



Getting a *Jump* on Show Season!

Julie Poveromo (pictured) reports on her participation in the USEA ICP program at Longwood Farm in Ocala, Florida. Story and more photos on page 5. Photos supplied by the author.

Inside This Issue:

- From the President
- USEA ICP Symposium
- Leslie Law Eventing Clinic
- IDCTA Tack Sale & Swap
- 2014 Wayne Eventing Derby Update
- Succeed/USDF Trainers' Conference with Steffen Peters & Scott Hassler
- IDCTA Tom Noon Dressage Clinic
- An Article about Dressage called GOLF
- Updated Schooling Show Calendar

IDCTA

Scribe

APR 2014, VOL. 21 NO. 4

NEWSLETTER EDITOR

Mary Jo Downen
typagraphics@gmail.com
Members are encouraged to submit comments, articles, news, photos. **Deadline: 10th of preceding month. E-Mail is best!**

ADVERTISING & PRODUCTION MANAGER

Mary Jo Downen,
TypaGraphics
Please send checks, disks, printed materials to Mary Jo Downen, 33062 Pearl St., Kirkland, IL 60146



Click to



Visit our Website:

www.idcta.org

A monthly newsletter published by the Illinois Dressage & Combined Training Association, An Illinois Not for Profit Corporation. Opinions expressed within are those of the authors, unless otherwise indicated.

The IDCTA is a USDF Group Member and USEA Affiliate Member Organization.

This organization's members are automatically USDF Group Members



GROUP MEMBER ORGANIZATION

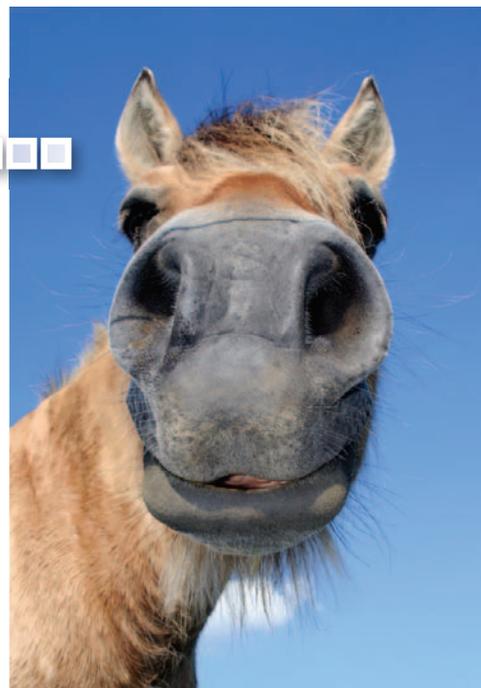
Not trying to be NOSEY...

But have you renewed your IDCTA Membership?

Don't miss a single thing! Go to

www.idcta.org

and renew today!



Advertising Rates

All Ads must be prepaid and received by the 10th of the preceding month. Those requiring extra graphics work may be subject to additional graphics charges. Please see www.idcta.org for complete ad submission information. **Discounts for multiple insertions - email or call for further information.**

Send Ads & Checks to:

Mary Jo Downen, 33062 Pearl St., Kirkland, IL 60146
Phone: 815-522-2285 Fax: 815-522-3813
E-Mail: typagraphics@gmail.com

Full Page	\$80.00
Half Page.....	\$40.00
One-Third Page	\$35.00
Quarter Page	\$30.00
Business Cards,.....	\$20.00
Classifieds (first 25 words, additional words 50¢ each)	
Members	\$5.00
Non-members	\$10.00

INFORMATION HOTLINES

CT Volunteers - Becky Bowen	708-807-1571
CT - Julie Poveromo	309-310-2703
Dressage - Molly Fine	716-573-5390
Dressage Volunteers - Debbie Garris	312-401-1157





From the

President

By Cindy Zitko

It looks like we can see the light is at the end of the tunnel; the snow is melting, the sun is shining, and hopefully warmer weather is coming. This weekend we hosted the Leslie Law Clinic at Benchmark Stables. It was a fantastic start to the 2014 show season where horse and rider teams were put through their paces. It was an opportunity to put in volunteer hours, audit and learn.

This is a great time to start reviewing the rule books, read over the dressage tests (this year there are new tests for eventing) and brush up on important information. Schooling shows, horse trials, dressage shows, clinics and other events have entry forms, which need to be filled out completely and correctly. Note opening and closing dates, deposit dates and regulations for the events you plan to attend. Taking a moment now can place on top of your game come competition time. If you

don't have all the required "I"s dotted and "T"s crossed, you might not be able to compete. I've had a few people fail to correctly fill out paperwork for a clinic, and turning away people isn't fun. We try to send reminders, but filling out paperwork properly from the start is the best way to ensure your spot.

The Tom Noone clinic is coming up soon. In addition to dressage riders, invite event riders to attend, get a leg up on their dressage and address any problems now. Tom works with riders of all disciplines.

April brings the Wayne Eventing Derby and Derby within a Derby. Are you thinking about moving up this year? The Derby offers Ride a Test entries. How about riding a test the next level up for some insight on where you are now? Yes, you can do that!

The IDCTA Schooling Show Omnibus is in print and should be in your mail very soon. This year printing was delayed due to a few barns who submitted their prize lists late. Just a reminder: Deadlines are for competitors and organizers alike, so that information is sent out in a timely fashion.

And finally...both the clinic and the derby need volunteers! Want to get your hours in early? Sign up! April is going to be a great start to the 2014 season. Take advantage of the opportunities at hand!

BOARD MEMBERS

Nora Endzel 312-450-5260
noraendzel@gmail.com

Tracy Gilman 847-815-6888
who867@sbcglobal.net

Deanna Hertrich 262-537-2629
freehorsefarm@aol.com

Denise Ingeman 262-210-2316
maremom@wi.rr.com

Renee Kempf-McKinley 630-235-2364
abend10@aol.com

Katie Lindsay 630-377-7597
flutie60184@sbcglobal.net

Kasey Mueller Phone: 630-888-4111
kaseycmueller@gmail.com

Christine Neff 847-337-3607
cneff4848@aol.com

EXECUTIVE BOARD MEMBERS

President: Cindy Zitko 630-830-4801
cynthiazitko@sbcglobal.net

VP Dressage: Molly Fine 716-573-5390
mollymfine@gmail.com

VP CT: Julie Poveromo 309-310-2703
juliepoveromo@gmail.com

Secretary: Becky Bowen 630-513-8839
RMCBowen@aol.com

Treasurer: Michael Coghlan 815-893-0067
mcoghlan@catwalkconsulting.com

MEMBERSHIP CHAIRMAN

Denise Ingeman, 262-210-2316
3414 fischer Dr., Burlington, WI 53105

E-mail: *maremom@wi.rr.com*

Address Changes: Must be sent to Denise Ingeman **in writing**, either via e-mail or legible, handwritten regular mail.

