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Show Committee Meeting—
 February 25th
 2:00 pm
 Angela's in Thornburg



Issue
Two

Volume 11

Virginia Dressage Association *current topics* Of Fredericksburg



Meeting Information—
 Tuesday
 March 13th

6:30 p.m. Dinner / Social Time (Optional)
 7:00 p.m. Meeting

Agenda:

Last Meeting Follow-Up
 Approval of Meeting Minutes
 New Business

Location:

Bravo—Spotsylvania Towne Center

Collective Remarks

Anna Fox

Is winter over yet? It's no secret that I prefer the warmer months to the colder ones. These single digit temperatures are not changing my mind, and the wind, my goodness! That just makes it even colder. So, I started thinking about all the ways riders could continue to be riders and work on their craft when they weren't getting as much ride time.

We always hear talk about rider fitness and how exercising outside of riding can help your abilities in the saddle. Most people automatically think of going to the gym and running as staple fitness plans. Having a degree in Physical Education and a certification in athletic training, I tend to agree that riders need fitness, but there are ways to work on your fitness outside of the gym and without training for a marathon. In athletic training we focus on a sport specific fitness and rehabilitation, but when we really think about making an athlete the best they can be we focus on position specific exercises. For instance; a quarterback and a lineman both play football. There are certain aspects of football fitness that apply to both types of athletes, but there are position specific exercises that can improve each athlete's effectiveness on the field. Riding is no different. While I believe a good seat is a good seat in any discipline and not much should change, but the length of your stirrup, there are muscle groups that get used more depending on

your discipline. To be the best dressage rider you can be those muscle groups need to be trained, specifically. I think cross training is excellent and an overall fitness program is essential to staying healthy. That being said, just make sure you take some time to build up or stretch out those position specific muscles that will improve your riding.

How do you take your fitness plan outside of the gym or by not pounding the pavement? Easy! Take it to the barn. Your horse could probably use some fitness right now too and while you both might find it uncomfortable to go for long trot sets, you could have some short sessions focusing on those position specific muscles. Is the ground too hard to ride? Or maybe you're just too cold to shed the coveralls for the breeches underneath. In-hand work is great for building strength and coordination in the horse, so is walk work (mounted). Ground work gives you the chance to not only focus on your horse's movement, but your own self carriage. Walk work gives you the chance to focus on how you are using your aids, work without stirrups (maybe even reins), and strengthen the connection with your seat. We humans like our routines and sometimes that means we do nothing when they are interrupted, leaving us to just get through the winter. As much as I dislike the winter months I try to embrace them as a time for deconstructing

**Happy
 Riding or
 Not**



Serenity Farm Equine Sanctuary, Louisa

Sharon Kipping and I, visited the Sanctuary on Monday, 1-22 and delivered 5 bags of much needed winter clothing for the volunteers that help 6 days a week. Approximately 20 disabled volunteers ranging in ages 18-21 from Louisa, assist the owners, a retired couple, with the needs of 25 horses, donkeys and goats. The Sanctuary is a 501C3 non-profit organization dedicated to saving one horse at a time.

It is apparent that the Sanctuary will need on going support. I will check with the owners from time to time and pass news along to members. Individually and/or as a group perhaps we can assist in this wonderful caring



VADAF Licensed Show Committee Meeting Minutes January 20, 2018

Respectfully Submitted by Anna Fox

Members Present: Megan Irby, Ashley Noble, Anna Fox, Sharon Ackley, Sharon Kipping, Nancy Mendonca, Chris Balasi, Sharnette Atkinson, Barb Ellis, Karen Rice

Barb started the meeting by asking what were the concerns after last year's show. Primary concern was the availability of ride times. Not only do they need to be available sooner, but also in more locations to be more accessible for competitors. Adding a horse show page to the website which would be updated regularly with times and information was suggested. Looking into new programs for entries and times was also discussed. Casey is tasked with presenting the different options to the group. Secondly was the availability of the program. Not only is it useful for riders, but it is also how we sell sponsorships, so we need to make sure it gets done and is of good quality. Ashley, Karen, and Sharnette have all agreed to collaborate in making the program. Lorraine is going to check on printing companies that may be willing to sponsor. She will investigate and have options available by 2/25. Once we decide on how to print the program, contributors will let the committee know by 4/1 what our deadlines for submission are. An assistant secretary for Casey was also discussed, as well as, someone to oversee the committee. As VP, Barb is tasked with overseeing all of the club committees, so for now she will be the main liaison to the rest of the club.

When emailing information or horse show questions CC Barb and Anna along with any other chairs your question might effect. For instance; if you are asking a question about sponsoring an award for a particular class, Sharnette, Lorraine, Casey, Anna, and Barb should all get a copy. Hopefully this will create a chain of communication and questions will not go unanswered.

Awards were also discussed briefly, and either finding a local embroider who will do horse related projects for us at a discount or possibly putting our logo on file with Smartpak (\$150) were both options. Benefits to Smartpak are their speed and guarantee. Locally we may be able to find someone willing to give a discount for advertising. Our current company only guarantees items purchased through them (they don't do horse related items).

Next meeting is tentatively set for 2/25 at Angela's in Thornburg. Time will be announced as soon as we confirm with them.

