road Valley City, OH 44280 (330) 483-9055 www.grandprixfarm.com
Boarding, lessons, schoolmasters available, indoor & outdoor arena, heated observation room

Horse Retirement Dagmar Zimmerman (460) 338-8641
Perfect home for your retired horse. Large 12 x 12 stalls, airy and large windows. Grain three times per day, hay five times per day. Year-round AM and PM turnout. Well maintained pastures in summer, large sand arena in winter, split rail fencing. Stalls cleaned twice a day. Bedding is top quality pine shavings. Full care included. \$425/month. Call

Kirgis Farm Mantua, OH 330-554-1716 www.kirgisfarm.com
Outstanding Dressage/ Event training, lessons, showing. All day, everyday turn out. Competent, kind, mature staff. Small, quiet, private, peaceful. Large, airy, matted stalls cleaned daily. Large grass pastures, safe wooden fencing. Large indoor arena, mirrors, heated lounge, bathroom. Training hill & trails. Private tack lockers, 24 hour monitoring, 12x12 & 12x24 stalls available, Packages start at \$425

KKM Stables Karen Stephens Bellville, OH 419.688.1331 www.KKMStables.com KKMStables@aol.com
Full-Service Dressage Training & Instruction from Intro through the Levels. Improves balance, beauty, suppleness, strength of horse and rider. High quality facility & instruction; friendly atmosphere. Clinics/weekend intensives, stalls available, affordable: first weekend of every month November - May

Ledge Hollow Stable Jeanne & Terry Fashempour Lodi, OH 330-239-2587 www.Watchbearnewfoundlands.com/page.15.html
Centrally located in the NE corner of Medina County, minutes from I-71, I-271, and I-77. Located on the Hinckley reservation trail system. Full care and co-op. Indoor & outdoor arena. Turnout, wash rack, lounge. Private

instruction & training. Equine massotherapist on site. 3/11

North Crest Equestrian Center Julie Taylor 31735 Walker Road Avon Lake, OH 44012 (440) 933-4654 www.northcrestequestrian.com
Dressage training & lessons, summer horse camps, birthday parties

Rivendel Farm Bonnie Gray & Dale Lappert "R" dressage judge Garrettsville, OH (330) 527-4683 eve (440) 813-4009 days
Boarding, training, lessons at all levels. Small dressage & eventing barn, we offer experienced, personalized care, 7 day, all day turnout - group pasture or individual paddocks, uncrowded. Indoor & outdoor rings. 12 x 12 box stalls, 5 miles of trails and x-country jumps. Full care \$350-\$375/mth.

Rocky River Stables Cleveland Metro Parks—RR branch (216) 267-2525 www.valleyriding.org
Boarding, lessons, pony & horse camps, therapeutic riding, indoor & outdoor arena, Metropark trails.

Shadow Facs Farm (814) 796-6161 www.shadowfacsfarm.com
Dressage training

Topline Stables at Walden Janeen Langowski-Grave 1109 Aurora-Hudson Rd. Aurora, OH 44202 (330) 995-0039 (440) 666-6182 www.topline-stables.com janeengrava@earthlink.net
Boarding, lessons, clinics, sales, training, kids summer camp. Amenities include: full care board & training facility, indoor & outdoor arena, grass pastures, daily turnout, daily stall cleaning, three feedings a day.

Xhalt Equestrian Center Phyllis Setter Island Road Columbia Station, OH (216) 299-3096 www.Xhaltteqcenter.com
We are an adult boarding and training facility for the dressage enthusiast. Located in Lorain county close to I-480 and the western Cuyahoga county area. We have indoor and outdoor arenas, large stalls, tack room, viewing room, wash racks and pastures.



Northern Ohio Dressage Association

Northern Ohio Dressage Association

2011 Membership Form

Birth dates are needed only for JR/YR

GMO



GROUP MEMBER ORGANIZATION

Date: _____
 New Member Adding Family
 Renewal USDF # _____

Have you ever received a NODA Handbook? Yes No
Handbooks will be on CD and online. CD/Online versions save \$\$\$
If you are unable to access the web or utilize a CD, please check here

Member Name: _____ Birth Date: _____
 Amateur Professional Junior/Young Rider

Address: _____

City, State, 9 digit Zip: _____

E-mail Address: _____

Include in NODA Handbook Directory? Yes No

Phone: (____) _____

Barn/Trainer: _____

We're building our organization member rolodex. Would you tell us where and what you do? _____

Would you like to be involved in any NODA committee? Yes No

NODA membership runs 12/1 of current year through 11/30 of the next year. NODA is a United States Dressage Federation Group Organization. All NODA members are automatically USDF group members; \$17 of your NODA membership dues go towards your group membership in USDF. Benefits include a full year subscription to the official USDF magazine, eligibility for USDF Rider Awards and eligibility to audit many USDF programs. The Supporting Family Member will not get a personal copy of The USDF Connection magazine, nor be eligible for USDF Participating Member Discount. However, all other benefits will apply.

2011 Membership Dues	\$42.00
Juniors (18 & under)	\$32.00
<i>Each Family Member</i>	<i>\$17.00</i>
<i>Each Supporting Family Member</i>	<i>\$8.00</i>

Additional Family Members

Name: _____ Birth Date: _____ \$ _____
 Amateur Professional Junior/Young Rider

Name: _____ Birth Date: _____ \$ _____
 Amateur Professional Junior/Young Rider

Total Due: (General Membership \$42 , Junior Membership \$32 + add'l family members): \$ _____

Please make checks payable to NODA and mail to: NODA Membership, Alice Brightup 27925 Louise Dr. Solon, OH 44139. If you have any membership questions call Alice at 440-349-0284 or email membership@nodarider.org. All other questions, call Dee Liebenthal NODA President at 330-562-8455.

NODA Newsletters will be available at www.nodarider.org Opt Out: I wish to receive the NODA newsletter via U.S. Postal Service and not email because I do not have email or I have a dial up internet connection.

NODA News
26335 Cranage Road
Olmsted Falls, OH 44138

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