UN-MOUNTED WORKSHOP

INTERNAL ROAD BLOCKS AND STRESS— HOW THEY EFFECT YOU IN THE RING

Please join us for an open un-mounted workshop to discover how internal roadblocks and your reaction to stress is effecting you in the ring.

During this time, you will:

- Uncover your stress profile and how it effects you in the ring.
- Understand the 4 levels of internal obstacles that affect performance.
- Develop skills to identify inner obstacles that are preventing riding success and achievement of your equine goals.
- Create a new level of awareness that will place you on continued achievement and success.
- Learn how energetic self-perception levels affect performance.
- Use Foundation Principles to shape your path to success.

WHERE:

Benchmark Stables
13n200 Romke Rd.
Hampshire, IL

WHEN:

Date: April 19th
Time: 8:30am - 12:30pm
Cost: \$100.00
\$225.00 with Spur Factor*

Email or call to reserve your spot! Spaces are limited.
cathypenrod@equicoach.net | 630.688.2567

*The Spur Factor is an on-line assessment that enables you to hold a mirror to your perceptions, attitude and behaviors you experience in the ring.



USEA ICP Symposium 2014

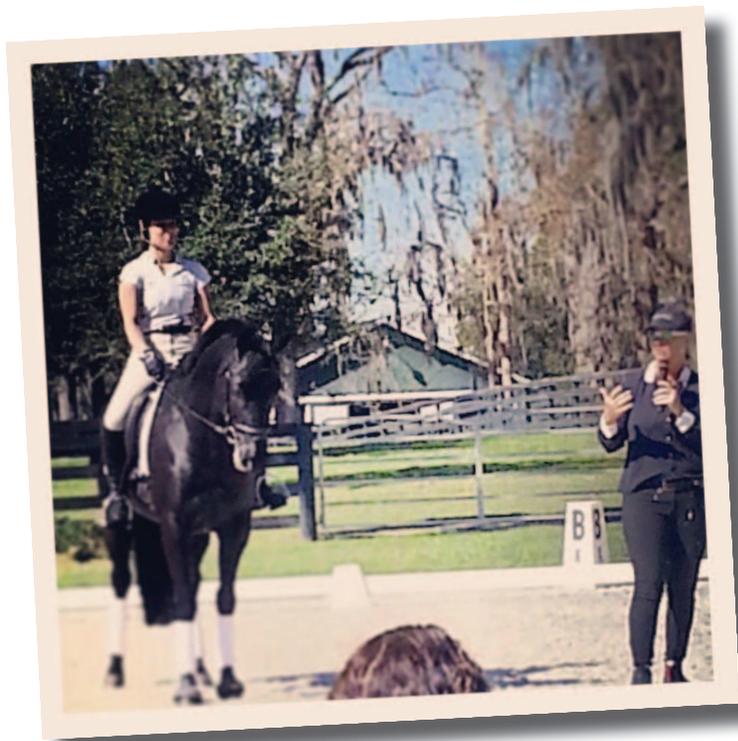
Longwood Farm, Ocala, FL

By Julie Poveromo. Photos supplied by the author.

I felt extremely fortunate to be selected as a rider in the USEA ICP Symposium in Ocala, Florida this February. The Symposium is held each year for ICP certified instructors to gain continuing education credit, as well anyone who would like to learn the teaching styles of world class riders and trainers in a clinic setting. This year the clinicians were Jacqueline Brooks, two-time Canadian Dressage Olympian, and Aaron Vale, top Show Jumping competitor. The IDCTA Grant Program was instrumental in helping me attend this wonderful opportunity. Check it out here: www.idcta.org/attachments/files/35/idcta2007_grant_program_app.pdf.

My current horse and I have only been partners since November. He is a five-year-old and came to me without much flatwork training, so I was hoping to gain some insight on continuing his development. I was extremely impressed with Jacquie's teaching style on the first day. She was very clear on objectives for young horses: Balance is imperative above all else, a slower rhythm helps create better balance, and weight signifies direction.

In her experience, many riders try to rush the horse forward and low in the head and neck without having any balance. The horse will never learn to weight the hind end using this method. If a horse can't hold its balance well in the canter, return to the trot to re-establish the balance before cantering again. When balance is a strength issue, young horses can only do so much before they are fatigued; then you must start over. She was very empathetic to the horses, appreciating when they tried hard and giving frequent breaks after correct work was established. Keeping the rhythm slow helps the horse to understand the aids



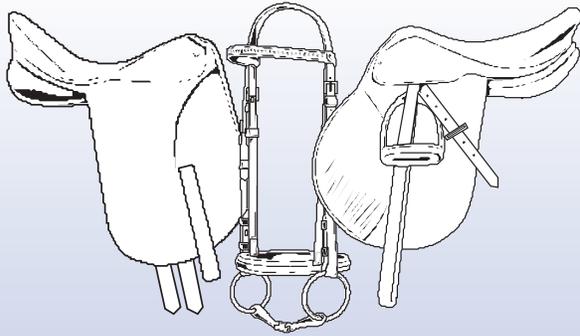
and build strength from behind. Jacquie encouraged us to shift the weight to the hind end by using our elbows as one end of "the bridge," with the other end being the bit. She explained that the back should flex and rise in the same manner under our seats. Asking us to feel the hind feet under our elbows was a great tool for helping engage the hind legs and lift the forehand, and we had to make sure the horse was forward enough first before applying this type of half halt. I have always been taught to half halt on the outside rein, but this method was an interesting change that really helped connect the horse without compromising straightness. There was a very obvious change in my horse's balance after using the bridge method; I could feel his shoulder come up and his trot was suddenly much freer.

