



The LVDA CenterLine

A Publication of the Lehigh Valley Dressage Association



In This Issue:

Betsy Steiner Clinic -

by Trisha Hessinger

Thinking Out of the (Sand) Box -

by Ellen Broadhurst

and More!

The LVDA CenterLine

August 2020

Newsletter Editor

Terry Wetzel

wetzeltk2@lvda.org



Members are encouraged to submit articles, photos, news, announcements, comments, etc for inclusion in our newsletter for all of our members to enjoy.

Submission of an article qualifies you for 1 "Supporting Activities" Volunteer Hour.



Click here to go to our Facebook page!

The LVDA is a USDF Group Member Organization (GMO) in Region 1.

All LVDA members are automatically registered as a USDF Group Member (GMs).

See the USDF Group Membership Benefits page in this newsletter.

For USDF Participating Membership, members must apply with the USDF directly.



UPCOMING EVENTS



August 16

**LVDA / USDF Recognized Show -
Bucks County Horse Park**

August 17

**Clinic with Bill McMullin
Thunderhead Farm**

August 30

**Schooling Show at
Thunderhead Farm**

September 12

**Schooling Show & Championship
Bucks County Horse Park**

October 3

**Schooling Show at
Heart's Journey Stables**

Keeping Everyone Safe

Review the current
LVDA COVID-19 Protocols
prior to attending each show.



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Terry Wetzel, Sherry Morse, Chris Dickenson

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Youth Program Committee

Jennifer Koch, Sherry Morse, Lisa Cope

LVDA Team Competitions Committee

Adult Team: Lisa Cope, Jennifer Koch

Youth Team: Jennifer Koch, Sherry Morse, Lisa Cope



Hay!!

**We need volunteers for our upcoming shows!
Check out our Volunteers Needed page for more details.
Our humans will appreciate the help!**



**Wow, this COVID-19 is really giving you
humans a problem this year! Stay Safe!**

Key Notifications

August 16 - Entries are closed

Lehigh Valley Dressage at the Park

Bucks County Horse Park

USDF/USEF Level 2 Competitions

2020 GAIG/USDF Regional Dressage Championship Qualifying

2020 Col. Bengt Ljungquist Memorial (BLM) Championship Qualifying

August 17 - Entries are closed

Clinic with Bill McMullin

Thunderhead Farm

August 30 - Entries are OPEN

Schooling Show at Thunderhead Farm

See the flyer in this issue.

Championship Show (September 12) Qualifications

Qualifying period ends September 1

Visit the [LVDA Championship Show Qualifications](#) web page to review the qualifying scores for each level, the required tests to be ridden for each division and more.

Note:

- Scores must be from LVDA hosted shows which include the D4K Benefit show and LVDA Recognized show.
- A Dressage Seat Equitation division has been added this year!

Remember, we're not out of the woods yet!

Watch for updates to the [LVDA COVID-19 Protocols](#) prior to each show. Restrictions are constantly changing which will allow us to periodically update our protocols. **The most recent USEF update was 7/29/20:**

"Upon leaving your trailer/car, unless mounted, all parties must wear a face mask/face covering at all times."

Schooling Show at Hidden Creek Update

Our second official schooling show of the season was another very successful show with a total of 72 rides held in the outdoor and indoor arenas at Hidden Creek Equestrian Center. Everyone enjoyed the wonderful weather and had no issues with maintaining proper social distancing.

Here is a copy of the [Show Results](#), which can also be found on the LVDA websites main page.



Dressage Schooling Show at Thunderhead Farm

7813 Springhouse Rd., New Tripoli, PA

LVDA, ESDCTA & USDF Regional Schooling Show Awards Registered

Show Date: August 30

Opens: August 3

Closes: August 23

Show Secretary:

Jen Koch
2225 Seipstown Rd.
Fogelsville, PA 18051
484-894-0876

youthprogram.coord@lvda.org

Show Manager:

Lindsay VanAssen
lvdashows@gmail.com
484-695-1049

Judge:

Ange Bean, L*

Available Classes:

- | | | |
|--------------------------|-------------------------|---|
| 1. Intro Level Test A | 9. First Level Test 3 | 17. FEI (TOC) |
| 2. Intro Level Test B | 10. Second Level Test 1 | 18. Test of Choice |
| 3. Intro Level Test C | 11. Second Level Test 2 | (Dressage Seat equitation,
Leadline) |
| 4. Training Level Test 1 | 12. Second Level Test 3 | |
| 5. Training Level Test 2 | 13. Third Level Test 1 | |
| 6. Training Level Test 3 | 14. Third Level Test 2 | |
| 7. First Level Test 1 | 15. Third Level Test 3 | |
| 8. First Level Test 2 | 16. Fourth Level (TOC) | |

Entry Fees, Liability Waivers & COVID-19 Protocols

LVDA Members: Senior \$25.00 Youth \$20.00 Non-Members: \$30.00

[Online Entry Form](#)

[LVDA Liability Waiver](#)

[USEF Liability Waiver](#)

For everyone's safety at the show please read and adhere to the:

[LVDA COVID-19 Protocols](#)

Note: If you chose Pay by Check on the entry form:

Make check payable to: LVDA (\$25 fee for returned checks)

Mail Check to the Show Secretary

Refunds: Before Closing Date - less \$10 Office Fee.

After Closing Date - only with a veterinarian excuse.

Scratches day of show - No Refunds

A current copy of a Negative Coggins (dated within 12 months of show) and Flu/Rhino vaccination (dated within 6 months of show) must be provided in order to ride.

- **Due to COVID-19 Protocols please submit these documents via the File Upload on the entry form or email them to the show secretary prior to the show.**

Volunteers Needed!

The LVDA depends upon volunteers to successfully run our events.

Each volunteer will receive a set amount of volunteer hours for each volunteer activity, which can be used to apply for LVDA Year-End Awards.

Volunteers can even help another member achieve their goal of receiving a Year End Award by transferring volunteer hours!

If you are interested in volunteering in some capacity during our upcoming events please contact the following:

August 30

Schooling Show at Thunderhead Farm

To volunteer contact:

Lindsay VanAssen at lvdashows@gmail.com or 484-695-1049

Physical/Hands-On Activities Positions

(volunteer hours are shown in parenthesis)

Show Secretary or Show Manager (16 hrs/per event)

Event Set Up and/or Tear Down (Hours worked)

Scribe (Hours worked)

Runner (Hours worked)

Scorer (Hours worked)

Ring or Warm-Up Steward (Hours worked)

Concessions Stand Attendant (Hours worked)

Floater (Hours worked)

Silent Auction Tables (Hours worked)

USDF Region 1 "Virtual" Youth Dressage Team Challenge

We Did It! Our first ever "Virtual" show!

Thank you Jen Koch for your hard work and dedication in making this happen for our youth.

Our online [Show Program](#) provides a listing of the 15 teams, the names of the 4 online judges and the show results.

Watch for an upcoming article on the challenges everyone encountered in this historic event.

LVDA Youth Dressage Team Riders



LVDA Youth Dressage Team Riders



A Special Thank You to our Sponsors of the USDF Region 1-Virtual Youth Dressage Team Challenge



*Lehigh Valley
Dressage Association*



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DRESSAGE FEDERATION
REGION 1



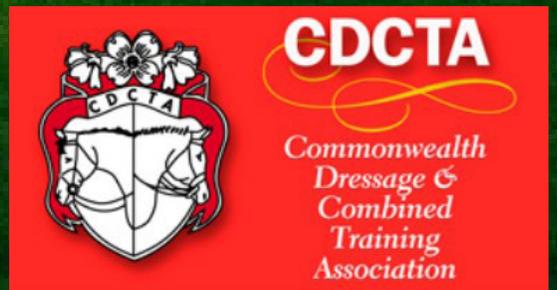
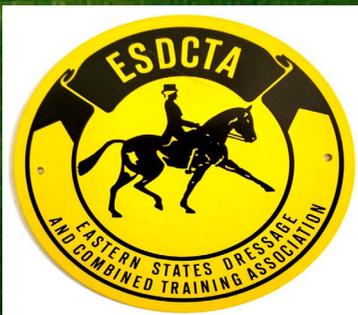
**Delaware Valley
Combined Training Association**



