

[Central Plains Dressage Society](#) is a USDF Group Member Organization in Oklahoma. We offer dressage enthusiasts a place to learn about the sport, socialize with other dressage riders, participate in shows and clinics, and more.

CENTRAL PLAINS DRESSAGE NEWS

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A NOTE FROM CHRIS.....

Rider Fitness and Yoga

By Amy Mullins

This month I want to share with you a recent blog from Nicola Smith, a self-described Personal Trainer, Nutrition and Lifestyle coach. I've never met Nicola in person since she lives far away in New Zealand, but she's had an enormous impact in my life through her Dressage Rider Training program. I've been thinking about this a lot lately as we get ready for this year's summer AGM. Last year's yoga session was so perfectly timed in my life. I'd been to Physical Therapy the Thursday before, and had been given a paper print off of a couple of yoga positions to start incorporating into each day. I'd never given yoga much thought before, except that I have a drawer full of yoga clothes because they are so comfy! I set the printed papers aside once I got back to work and then Friday passed in a blur. Saturday arrived along with our summer AGM which included a yoga session. I'd long read about how yoga can help riding, I had a PT telling me I needed to start practicing yoga, and here I was faced with an opportunity to try it out for myself. It doesn't usually take a complete smack upside my head to get me to pay attention!

I enjoyed the yoga, and left the meeting feeling like this was something I really needed to look into more. I looked for places close to go learn. Factoring in travel distance and work/life schedule it seemed impossible. I looked to the internet to see what online options were available. Overwhelming number of choices. *(continued page 4)*

LET'S CELEBRATE!

At our last recognized show we had a social at the end of the first day. We asked who had something to celebrate. It was quiet for a moment and then we had two people who had earned their bronze medals- CELEBRATION! With a bit more prodding one by one almost everyone had something to celebrate- first horse show, first FEI test, first time at second level, etc. It was wonderful to celebrate small moments as well as big ones. There has to be a lesson in there!!!

Did you know that there are many rider awards available from USDF? They are described in the USDF member guide (pages 21-23). I will highlight some of them here.

(continued page 2)



USDF RIDER AWARDS

Full Member Guide online [here](#). From pages 21-23:

REQUIREMENTS:

USDF participating of group member

Horse has ID

Owner meets competition requirements

\$25 application fee for each award

A person can earn an award once for each level

AWARDS:

Rider Performance Awards- Available for Training, First and Second levels

Four scores at 60% or better, two different competitions from two different judges

Medals: Bronze, Silver, Gold

Bronze- 2 scores at First, Second, Third levels each. 60% or higher.

Silver- 2 scores at Fourth and 2 Prix St. George scores. 60% minimum. Different judges.

Gold- 2 scores at any Intermediate level, 2 Grand Prix. 60% or higher. Different judges

Master's Challenge: 60 years old or older. Any level- T-4 and FEI

Freestyle: After medals a rider can earn a freestyle bar for scores at same level. 65% or higher. Two scores from two judges.

Dressage Seat Equitation - Not walk/trot.

Scores come from equitation classes. 3 judges, 3 competitions

Elementary- Five scores@ 65 +

Accomplished- 5 scores@ 72+

Elite- 5 scores@ 80+

There are also horse performance awards. So keep track of what you are doing so we can celebrate you and your horse!

WHAT'S IN A NAME? BY CHRIS CASHEL

Naming a horse is difficult! Trying to find a unique name, capturing a special meaning or keeping up with trends can be overwhelming. If you have a specific breed there may be some rules added to all of that. The warmbloods in particular have registries that dictate rules for offspring. Personally I find this interesting and it helps identify "lines" of horses if you are aware of the requirements. Following are some of the warmblood breeds and their naming guidelines. *(continued next page)*

CONTINUED FROM PAGE 2: WHAT'S IN A NAME

Danish Warmblood- Named with first letter of sire's name

Dutch Warmblood- Named with letter dictated by birth year. Omit Q, X, Y. 2019 is O.

German Warmblood- One word short names

Hanovarian- Named with first letter of the sire's name.

Holsteiner- Colt's have first letter of sire's name. Filly's name bases on schedule like the Dutch.

Oldenburg- Colt's named with first letter of sire's name. Fillies with first letter of dam's name.

Selle Francais- Year based naming. L was used in 1998. Omit W, X, Y, Z. No numerals and no more than one word.

Trakehner- Named with first letter of dam's name.

Westphalian- Named with first letter of sire's name.

There are naming guidelines for other breeds as well. To maintain the traditions of breeds add another variable to an already difficult process! Good luck

VOLUNTEERING AT REGIONALS OR NATIONALS!

Did you know that you can volunteer at the Regional Championships and the National Championships? This year Region 4 is September 26-29 in Cumming, IA and Region 9 is October 3-6 in Katy Texas. The National Finals are November 7-10 in Lexington, KY.