Another point Jacquie made to the riders was that we can simply use our weight in the saddle to influence the direction the horse goes. Too many times riders pull on one rein to turn, which then disrupts the balance and makes the horse crooked. We worked on turning onto centerline by slightly leaning in the direction we wanted to turn, and keeping both reins even but using inside leg to keep bend through the ribcage. This was a real light bulb moment for me, as my horse sometimes struggles to make a good turn onto centerline. It was such a simple concept but extremely effective. She also explained that you can use the weight aid on a circle, but also some outside rein to help bring the poll around without over-bending to the inside. This keeps the horse on a uniform curve around your inside leg, helping the hind legs track directly behind the front legs. I would ride with Jacquie again in a heartbeat!

Aaron Vale was more about repetition than explanation, compared to Jacquie. He set up many wonderful exercises that were designed to help the horse figure out the best way to jump without much help from the rider. He emphasized that horses must learn to be self-sufficient when jumping and make good decisions, even if the rider doesn't tell them

continued on page 6





IDCTA is hosting a Tack Sale & Swap

at the **Wayne Eventing Derby!** Please join us from 12-3 p.m. on Saturday, April 12th, Lamplight Equestrian Center, look for signs.

If you would like to sell items, there is a \$10 sign-up fee (cash or check to IDCTA), and you set the prices on the items to be sold.

Please bring tack, equipment, clothing, boots, blankets, bits, etc. in good used condition. This is a great way to clean out your tack room or find items you have been searching for!

ATTENTION WAYNE EVENTING DERBY PRELIMINARY RIDERS

**Correction to
the prize list:**

**2014 USEF
PRELIMINARY
TEST A
will be ridden,
NOT Test B.**

USEA ICP Symposium continued from page 5

to. We did leg yields at the trot in between two fences to increase suppleness and engage the hind legs. I sometimes find it difficult to trot fences, but this exercise improved the quality of the trot so that the jump itself had better quality. We then cantered a line of two fences set at six strides, adding and subtracting a stride each time through. Aaron wanted us to be perfectly straight before, during and after the line. He said that riders get sloppy with their turns, causing the horse to lose its balance, which then can influence the quality of the next jump. Teaching the horse to yield to your leg after a fence helps re-establish balance and rideability quickly without too much pulling on the reins.

My least favorite but probably most influential exercise of the day was dubbed "the circle of death." There were four sets of standards, each with a rail on the ground, set on a circle. The rails were placed at twelve o'clock, three o'clock, six o'clock and nine o'clock. There were also two cones placed in the middle of each arc of the circle, with just enough space for a horse to pass through them. The objective was to canter over the rails on the circle, putting six strides in between each rail and staying closer to the outside standard, then spiral in to do five strides, passing over the center of each rail and in between the cones, then four strides, passing to the inside of the cones and closer to

the inside standard. This may seem simple in theory, but it was very difficult to execute correctly! The exercise forced riders to be accurate, have the correct canter, and keep the horse's balance up. Aaron said that if the horse breaks to the trot, to get the balance back and then canter again, don't just chase back into the canter. For horses that wanted to drift out to avoid the correct path, he said to catch the outside shoulder with your leg and rein, and keep looking to the inside of the circle. We all thought we had mastered the exercise, and then Aaron made two of the rails small verticals, which added another challenge as the horses now had to jump and land quietly enough to finish the circle on the correct path. If you have never tried something like this, it is a great tool to establish communication with the horse, keep the rider sharp, and create a better quality canter. Aaron told us that it is set up in his ring at home at all times and each of his horses, from four-year-olds to Grand Prix competitors, is very accustomed to it.

I came away from the two days with an appreciation for different styles of training, and felt that my horse greatly benefited from it. I am all about adding tools and learning new exercises to aid in development, so it was an awesome experience. Thank you IDCTA for providing the Grant Program to its members!

Wayne Eventing Derby Update | April 11-13

By Katie Lindsay

Left: One of the new Derby jumps being taken out of winter storage prior to being moved to Lamp-light for the April 11-13 Wayne Eventing Derby. This picture was taken three weeks before the competition and there are still mounds of snow on the ground. Should be interesting!

Below: More new jumps, thanks to the genius of Jon Wells! (Nice pile of snow, huh?)



SAVE THE DATE!

Leslie Law

Coming again!
June 5-6, 2014 (tentative)



TRAINING THROUGH GRAND PRIX

CHRISTOPH H E S S



Coming to
LONG MEADOW FARM
Malta, IL

MAY 2-3, 2014

For more information go to
www.idcta.org, or
contact Heidi Wright
at heidirite@gmail.com,
or call (815) 761-2341.

Paid Advertisement

Succeed/USDF Trainers' Conference with Steffen Peters & Scott Hassler

January 20-21, 2014 High Meadow Farm, Loxahatchee, FL

By Renee K. McKinley. Photos supplied by the Author.

This year, in an effort to break up an exceptionally brutal Chicagoland winter and rekindle my dressage training motivation, I attended the USDF's annual Trainers' Conference in Florida. As an auditor of the conference, I experienced an inside view of Steffen Peters' philosophies and training approach, which was both enlightening and inspiring.

The format of the conference was similar to a clinic, and consisted of pre-selected rider/horse teams who are training and competing in Florida for the season. Each horse and rider was first observed by Steffen and Scott, and then they were immediately either coached, or to everyone's delight, Steffen would ride and lecture simultaneously, demonstrating his training process. Scott would provide insight from the ground, and he has an amazing perspective, as well as advice for training young horses headed towards the FEI.

I think what I personally found so amazing in watching Steffen teach and ride was his constant commitment to creating suppleness in the horse, clarity in what he is asking the horse, and the mantra of "perfect practice makes perfect." Why not aim for a 7 or 8 when practicing? He never did a



transition without completing it, never did a movement without having the horse perfectly set up first.

He must have used the word "simplify" when talking about the aids a hundred times. His legs were never swinging, and when questioned about his leg position during various movements, including the commonly elusive piaffe and passage and the transitions between, he again proposed "simplicity" in keeping the legs virtually at the girth with the transitions coming from nuances in lower leg, knee and seat, or "core" pressures. Watching him ride various horses possessing a variety of temperaments and talents with his quiet and invisible aids was quite inspiring, as well as a little daunting. I appreciated his commitment to the ethical aspect of riding and training. It was truly beautiful to watch and encouraging to aspire to.