Michelle Davis King
Dressage Technical Delegate (r)

(703)868-9062
amking91@verizon.net

37820 Alder School Road
Purcellville, VA 20132



Betsy Steiner Clinic

By Trisha Hessinger

Toland Farm hosted its first of their Betsy Steiner Clinic Series with rewarding results for both horses and riders. Thank you to riders and auditors for maintaining COVID-19 protocols of wearing masks and sitting 6 feet apart! Betsy's keen eye and vast training experience showed itself quickly as each horse and rider team presented various challenges. Riders ranged from Training Level through FEI. Her sensitive approach kept even the most apprehensive partners relaxed and at ease, ready to learn.

Here are some of the themes we saw throughout the day:

TEMPO & BALANCE

Through the years we have all heard ride forward forward forward. Betsy quickly points out that many horses come out of balance when pushed too much forward, becoming on the forehand and against the bit with inconsistent tempo. The first priority is putting them in a balanced frame that makes it comfortable and easier to come up through their backs and lift through their abdominals. For some horses with a more natural balance, that may be a more forward pace. For others that means a more conservative trot until they learn to use their abs and back more, at which point more power can be added from behind. The half halts have to be frequent and accepted before power can be utilized and balance maintained, otherwise the horses just fall back on their shoulders (forehand). Many riders were asked to bring back the trot tempo to keep it both even and balanced and the riders were encouraged to count 1-2-3-4-5-6-7-8 to check themselves. This was very helpful. From the sidelines, one could easily see that the more conservative tempo aided the horses come to a more balanced and steadier trot that encouraged the horses to carry themselves more and the half halts were more easily understood. This assisted in getting the horses lighter in the contact and more maneuverable as well.

RENVERS

This was another theme introduced to many riders., no matter what level they were riding. Renvers is the same positioning as a travers but in reverse. In other words: The angle of a shoulder in (with haunches at the wall & shoulders coming inward) but with bend to the outside rather than to the inside. Why ride the renvers? As a warmup in the walk and trot, it is most helpful to bring the horses into balance by shortening the distance between the inside hind and the outside front thus encouraging use of the horses' abs and rounding the horses back upwards.

Betsy Steiner Clinic

continued

For horses not yet confirmed in using their body correctly, this is incredibly helpful tool. For riders for whom this positioning was foreign, Betsy asked them to glance backwards over their inside shoulder which immediately helped the horse achieve the correct positioning with both their shoulder & haunch.

SHOULDER CONTROL

Shoulder positioning was a consistent topic no matter the level of horse and rider. Learning to look for the outside shoulder 'popping' is key. If too much inside flexion is taken, the straightness of the outside shoulder is lost and the horse struggles to come 'through' with the energy from behind. This compromises both the gait, the balance and the movement. I think we all recognize that neck bend alone does not create true bend. Less from the neck and more from the inside leg puts the horse more on the outside rein thus yielding a better connection and throughness.

Shoulder fore at the canter was another exercise Betsy utilized to achieve a better connection and jump in the canter. Again not always going to the 'more forward' answer, but rather to quality, balance and lightness. Again, special attention to 'not too much inside rein' was a consistent theme. The horses' nose should stay aligned with the center of the horses' chest. This was very visual for the auditors as they could see that too much flexion meant the outside shoulder popped out, creating an 'out of balance' problem.

CANTER PIROUETTE

This work brought better control to the rotation of the movement while maintaining jump in the gait. Rather than just doing a traditional working pirouette on a small volte, the pair got a bit of bend positioning on a small circle, then did two strides of turning the shoulders, followed by riding forward for a few strides and right away back to two turns of shoulder rotation. As a result, the rider always had control of both direction and energy. It is common for horses to take over in a pirouette, and this exercise really helped to negate that tendency.

HAND POSITION

The hands were another topic during the warmups and beyond. When beginning the ride, in order to encourage stretch, Betsy asked for the hands to be wider and lower.