Current list of volunteers/committee chairs for the horse show

Secretary: Casey Longerbeam
Sponsorships: Lorraine Klepacz
Committee Liaison: Barb Ellis

Awards: Sharnette Atkinson
Volunteers: Sharon Kipping

Vendors: Chris Balasi
Program: Ashley Noble/Karen Rice

Meeting Minutes

VADA Board January 10th 2018

The meeting was called to order at 8:02pm. Present were Tina Longaker (C'ville) - Pres, Alison Head (NOVA)- V-Pres, Alison Douglas (Central) – Sec'y, Jessie Ginsburg (NOVA) -- Treas, Meredith McGrath (SWAVDA), Nancy Lowey (C'ville), Angie Stanaway (NE), Marie Taylor (VADACC), Sheli King (NOVA), Jane Palmer (ShenVADA), Beth Rippel (SVDA), Robyn Nunally (SVDA), Susan Ellis (NE), Alison Thompson (VADAF), Sherri Booye (C'ville), Penny Hawes (SWVADA), Nancy Doody, Approval of minutes from November 15th 2017- Motion was made by Nancy Lowey to pass and seconded by Alison Head. It was approved unanimously.

Treasurer's Report- Jessie reported that the combined balances are about \$95K. There has not been much activity.

Annual Banquet Online Auction- We will send the info out again via Constant Contact and it will also be posted on Facebook. Chapters were urged to reach out to potential donors in their membership to encourage them to donate services or goods to the auctions. Alison Douglas will add the Purple Book to the online auction. IRS Form 102- Sherri has sent Tina the info we need and Tina will distribute to the chapters.

2018 Chapter Challenge- Susan reported that there is another meeting in a couple of weeks.

2018 Statewide Clinic- Jeanne McDonald will be the clinician. This will be an "up the levels" format to encourage auditor participation and allow for a variety of horse and rider levels. Tina will do the form and Sheli will be the contact for the auditors. Alison Head will handle rider applications (no video will be required). Auditing the clinic will be free for VADA members, and riders will pay a sliding scale based on their membership, volunteerism, etc. (as with past clinics). We are still hoping to do a judge's session over dinner on Saturday evening.

Nominating Committee- Alison Head is willing to be President and Tina is willing to be Vice President, Jessie and Alison Douglas are willing to be in the same positions unless someone steps up and would like to volunteer.

Chapters- What you need to get to Alison and Tina: Chapter officers and reps, chapter state volunteer of the year, what you want in the Purple Book – still need info from Charlottesville, Fredericksburg, NEVADA, ShenVADA, SVDA and SWVADA.

Alison Head reported that on Feb 19th (President's Day Monday) there will be a judges continuing education clinic at the Best Western in Leesburg and it's an evening event. It will qualify for the required continuing education credit for L grads. Non-judge auditors are welcome to attend.

Website- Wendy will add our sponsors.

Next meeting will be held at 10:30 am at the Boar's Head before the annual banquet.



2017 Awards Banquet



2017 High Score Award Winners

Introductory Level: Champion: Nancy Mendonca and Danny

Western Dressage Basic: Champion Sharon Kipping and Chalks Dun Dun-ning

First Level: Champion: Ashley Noble and Gimme Samoa Cookies

Second Level: Champion: Karen Rice and Chenango

Reserve: Lorraine Klepacz and Undiscovered

Third Level: Champion Alison Thompson and Commander's Eisenhower

Reserve: Karen Rice and Mahantango

Prix St George: Champion: Teresa Crater and Uther Pendragon

Equine Senior Award: Teresa Crater

Equine Magic Award: Sharnette Atkinson

Volunteer of the Year Nominees: Sharnette Atkinson, Sharon Kipping, Alison Thompson

Volunteer of the Year: Barb Ellis

Achievement Medals: First Level Gold: Ashley Noble and Gimme Samoa Cookies

Schedule of Events >>>

March 13th	Monthly Meeting	Location: TBD
April 10th	Monthly Meeting	Location: TBD
May 8th	Monthly Meeting	Location: TBD
July 10th	Monthly Meeting	Location: TBD
August 14th	Monthly Meeting	Location: TBD
September 8-9th	Rosemont Show	Location: 9601 Courthouse Rd. Spotsylvania
September 11th	Monthly Meeting	Location: TBD
October 9th	Monthly Meeting	Location: TBD
November 13th	Monthly Meeting	Location: TBD
December TBD	Membership Meeting	Location: TBD
TBD	Awards Banquet	Location: TBD



VADAF is a Chapter of the Virginia Dressage Association (VADA). VADA is a U.S. Dressage Federation (USDF) Group Membership Organization (GMO); all VADA members automatically become USDF Group Members. The 2018 membership year runs from December 1, 2017 through November 30, 2018.

Membership Form: http://vadaf.net/sites/default/files/Membership_Form%202018.pdf



presents
From Training Level Through FEI
The Inside Perspective from FEI
**** Judge Jeanne McDonald
An Auditor Friendly Clinic

April 21-22, 2018
Morven Park, Leesburg Virginia

This clinic is for:

Auditors The mounted teaching sessions will be auditor-friendly with time for questions and discussion. USDF University Credit (applied for)

VADA Volunteers. Special rates for our valued volunteers!

Riders **Get the real "scoop" from an experienced FEI Judge and Rider.**

Trainers Help your students learn the requirements of the USEF & FEI tests.

Judges **USDF "L" graduates gain continuing education credit (applied for).**

Judges of all levels welcome!

coming soon >>>

Next Meeting—
February 13th

VADAF Members

Sharon Ackley

Anna Fox

Pat McGovern

Sharnette Atkinson

Sarah Grady

Nancy Mendonca

Christine Balasi

Megan Irby

Karen Rice

Debbie Bowman

Molly Judge

Lee Scott

Teresa Crater

Sharon Kipping

Rachel Sigler

Doug Crooks

Lorraine Klepacz

Barbara Snapp

Barbara Ellis

Gracelynn M. Martinez

Alison Thompson