Steffen also mentioned several times his disagreement with the word "submission," and that he much preferred the term "cooperation." There was no pushing and pulling, swinging haunches, quick punitive reinbacks or punishing use of the whip or spurs. All the aids were used as aids only, not punishment. If the horse misbehaved or was confused, Steffen calmly redirected and went back to his "simplification" mantra, clearing up and teaching the horse with consistent, quiet aiding. Of course there were moments that required gaining the horse's attention and respect, which he did quickly and clearly, without anger or ego. He has an infallible training process, which he attributed to classical tradition, as well as an ethical philosophy and true love and respect for the horses and their individuality.

Another constant theme was straightness, and he consistently corrected riders who had too much inside bend. He said the amount of bend to the inside involved seeing the inside eye only, with the outside rein controlling the amount of bend. Regarding neck positioning, on some of the younger horses as well as the hotter horses, he was fine with them rounded somewhat behind

continued on page 10

the vertical as long as they were supple in both neck and back, were not being "held," and were straight. He was looking for a light, steady connection where the horse was supple and teachable. He did not advocate "long and low," but was not worried about riding youngsters in this soft round contact and a little behind the vertical, because it encouraged suppleness and could eventually be worked up to the vertical later in training.

Although I left the conference with many implementations for my daily riding and training with the goal of improving my FEI work, there were also many moments for me of "what I wish I knew then" when watching the younger horses being educated. One example is that he asked for the canter from the five to six-year-olds from the collected walk and not from the trot almost every time. This engaged the inside hind leg, was less frantic for the more energetic youngsters, and started the canter in better balance. He did not attempt the more difficult canter/walk transitions with the young horses, however, and recommended against that transition until the horse was strong enough for the more challenging transition.

Of course, some of the younger, more powerful horses would start unfocused and hot. Steffen made it simple for them right away by asking immediately for small forward and back transitions within the gait; no running, respectfully forward, with many half halts back, asking for a little more trot, a little less, and then the same transitions forward and back within the canter. He "explained" suppleness to the horse with bending, circles, and moments of outside bend. He cautioned not to get stuck with the heavy horse who is leaning into the hand with too much flexion, but instead start tempo changes within the gait right away with moments of bend on perhaps 3/4 of the circle, and then a few steps forward again with less bend. It was amazing to watch him transform the running, pulling horse into a supple, listening, not-hanging-on-the-bit and cooperative partner early in the ride, and after only a few circles. Simplicity...if only it was that simple for all of us! And that quick!

Steffen taught us to begin training sessions with the idea of purpose and perfection before your horse becomes fatigued. Both Steffen and Scott emphasized working the horses in short training periods of five minutes or so with frequent walk breaks, not necessarily on a long rein or for more than 30 seconds, but long enough to re-oxygenate muscles and prevent stress, pain or mental agitation. A proper extended walk creates a positive habit. Again, he emphasized cooperation and suppleness, simplicity of the aids, and how to go about achieving those necessary ingredients. It is our responsibility to "coach" our horses with composure and clarity every time we ride. "Perfect practice makes perfect."

Many of the question and answer sessions were an effort to pinpoint Steffen's exact aiding system. His "simplicity" mantra was not necessarily simple to all. He described his driving aid as always being the lower calf, never the whip. He kept his leg forward near the girth, as gentle as possible to get the response, the pressure point being where you get the reaction. He emphasized using the slightest aid possible to get the desired response, and his riding reflected that. He would continually test the horse's response. For example, in the canter: A few strides regular canter followed by a

few strides more collected with the least aiding possible, then gentle leg pressure to get the forward job done, the immediate softening of that aid when the horse responded (with the least amount of core and seat necessary to collect him back responsively), followed by the immediate softening of that aid when the horse came back to him. You could see him progressively creating a communication system with the horse; the horses were cooperative the vast majority of the time after only a few circles with Steffen aboard.

The spur aid was used only to correct, never to maintain. Steffen reiterated several times that the rider's heels were to remain down, the calf draped but ready to give the least possible pressure if needed. He would correct the riders if they had the spur in the horse for more than a correction, and also if their leg was too far back. He said that most riders are "supporting" too much, and therefore dulling the horse from reacting to a more gentle aid. Steffen also brought up the fact that in order to ride a GP test, a rider needed to train for quick reactions to gentle leg pressures and clear aiding to make it through the test seamlessly.

My personal focus this trip was gaining a better understanding of the Grand Prix movements and their prerequisites. I was able to attend a show the weekend before the conference and watch some GP rides of both amateurs and professionals, which was helpful. The most difficult movement for all the riders consistently was the transition in and out between passage and piaffe and vice versa. The riders worked visibly hard to get their 12-15 sometimes irregular steps of piaffe, whipping and spurring, so it was extremely interesting to watch Steffen train active and regular piaffe without any visible aiding. He advised to give the horse a chance to react to your collecting piaffe aids with just light calf support, employing sharp aids only if there is no reaction in order to make your point. He went into the piaffe by only closing his calf with his heels down, leg long at the girth, no spur; if the horse quit or became lazy, one spur "push" reminder was sufficient. It did not look like he did anything coming out of piaffe into passage except perhaps breathe; his leg remained still, though I assume he changed the aiding pressure. Unfortunately, at the show almost every rider I watched asked for piaffe with the spur first and kept it on, continually using their whip aid, then found they had nothing available when the horse got lazy; hence, it looked frantic and labored. Alas, simplify!

Even the young horses were schooled toward the idea of piaffe. With the youngsters, he would do a few strides of a lengthened trot, transitioning towards the walk with a few half steps before the walk, the whip lightly on the croup "testing." The "simplicity" was in the availability of the movement, which is the second phase after the above exercise, when the aids become more sophisticated and produce more steps with less effort.

I am certain I have not done Steffen nor Scott's teaching justice in this article, but hope that it has inspired some to watch the conference when it becomes available online. I came away with a notebook of inspiration, and even more valuable was the knowledge to help me to become a better rider. Of my many USDF educational experiences, this has been one of my favorites, and I am always disheartened when I don't see more Midwest trainers taking advantage of this opportunity. Hope to see you next year!