Betsy Steiner Clinic

continued

Once the horses were using their bodies better, riders were asked to keep their hands at the width of the horses' shoulders, while keeping them low. A good reminder is to touch the front of the saddle pad. This is extremely helpful at the posting trot since so many riders have a bounce in their hands as they rise in the trot. The horses really appreciated the steadier contact this offered. This showed in less movement of their head and neck.

Betsy's clear explanations and her thoughtful and kind delivery of information makes it easy for all riders to gain a new level of understanding of what it takes to advance in their skill level.

Toland Farm will be hosting Betsy Steiner clinics throughout the year. Auditing and participation is welcome.

All auditor fees, sales of Equestrian Bags by Mare and goodies benefit LVDA Junior Riders fund through Palamar Foundation.



Next clinic is August 11 & 12. Come join us for an incredible learning experience! 610-390-1919

Thinking Out of the (Sand)Box

by Ellen Broadhurst

There is a tendency among Dressage riders to focus heavily on ring-work. Let's face it, there isn't a score at any level for "smelling the roses" and sauntering through a babbling brook isn't going to improve your pirouette scores. But occasional hacking out is a great mental break for our hardworking equine friends, not to mention a fitness tool. And riding over hill and dale is ... well, can be ... okay, let's be really real here, should be fun.

Why do we find ourselves stuck in the ring? The often unspoken reality of being an adult amateur is that fear factors into our riding decisions. We've all been there, when a riding session has gone pear-shaped and we find ourselves wishing we had taken up shuffleboard or tiddlywinks, or any other sport where the equipment doesn't have a mind of its own. But, any dressage rider who wants to compete is ultimately going to have to ride out-of-doors, so, expanding our riding toolkit by including regular hacking is just a good idea.

So, how to begin? I'm not a professional anything (dressage trainer, therapist, writer), but I come from a place as a rider where it would be easy to let fear stop me. I'm older, I took a ten year break from riding, I have young horses, and I don't have a ring at my barn. I need to be able to ride outside, or I'd be stuck with a mini Equine Petting Zoo. As a rider, I have developed strategies that help me work through those less than perfect moments.

One way to think about managing "hacking fear" is by strategizing around two somewhat overlapping buckets: (1) How to manage your reactions and fear and (2) How to help your horse be more comfortable. The first naturally leads to the second ...

First off, if you are nervous or concerned, your horse is going to feel it. Your horses' greatest communication tool with you is body language. If your heart is fluttering, your knees are quaking and you feel vaguely queasy, you will be communicating all of that information directly to your valiant steed. And I can promise you, Valliant Steed, who lives or dies based on his ability to notice that the rest of the herd has sensed the presence of a Mountain Lion and flee, is going to assume that those knocking knees mean something is up and plan a quick exit stage left.

Thinking Out of the (Sand) Box

continued

But being concerned or nervous if you are not used to riding out-of-doors is perfectly normal. The key to success is reducing your own fear levels through exercises that help you think about other things. Please note that consumption of alcoholic beverages or use of controlled substances is not on this list. Not my gig, if it's yours, best of luck.

1. Sing, sing a song. Seriously. If you are nervous, your heart rate increases and your breathing changes, all communicating BAD NEWS to your poor horse. On the other hand, singing Pop tunes to the beast has no negative ramifications beyond assault on his esthetic sensibilities. If he can wear that Electric Cowboy bling browband you bought "him" for his birthday, he can deal with you belting out show tunes. I generally stick to The Sound of Music, your mileage may vary.

2. Bring a friend. Talking does the same thing as singing: distracts you and quiets your heart rate and breathing. Keeping up a steady stream of chatter is a perfect way to keep your own nerves in check. If you are just starting out and don't have a trusty friend with a quiet horse to bring along, have someone walk with you on the ground. On a lead if necessary. And talk to them. Or sing. You, do you.

3. Use a bucking strap, neck strap or breastplate. Eventers use them, eventers like WILLIAM FOX-PITT (not to name drop, but big, huge, freaking, THUD). I never hack without something to hang on to. I tend to saunter along, reins and neckstrap in one hand (SINGING). On more than one occasion, that little extra hand hold has saved me from the ignominy of walking home when a herd of deer appeared or the local blue heron flew by.