When you volunteer at the big competitions you are given a hotel room, food, sometimes clothes for your efforts. Pretty neat! You also get to be part of something important and meet like-minded people. Calls for volunteers will be coming out in the future. Stay aware if this is something you are interested in.

Of course, we only provide food, some nifty prizes and a bucketful of thanks for volunteering at Central Plains shows. The benefits remain the same as far as feeling part of the event, making new friends and contributing to a cause you believe in.

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote everyday about the kind of community you want to live in" Author unknown

Year End Awards Additions and Changes

- The CPDS board voted to include junior rider equitation as part of our year end awards program. The Year End Awards data sheet has been updated to reflect this.
- A “gaited horse” category has been added to the Western Dressage recognized show category.
- Because the East arena schooling shows have experienced so many rainouts, the required number of scores needed to earn a year end award will be lowered from 7 to 5. **This is for East Area schooling shows only.**
- A new category of award has also been added. This category is for riders aged 10 and under competing at either the East area or West area schooling shows. Scores from all schooling shows will count toward this award. Riders must be CPDS members and must have a minimum of 3 scores from any level. Leadline does not count toward this award. Thank you to Richal Flannery and Osage Hills Equestrian Center for sponsoring this exciting new award.

(Continued from page 1) RIDER FITNESS AND YOGA

I was watching YouTube through my Roku one day and thought “Why not look for yoga specifically equestrians?” To paraphrase a quote one of my favorite book characters “Why do a thing for one reason if you can do it for three?” Here might be a chance to speed recovery, improve my health and become a better rider. It didn’t take long to run into Nicola. I started with this yoga she’s shared on YouTube [Beginners Yoga For Dressage Riders - 16 Minute Flexibility And Mobility Yoga Flow](#).

I practiced this one yoga every day for several months. I had to make it part of my every day routine for a couple of reasons – one, to make it stick as habit, and two, because after only the first time, the difference in how I felt at the end compared to the beginning was simply amazing. I took things slowly and I went at a pace that seemed comfortable to my body. Before long, most days I could get out of bed in the morning without pain! I started seeing a real difference in my riding. I wanted more, so I signed up for the full Dressage Rider Training. Again, I progressed at a snail’s pace but I did progress. After many months I’m still not through the full 12 week program, but that’s what is so beautiful to me. It’s just like dressage, you move up the levels when you are ready and not according to some set in stone time table.

I hope you enjoy her article “Stop Caring What Others Think”. Her message that “The key is to surround yourself with people who support you and encourage you on your journey.” is what Central Plains Dressage is all about! As Chris says, we have so much to celebrate! I’m very proud to be part of this group and look forward to seeing all that we can accomplish together.

All the best,
Amy



#DRESSAGERIDERTRAINING
STOP CARING WHAT OTHER PEOPLE THINK
www.dressageridertraining.com

SHARED WITH PERMISSION OF DRT

The world of dressage and horses in general has a lot of people with opinions and strong ones! Here's the thing, just as everyone has a mouth, everyone has an opinion and if you ask for someone's opinion, be prepared to have it thrown on you. Be prepared for the good, the bad and the ugly, because you asked.

So how do you not worry about others opinions?

You simply don't ask. What someone else thinks of you is none of your business. Now I'm not saying don't ever ask opinions, there is a time and a place. The key is to choose when to ask and who. The problem lies when we let other peoples opinions and worry about what other people think hold us back from getting out there and just doing it.

In dressage we are trotting down a centre line and asking someone's opinion on how our training is going at this level. We have paid to enter into that show, to get a trusted and experienced persons opinion. So in that time and place that opinion matters and that is a time where you take the feedback and grow from it. No matter whether it was good or bad.

As hard as it is though, you have to remind yourself whose opinion matters and to shut down that voice in your head who is worrying about what other people think.

Setting Goals

Remind yourself why you are doing it and what your goal is. If your goal is to just head out to a competition and arrive safely back home again on the other side. Then that's what you focus on, nothing else and enjoy making that happen and enjoy being out and about giving it a go. Learn from that experience and build upon it. The more you just get out there and do it, the more confidence you will gain, the more experience you and your horse will gain and the better the two of you will get together

(continued next page)

It's about your journey.

I guess my point of this post is about getting on a journey that sits right for you. To often we let fear get in the way and I don't want this to happen to you. I want you to thrive and have fun along the way. Life is short and if your goal is to be the best dressage rider you can be, then you have to be brave and get out there. So read books, get great instructors, search out the knowledge and advice to help you on your journey. No matter where you are at. Then get on that road and work on YOUR path to success.

It can be way to easy to get stuck and stop growing because of the fear of what other people think. We let that fear stop us going out and competing because you fear you aren't good enough or you fear what other people are saying.