TOM NOONE

IDCTA proudly welcomes trainer Tom Noone for a dressage clinic. Tom brings not only his education and experience to his students but also his enthusiastic and supportive teaching style. Tom has earned all his USDF medals and represented the USA in the World Cup and was one of the top 12 riders nationally to qualify for the selection trials for the 2002 World Equestrian Games

APRIL 5TH AND 6TH 2014



PARIS FARMS

15815 12TH Street, Kenosha, WI

CONTACT:

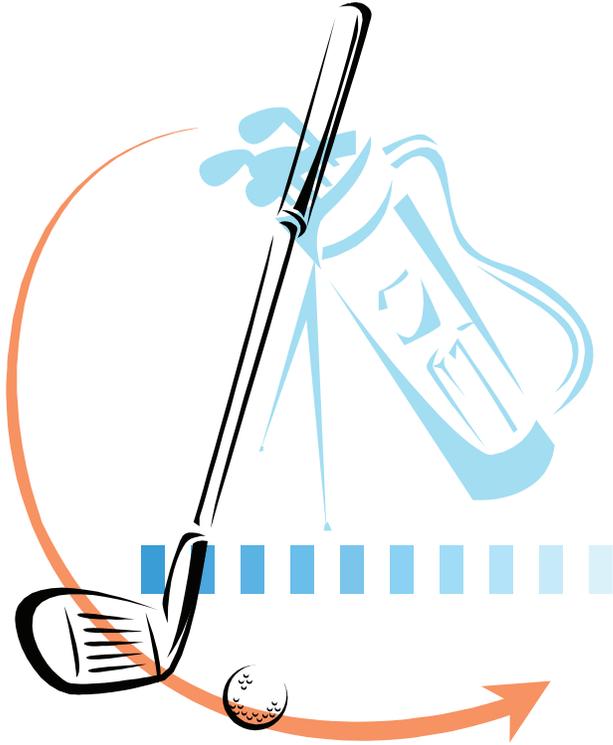
Deanna Hertrich 262 537 2629

An article about dressage called **GOLF**

by Sandy Collins

For several decades now, dressage has helped me with fitness, with sanity, with fulfillment, with relationships, with life. I never thought it would help me with golf.

A few years ago, a major wedding anniversary milestone was approaching for my husband and me. My gift to my spouse had to be a good one, not something I picked up that day on the way home from the barn. My husband had taken up golf just a few years before with his parents in Florida, and now he was hooked.



To me, a rider, golf courses always seemed a terrible waste of good galloping country. Golf caused people to get license plates that read "I (heart) GOLF" or "GLFNUT" — clearly they hadn't tried riding. How could such a boring pursuit breed such fanaticism? (Wait, isn't that what riders in other disciplines say about dressage? But I'm getting ahead of myself...)

Wanting to give a gift with meaning, as well as finding an outdoor activity for us to do together (as long-married couples are supposed to do), I announced my intent to my husband: I would take up golf. Giddily, he ran out and bought me some clubs, and I lined up a few lessons.

Our local pro is a gifted teacher who nonetheless takes a laid-back approach. "Don't think too much," he said, "just hit the ball." That sounded a bit like what we say at the barn, I thought to myself, and the seed of something very important was sown.

For example, I couldn't hit the golf ball very far at first, but it usually went pretty straight, thanks to 25 years of obsession with straightness as a dressage rider, I'm sure. The concept of aligning my body and my swing with invisible lines of geometry on the course also felt strangely, comfortingly familiar. Soon the list of similarities took on a life of its own.

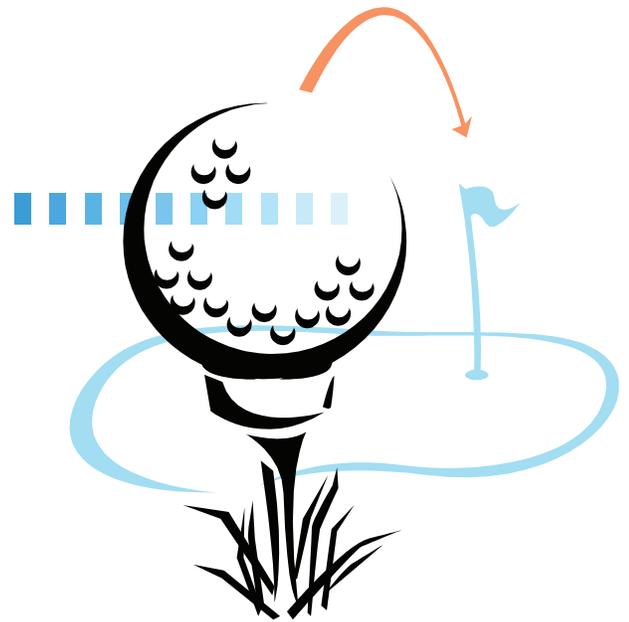
I've seen my cowboy hero, Buck Brannaman, shake his head in bewilderment when talking about golf, ("I just don't get it..." he says), but his credo when working with horses, "Timing, Feel, Balance," helps every golf shot I take.

There are many more parallel theories in golf/dressage:

- Shake off a bad shot/test movement immediately and focus on the next one.
- Muscles have to be loose, but not too loose.
- Shape the shot/stride, but let it go, let it fly.
- Concentrate but don't overthink.
- Rhythm, tempo, swing, "schwung..."
- Golf legend Sam Snead recommended holding a golf club exactly as rider training legend Sally Swift recommended holding reins: as if one is holding baby birds — too tight and you harm the birds, too loose and they will fly away. Spooky, right?

Finally, a very important way that golf has actually helped my dressage: I used to feel very nervous when beginning my dressage tests, trotting up the centerline to X, very "alone on the mountaintop." But now that feels like a piece of cake compared to stepping up to the first tee on a golf course, usually in front of people I just met, and trying to make that first shot a decent one. With golf, though, as with dressage, the answer is to take a few deep breaths, trust your training, and go.

Now, when I leave the barn most days, nothing tastes quite as good as an Arnold Palmer-style iced tea! Thanks, Arnie, thanks golf, and, yes, thanks, husband, too.