4. Use your Dressage tools; if your horse is distracted and it's making you nervous, leg yield, shoulder in, half pass, haunches-in, use whatever is in your toolkit to remind him that he has a job and he needs to pay attention and do it no matter what the distractions are. Hacking can be relaxing, but if you need to use work to get to relaxation, do it!

Thinking Out of the (Sand) Box

continued

Now for Part 2: how to acclimate your horse to the Wide, Wide World. This all actually boils down to go slow and keep it simple. Your horse will become more comfortable as you calm down and as he has more exposure to the Grand World (generally, of course. If your horse was a fire-breathing dragon in his most recent previous life, it's not worth it), so, take baby steps.

1. You're finished riding in the indoor and your Wee Beast is tired: cool him out by walking around outside the ring. Plan your initial route before you walk out the door. By doing this, you will have thought through potential pitfalls (are the young horses turned out, don't go that way! Busy driveway, try a different route!) and given yourself a point at which you can say, "Yes! I did this!" And get off. See what you did there? You gave yourself an easy win. Next time, that route will be a little easier.

2. Keep it short at first, particularly if the barn is busy and you are too embarrassed to break into There's Nobody Like Maria with that many people around. Alternately, have your instructor walk outside with you. Gradually increase hacking time as you and your horse become more comfortable. Riding in the ring first is always a good idea to gauge how your horse is feeling on any given day.

3. Be happy with slow, steady progress. You walked around the outside of the indoor this week? Congratulations! You went for a short hack with a friend around the Back 40 and genuinely enjoyed yourself? Fabulous! You're probably not going to give up Dressage and join the local Hunt Club anytime soon, so enjoy the progress you are making.

And be kind to yourself: if the plan is genuinely not working, bail. There's no point in having a bad situation escalate, or putting yourself in a situation where you end in a worse place than when you started. And then ask your trainer for help. No doubt, there are horse and rider combinations who are safer never leaving the ring. But if you long for the great out-of-doors, take a deep breath, queue up the lyrics to your favorite song and have at it!

2 Shows in One!



*Lehigh Valley
Dressage Association*



Schooling Show & Championship Show **Bucks County Horse Park, Revere, PA**

LVDA, ESDCTA & USDF Regional Schooling Show Awards Registered

Show Date: September 12 **Opens:** August 16 **Closes:** September 6

Show Secretary: Lindsay VanAssen 150 Belfast Rd., Wind Gap, PA 18091
lvdashows@gmail.com 484-695-1049

Show Manager: Jen Koch 484-894-0876 youthprogram.coord@lvda.org

Judges: Ann Forer, R and Susan Sinelnik, r

Available Schooling Show Classes:

- | | | |
|--------------------------|-------------------------|----------------------------|
| 1. Intro Level Test A | 9. First Level Test 3 | 17. FEI (TOC) |
| 2. Intro Level Test B | 10. Second Level Test 1 | 18. Test of Choice |
| 3. Intro Level Test C | 11. Second Level Test 2 | (Dressage Seat equitation, |
| 4. Training Level Test 1 | 12. Second Level Test 3 | Leadline) |
| 5. Training Level Test 2 | 13. Third Level Test 1 | |
| 6. Training Level Test 3 | 14. Third Level Test 2 | |
| 7. First Level Test 1 | 15. Third Level Test 3 | |
| 8. First Level Test 2 | 16. Fourth Level (TOC) | |

Available Championship Show Classes:

Competitors must ride both tests listed for their division.