Those people that matter are saying how awesome it is to see you out and about. Those people that don't matter, you don't care what they think, because its none of your business. Remember everyone has an opinion. The key is to surround yourself with people who support you and encourage you on your journey. Those that have positive things to say and those people that you trust.

Make your journey one you love and enjoy every minute with your amazing horse. Its building your relationship with your horse that truly matters at the end of the day.

Build your confidence up off the horse and surround yourself with a supportive environment to help you succeed. Learn more about the [Dressage Rider Training Program here.](#)

Proud parents Bud and Deb Patterson celebrate
Chloe Patterson's USDF bronze medal earned on Lupo.



Photo by: Susan Lang

UPCOMING EVENTS

Upcoming Shows:

August 31st-September 1st – USEF/USDF Recognized Show
September 7th – USEF “Lite” Recognized Western Dressage Show
September 7th – West Schooling Show
September 14th – East Schooling Show
September 16th – West Schooling Show
October 12th – East Schooling Show
October 26th-October 27th – USEF/USDF Recognized Show

Upcoming Clinic Opportunities:

September 2nd Fran Dearing Kerr
October 28th Debbie Riehl-Rodriguez

SAVE THE DATE for these Special Events!!

Summer Annual General Meeting - August 24th

Freestyle Festival &
Tack Consignment Sale – November 9th



Photos by: Nancy Eytcheson

Register for shows and clinics at
HorseshowConsulting.com



Photo by: Susan Lang

Nancy and Mike Eytcheson with
Big Ben Hancock
after their fourth level ride.

SHOW REPORT

RECOGNIZED DRESSAGE SHOW REPORT

The June 22-23 Recognized show with Paula Lacy serving as judge was well supported with eight hours of rides each day. We had two new groups join us from Texas and the Wichita area was also well represented. This show also featured the recognized show team challenge. Competitors formed nine teams with the top two teams earning CPDS baseball caps and the top six teams earning rosettes. The team challenge awards were presented at the competitor's reception on Saturday night. Additionally, we had 2 new USDF bronze medals to celebrate, 2 riders debuting at FEI, and 3 riders joining the "almost 10" club! Below are the high point and special accomplishments from the show.

INTRODUCTORY LEVEL			
Amateur	None		
Junior	Dragon	Anna Droegemueller	65.000
Open	None		
TRAINING LEVEL			
Amateur	Our Serengeti	Patricia Lynch	69.310
Junior/YR	Kyra Rose	Adelee Dryssen	65.517
Open	Swirl's Semper Fi	Mimi Benton	70.172
FIRST LEVEL			
Amateur	Our Serengeti	Patricia Lynch	68.571
Junior/YR	Nubar Amigo Shine	McKenzie Kessler	62.759
Open	Wie Ghetz	Robin Hessel	72.089

SHOW REPORT

RECOGNIZED DRESSAGE SHOW REPORT JUNE 22-23 CONTINUED

SECOND LEVEL

Amateur	Tom Luck	Anne Stephens	68.919
Junior/YR	Lupo	Chloe Patterson	64.881
Open	Wie Ghetz	Robin Hessel	63.571

THIRD LEVEL

Amateur	Bella	Annie Warren	63.919
Junior/YR	Lupo	Chloe Patterson	62.972
Open	Diamond	Robin Hessel	65.125

FOURTH LEVEL

Open	Diamond	Robin Hessel	69.306
Amateur	San Angelo	Tricia Early	67.083
Junior/YR	None		

FEI LEVEL

Open	Katholt's Bossco	Codi Harrison	76.471
Amateur	Dylan Casimoro	Andrea McNeal	64.706
Junior/YR	None		

CONGRATULATIONS!!

USDF bronze medalists Liz Dudley and Chloe Patterson with Paula Lacy.



Photo courtesy of Susan Lang

USDF Medals
Chloe Patterson – Bronze Medal
Liz Dudley – Bronze Medal

SHOW REPORT

RECOGNIZED DRESSAGE SHOW REPORT JUNE 22-23 CONTINUED

THOROUGHBRED INCENTIVE PROGRAM

Champion – Our Serengeti / Patricia Lynch
Reserve Champion – Tom Luck / Anne Stephens

TEAM CHALLENGE RESULTS

Team Name	Capall Baile #2	
Horse/Rider 1	Tom Luck / Anne Stephens	Champions
Horse/Rider 2	Just Bob / Natalie McTaggart	Average Score: 73.665
Horse/Rider 3	Our Serengeti / Patricia Lynch	
Horse/Rider 4	Katholt's Bocso / Codi Harrison	

Team Name	Pierucci Dressage	
Horse/Rider 1	San Angelo / Tricia Early	Reserve Champions
Horse/Rider 2	Zip Two Dust / Trina Gilcrist	Average Score: 69.105
Horse/Rider 3	El Espirtu / Patti Gregory	
Horse/Rider 4	A Gold Rush / Den Burdette	

LET'S
CELEBRATE!!