The *Thoughtful* Rider

By Melonie Kessler, USEF "S" Dressage Judge

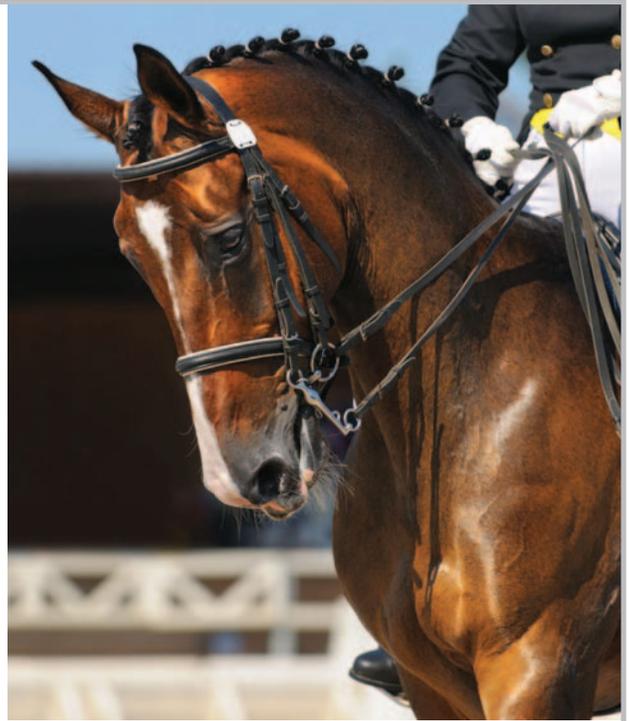
Dressage riders must be quick thinkers and problem solvers.

I instruct my students to break down their difficulties and have them quickly tell me what they need to do as a correction. Many times riders feel overwhelmed when they feel that their figures and movements aren't maintaining quality. I encourage them to think in terms of gradual improvement. Instead of riding for perfection, I have them ride to do better.

As they ride the long side they tell me what they feel is needed fundamentally to improve: Impulsion, straightness, steadying the tempo, etc. On the short side they make their corrections. They ride the next long side having isolated the main problem. The idea is to quickly use the tools the instructor has given them and do "better" each long side. They must be quick to assess and correct. The fundamentals are the key to achieving the lightness and harmony we all seek in order to perform the exercises with ease, both for us and for our horses.

Remember, the fundamentals are described in the training scale. No matter what sport you engage in or what level you have achieved, the key to success is a strong understanding and ability to perform the "basics."

I encourage all riders to take the responsibility of knowing the fundamentals of our sport and to develop their skills in explaining them to their equine partners.



Be the best you can be in the show ring & in life.



Cathy Penrod
Equine Performance Coach

78 Brentwood Dr.
Gilberts IL 60136

Tel. 630.688.2567
cathypenrod@equicoach.net
www.equicoach.net

Paid Advertisement

This space could be yours for as low as

\$180/year!

That's only \$15/month for a full color ad!

Email Mary Jo at typagraphics@gmail.com or phone

815-522-2285 for complete details.

IDCTA Service DIRECTORY

Listings in the IDCTA Service Directory are FREE to all paid IDCTA Members. Please submit your horse-related service listing to: Mary Jo Downen at typagraphics@gmail.com

EVENTING

Erin and Kenny Dierks
(815) 342-4330

erin_vey@comcast.net
www.erinandkennydierks.com
Over 40 years combined riding and competing experience, US Pony Club "A" Grads, Members Wayne DuPage Hunt, USEA, USEF, and IDCTA.

Leah Lang-Gluscic
LLG Eventing, Freeport, IL
815-677-0235

langgluscic.leah@gmail.com
Instruction through Preliminary level.

Cathy Jones-Forsberg
Top Line Equestrian, Hampshire, IL
847-464-4095

ducksflyforcathy@yahoo.com
ICP Level III

Linda Kelly
Kelly's on 41, Wadsworth, IL
847-951-0670
lindakelly22@yahoo.com

Brigitte Kettell
Baythorne Farm, Sugar Grove, IL
630-732-3525

mistralbk@gmail.com
30 years experience, Pony Club B rating. Beginner level through Preliminary, Level 1T ICP certified, works with riders of all levels.

Cindi Martinovic
Frontenac Farm, West Dundee, IL
847-426-0938

Frontenacfarm@msn.com
www.frontenacfarm.com
30 years experience with all kinds of horses and riders. Offering training in eventing and dressage with emphasis on safety and good all around horsemanship.

Christine Neff
Tipperary Farm at DonBar Farm, Wadsworth, IL
(847) 337-3607
cneff4848@aol.com
www.tipperaryfarm.us
www.tipperarystud.com
Eventing, Dressage, H/J, Trail Riders. All English disciplines, Whipper-In - Mill Creek Hunt, Instructor - Old Mill Creek Pony Club.

Marian O'Brien
Iron Ridge Farm, Frankfort, IL
(708) 927-1552
mobrie@midwestern.edu
Evented Area IV Novice to Preliminary, Shown to Intermediate-I, USDF Bronze and Silver medalist. Teaching young rider to adults.

Jennifer Rousseau
Barrington Hills, IL
847-382-9832
rousseauj@dls.net
ICP Level I

Julie Sadowske
Heritage Stables, Oconomowoc, WI
262-527-7311
Heritagestables812@msn.com
Classical Dressage, Eventing, Hunters, Boarding, Training, Lessons/Coaching at competitions. Indoor arena, outdoor dressage ring, trails, river, XC courses, stadium jumps, daily turnout, on-site competitions, clinics, fun and friendly atmosphere.

Jessica Underwood
224-627-3730
www.jessica-underwood.com
Info@jessica-underwood.com
Eventing/Dressage Lessons/Training/Sales
'Connecting the Horse and Rider'

DRESSAGE

Eliza Ardizzone
Tempel Lipizzans LLC,
Wadsworth, IL
(847)922-1013
eardizzone@att.net
USDF Silver and Gold medalist, USDF "L" Program grad with distinction, Resident trainer Tempel Lipizzans, 30 years experience.

Lorna Donahue
Carousel Farm LLC, Washington, IL
309-444-8412
CALV96@aol.com
USDF Silver and Bronze medalist and Silver Freestyle bar, L graduate, Host of Carousel Connection Dressage Show

Lisa Froehlig
Silverwood Farm, Camp Lake, WI
262/889-4700
promopony@aol.com
Bronze/Silver/Gold USDF Medalist, Training through Grand Prix, USDF "L" Judge, Boarding and Horse Show facility. Competitive/pleasure riding and retirees.