Dressage Seat Equitation Division (Exception: Only required to ride 1 test)

Walk/Trot Division: (Intro Tests A & B)

Pre-Training Division: (Intro Test C & Training Level Test 1)

Training Level Division: (Training Level Tests 2 & 3)

First Level Division: (First Level Tests 2 & 3)

Second Level Division: (Second Level Tests 2 & 3)

Third Level & Above Division: (Tests 2 & 3 of Qualifying Level)

Entry Fees, Liability Waivers & COVID-19 Protocols

Schooling Show Class Entry Fees:

LVDA Members: Senior \$25.00 Youth \$20.00 Non-Members: \$30.00

Championship Show Class/Division Entry Fees:

LVDA Members: \$60 (covers both required tests for division)

Non-Members: \$70 (covers both required tests for division)

Exception: Dressage Seat Equitation Division Entry Fees

LVDA Members: \$30

Non-Members: \$35

Note: Entries don't open until August 16

[LVDA Liability Waiver](#)

[USEF Liability Waiver](#)

For everyone's safety at the show please read and adhere to the:

[LVDA COVID-19 Protocols](#)

Note: If you chose Pay by Check on the entry form:

Make check payable to: LVDA (\$25 fee for returned checks)

Mail Check to Show Secretary

Refunds: Before Closing Date - less \$10 Office Fee.

After Closing Date - only with a veterinarian excuse.

Scratches day of show - No Refunds

A current copy of a Negative Coggins (dated within 12 months of show) and Flu/Rhino vaccination (dated within 6 months of show) must be provided in order to ride.

- **Due to COVID-19 Protocols please submit these documents via the File Upload on the entry form or email them to the show secretary prior to the show.**

Michael F.

RONCA

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CONTRACTORS

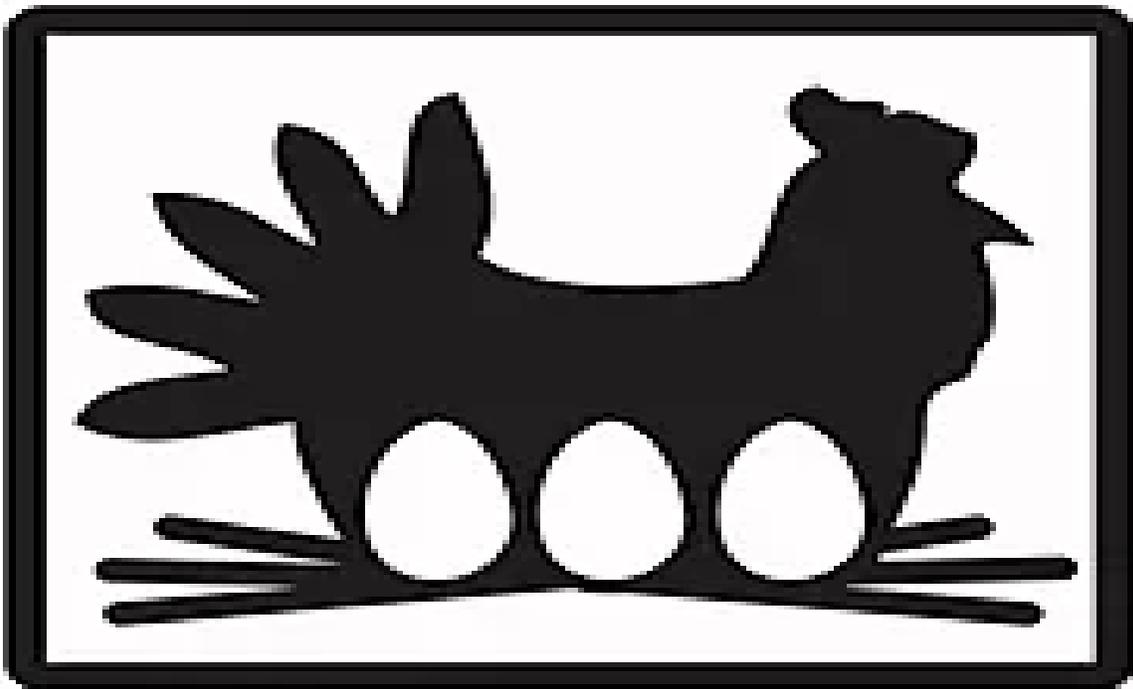


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*Lehigh Valley
Dressage Association*

LVDA Rider & Horse Recognition Initiative

The LVDA would love to acknowledge and congratulate our members and their horses on their successes in and out of the show ring. If you or someone you know has done something special, we would love to recognize it in our publications.