FEI Debut
Nancy Litsch
Andrea McNeal

Andrea McNeal preparing for her FEI debut at Prix St. Georges



Team challenge winners Anne Stephens, Codi Harrison, Paula Lacy (judge), Patricia Lynch, Natalie McTaggart

Perfect 10 Club
Codi Harrison
Mimi Benton
Kristen Knutson

Photos this page courtesy of Susan Lang

SHOW REPORT

RECOGNIZED WESTERN DRESSAGE SHOW REPORT

The June 29 Western Dressage USDF "Lite" show included four hours of rides. The afternoon added another 5 hours of dressage rides in a schooling show. Susan Lang "R" judged both phases of the day. High points are listed below.

Western Dressage High Points

Introductory Level - Junior	Joker	Paeyton Gilliam	68.095
Introductory Level - Amateur	none		
Introductory Level - Open	PWR Brienne of Tarth	Patty Couch	71.591
Basic Level - Open	PWR Brienne of Tarth	Patty Couch	67.292
Basic Level - Junior	Joker	Paeyton Gilliam	62.917
Basic Level - Amateur	PWR Smart Alex	Angie Stokes	65.625
Level 1 - Amateur	DS Prairie Fire	Sarah Pryor	67.407
Level 1 - Junior	Checkers	Kyriana Beard	61.731
Level 2 - Junior	Checkers	Kyriana Beard	66.154
Level 3 - Open	Gallant Prince von G	Patty Couch	65.741
Level 4 - Open	Gallant Prince von G	Patty Couch	66.379
Gaited Horse - all levels	Kane	Den Burdette	65.682

Dressage Schooling Show High Points

Introductory Level Junior	Joker	Paeyton Gilliam	70.313
Introductory Level Adult	Little Miss Sassafras	Amy Kramer	68
Training Level Junior	Iris	Chloe Patterson	66.731
Training Level Adult	Little Miss Sassafras	Amy Kramer	66.932
First Level	Sweet Samauri	Lori Mullin	69.143
Second Level	none		
Third Level	Won Direction	Courtney Vaughn	59.181
Fourth Level	Lust in the Wind	Holly Luke	63.421
FEI	Falstaff	Martina Minor	62.353

Livestream Data for June Shows

Viewership for our summer shows is strong.

June 1 – 96

June 22-23 – 260

June 29 – 98

SHOW REPORT

JULY 13 WEST AREA SCHOOLING SHOW REPORT

The July 13 west area schooling show with Lurena Bell as judge was jam packed with almost 90 rides scheduled. An early start and low 90s temperatures made the show bearable. Our super EMT Mike Eytcheson kept riders cool with wet towels, bottled water, and popsicles. Show high points are as follows.

DRESSAGE HIGH POINTS

Introductory Level - Junior	Flidias Mark	Ellie Thompson	71.25
Introductory Level - Adult	Scott	Lara Stoodley	75.313
Training Level - Junior	Tony	Abby Logan	69.423
Training Level - Adult	Barn Dance	Janelle Williams	75.345
First Level	Sweet Samurai	Lori Mullin	70.286
Third Level	Won Direction	Courtney Vaughn	61.081
Fourth Level	Big Ben Hancock	Nancy Eytcheson	60.51
FEI	JC Keeley of Trexel	Nancy Litsch	62.353

WESTERN DRESSAGE HIGH POINTS

Introductory Level	Scott	Lara Stoodley	71.75
Basic Level	Karmalized	Emily Smith	75.2
Level 1 and above	Checkers	Kyriana Beard	60.769

CENTRAL PLAINS DRESSAGE NEWS



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Championship Show Opportunities

Valley View Equestrian Center – Stillwater, OK

USEF Recognized Dressage Show Championships

October 26-27, 2019

Judge: Debbie Riehl Rodriguez "S"

Schooling Show Championships

November 2, 2019

Judge: Jodie Lees "S"

USEF Recognized Western Dressage Show Championships

November 3, 2019

Judge: Susan Lang "R"

Qualifying and Memberships

You must be a member of CPDS (or pay the \$25 non-member fee) to ride in a championship class. Rider/horse teams qualify with two scores of 56% or higher in 2019 at:

- Any USDF/USEF recognized show in Oklahoma
- Any USEF WDAA recognized show in Oklahoma
- Any CPDS East or West area schooling show

Championship Test

Championship classes will be the highest test of each level except introductory level which will be test B.

Awards

Prize and neck ribbon to first. Rosettes will be awarded to 6th place.

Divisions

JR/YR, Adult Amateur; Open for all levels

Entry Information

<http://www.horshowconsulting.com/>