Susan Gerstenberger
Silverwood Farm
Camp Lake, WI
815-943-8829 hm
815-236-8184 cell
mblpetvt@aol.com
262/889-4700
Bronze/Silver USDF Medalist, Training through I-1, USDF "L" Judge with distinction, competed thru I-1 and schooling G.P.

Patti Gruber
Wayfarer Farm, Wauconda, IL
847-561-8194
pattibrutus2@aol.com
Dressage training for the lower level rider. Fun, positive educational environment. Children's lessons available. Shows, clinics, trail riding.

Diane Huss
Cliffwood Farm, Richmond, IL
847-846-3592
Dressage, Combined Training and In-Hand Competition. Teaches a common sense approach with a fun, workmanlike technique.

Judith Janesak
Paddock Hills Equestrian Center, Union, IL
815-670-3808
judithdressage@aol.com
ARIA certified Instructor, 10+ years experience teaching beginner to 2nd level. School horses, private/group lessons, seasonal camps, birthday party packages. Available to travel NW Suburbs/Rockford. Paddock Hills offers trailer-in lessons, schooling shows and clinics.

Amanda Johnson
Silverwood Farm, Camp Lake, WI
262/889-4700
Bronze/Silver/Gold USDF Medalist, Training through Grand Prix

continued on next page

IDCTA Service DIRECTORY

Listings in the IDCTA Service Directory are FREE to all paid IDCTA Members. Please submit your horse-related service listing to: Mary Jo Downen at typagraphics@gmail.com

DRESSAGE (cont.)

Jennifer Malott Kotylo
Movement and Body Awareness
Specialist for Equestrians
312-719-0283 | jenniferkotylo.com
jkotylo@yahoo.com

Certified: Core Dynamics Pilates, Equilates, Balimo. Owner Sunflower Equestrian Wellness Center. Creator of DVD series "Improve Your Riding Through Movement." USDF Bronze & Silver Medalist. US Pony Club Graduate. "L" Graduate with Distinction

Sara Latokhin
Old McHenry Farm
Hawthorn Woods IL
The Horse Quarters, Peotone IL
(815) 791-6741
SaraLatokhin@live.com
www.SaraLatokhin.com
Willing to travel to other barns

Heather McCarthy
Copper Ridge Farms
44W655 Welter Rd
Maple Park, IL 60151
(630)365-9420 barn
(815)970-1941 barn manager Jen V.
info@copperridgefarms.net
www.copperridgefarms.net
Premiere Dressage facility on 40 acres. 20 stalls, private one on one care. Heated barns, Indoor/Outdoor, clubhouse rooms.

Linda M Schultz
Fields and Fences Equestrian
Gurnee, IL
630-863-1029
linda823@comcast.net
USDF Bronze and Silver Medalist. All levels of riders and breeds of horses. Trained with Jayne Ayers, Laurie Hedlund and Lendon Gray.



Reliable Protection. Expect It.
Mortality • Liability • Farm
Let our experienced, knowledgeable staff find the right insurance product for you.
Hallmark
Equine Insurance Agency
800.734.0598
www.hallmarkhorse.com

Paid Advertisement

Leslie Weiss BHSAL, "r" Dressage Judge
(815) 355-8223
lgweiss484@yahoo.com
Teaching and training out of facilities in Lake Geneva, WI and Spring Grove, IL. Will also travel to your facility. Thirty years experience in classical dressage.

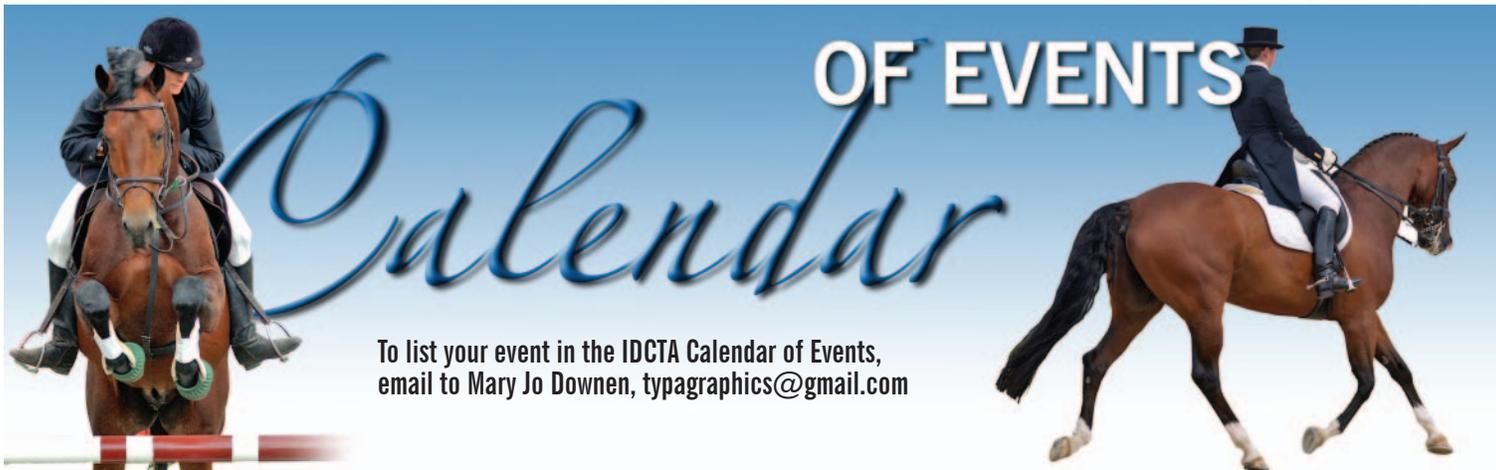
The **IDCTA Service Directory** listings are available to all **paid** IDCTA members. If you would like to have your horse-related business listed and you are a current IDCTA member, please email your listing to Mary Jo Downen at typagraphics@gmail.com.

Listings should include your name, your farm name, your phone(s), your email, your website, and a brief description of the services that you offer. If you offer both training and boarding services, you can have a longer description. Please provide your IDCTA member number as well.