**Use this form to inform
us of a Rider or Horse
achievement:**

[LVDA Rider/Horse
Recognition Form](#)

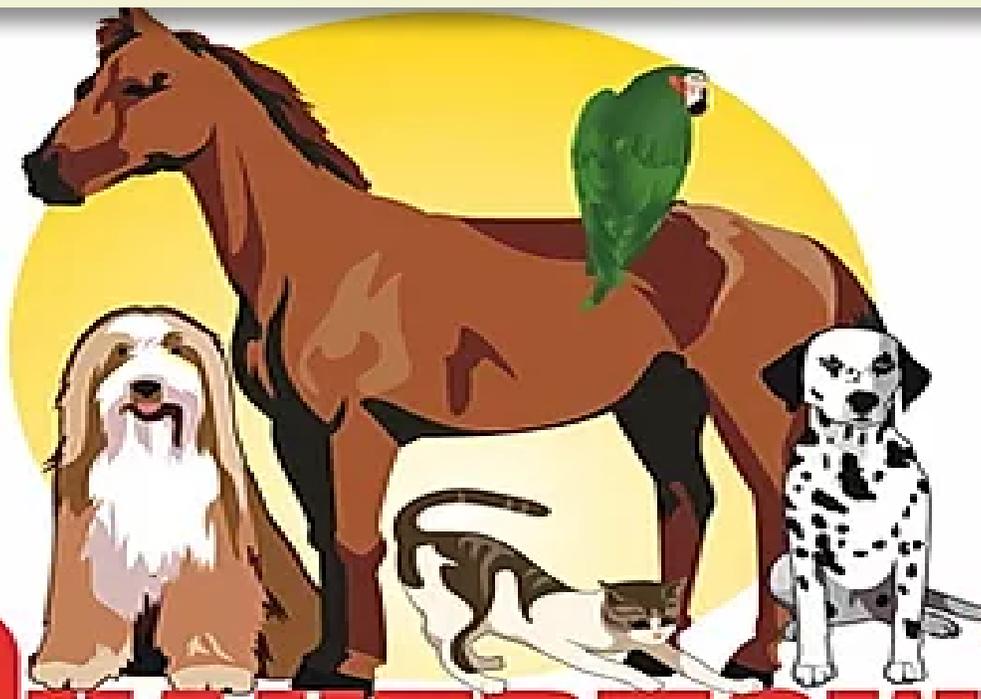
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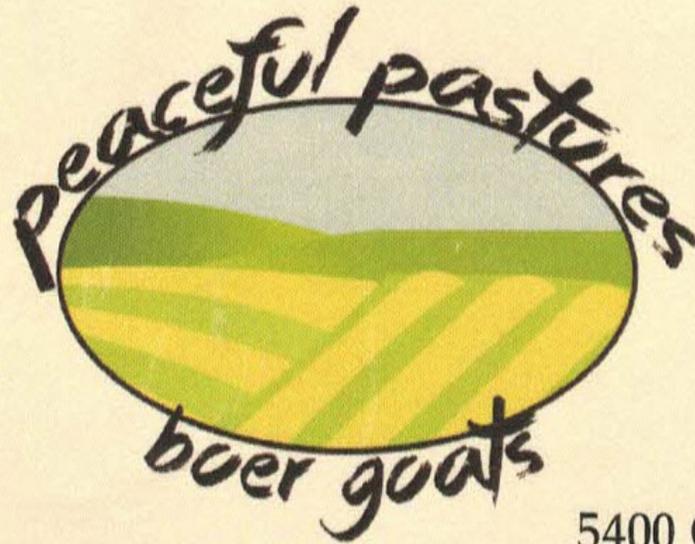
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7483 Bausch Road, New Tripoli, Pa

The logo features a silhouette of a horse running over a ridge, with a small circle above. The text "schocharie" is in a cursive font, and "ridge farm" is in a sans-serif font. Below the logo is contact information for Sandy Kantor, including phone number, email, website, and address.

As a USDF GMO the LVDA is part of USDF Region 1:
[USDF Region 1 Website](#)



Hope to see you at our shows!