Take advantage of this fantastic resource for those seeking equine related services as well as for those offering them. If you have any questions regarding our new Service Directory, please don't hesitate to contact me at 815-522-2285.

2014 IDCTA Schooling Show Series Schedule

Show Date	Show Type	Facility & Location	Judge	Contact & Phone Email	Closing Date
April 27	Dressage (indoors)	Fields & Fences Wadsworth, IL	Jennifer Kotylo	Anita Schadeck anita@fieldsandfences.com 847-244-4121	April 17
May 4	Mini Event & CT	Geneva Equestrian Lake Geneva, WI	TBA	Cindy Bonamarte genevaequestrian@msn.com 262-245-6490	April 27
May 10	Mini Event/CT/ Dressage	Paddock Hills Equestrian Center Union, IL	TBA	Kim Cederlund xhalt10@fvi.net 815-482-2765	May 1
May 17 & 18	Mini Event & CT	Barrington Hills Riding Center Barrington Hills, IL	V. Rauwolf, B. Fript & J. Malott Kotylo	Vicki Kelly dvkelly@comcast.net 312-320-1605	May 1
May 24 & 25	Dressage	Silverwood Farm Camp Lake, WI	TBA	Lisa Cannata Dressage@SilverwoodFarm.net 847-235-6410	May 14
June 1	Mini Event & CT	Fox Valley Saddle Association Hampshire, IL	TBA	Tracy Gardner Tracygardner3160@yahoo.com 630-391-3048	May 22
June 8	Dressage & CT	Frontenac Farm West Dundee, IL	Barry Fript	Cindi Martinovic frontenacfarm@msn.com 847-426-0938	May 30
June 14	Dressage & CT	Horse Fair Park Spring Grove, IL	TBA	Denise DeCicco springgrovehorseshow.com 815-388-5009	June 7
June 15	Dressage & CT	Sunflower Farms Bristol, WI	Tracey Dikkers	Elizabeth Kieffer office@sunflowerfarms.com 262-857-8555	June 7
June 22	Dressage	Fox Valley Saddle Association Hampshire, IL	TBA	Tracy Gardner Tracygardner3160@yahoo.com 630-391-3048	June 12
June 29	Dressage & CT	Cross Winds Farm Marengo, IL	Joan Pecora	Kelly Watson snflbit@aol.com 815-923-7400	June 19
July 5	Mini Event/CT/ Dressage	HayWire Farms Galena, IL	TBA	Anita Johnson haywirefarmsllc@aol.com 815-777-0261	June 30
July 12	Dressage & CT	Sunflower Farms Bristol, WI	Amy Walker-Basak Nicole Trapp	Elizabeth Kieffer office@sunflowerfarms.com 262-857-8555	July 5
July 13	Dressage & CT	Marquis Stables Belvidere, IL	Caryn Vesperman	Amy Walker-Basak Walktalk1999@aol.com 815-621-0184	July 7
July 13	Mini Event/CT/ Dressage	Winsom Farm Beecher, IL	Nicole Trapp	Diane Hansen diane.r.hansen@comcast.net 847-638-1052	July 5
July 19 & 20	Mini Event/CT/ Dressage	Silverwood Farm Camp Lake, WI	TBA	Lisa Cannata Dressage@SilverwoodFarm.net 847-235-6410	July 10
August 10	Dressage & CT	Tower Hill Stables Hampshire, IL	Anne Neville	Carrie Sibley tower.hill@yahoo.com 847-464-1616	August 4
August 16	Mini Event/CT/ Dressage	HayWire Farms Galena, IL	Barry Fript	Anita Johnson haywirefarmsllc@aol.com 815-777-0261	August 11
August 17	Mini Event & CT	Fox Valley Saddle Association Hampshire, IL	TBA	Tracy Gardner Tracygardner3160@yahoo.com 630-391-3048	August 7
August 23	Mini Event/CT/ Dressage	Paddock Hills Equestrian Center Union, IL	TBA	Kim Cederlund xhalt10@fvi.net 815-482-2765	August 13
August 24	Dressage & CT	Sunflower Farms Bristol, WI	Joan Pecora Caryn Vesperman	Elizabeth Kieffer office@sunflowerfarms.com 262-857-8555	August 17
August 31	Dressage	Indian Hills Training Center Gilberts, IL	TBA	Karann Oury Karannatih@att.net 847-428-0330	August 21
September 6	Dressage & CT	Horse Fair Park Spring Grove, IL	TBA	Denise DeCicco springgrovehorseshow.com 815-388-5009	August 30
September 14	Dressage & CT FINALS	Fields & Fences Wadsworth, IL	Cheryl Mangasarian	Anita Schadeck anita@fieldsandfences.com 847-244-4121	September 4 9/7 for Qualifiers
October 4	Mini Event FINALS	Paddock Hills Equestrian Center Union, IL	TBA	Kim Cederlund xhalt10@fvi.net 815-482-2765	September 24
October 19	Dressage	Fox Valley Saddle Association Hampshire, IL	TBA	Tracy Gardner Tracygardner3160@yahoo.com 630-391-3048	October 9
November 2	Mini Event & CT	Geneva Equestrian Lake Geneva, WI	TBA	Cindy Bonamarte genevaequestrian@msn.com 262-245-6490	October 26



OF EVENTS

Calendar

To list your event in the IDCTA Calendar of Events,
email to Mary Jo Downen, typagraphics@gmail.com

NOTE: IDCTA Events and Notices are Bold. *Starred events qualify for IDCTA volunteer hours. All Region 2 USDF Shows and USEA Area IV events (as well as all IDCTA shows/events) are eligible for volunteer hours with signed volunteer form.

APRIL

April 5-6*

IDCTA Dressage Clinic with Tom Noone, details to come. Contact Deanna 262-537-2629

April 11-13*

Wayne Eventing Derby, Lamplight Equestrian Center, Wayne, IL. Info at: www.wayneeventingderby.com

April 12

IDCTA Tack Sale/Swap at Wayne Eventing Derby, Lamplight Equestrian Center. 12 Noon - 4 p.m. \$10 sign up fee.

April 25-27

Body Awareness Clinic & Interactive Workshop for the Equestrian Athlete, presented by Jennifer Malott Kotylo. Sunflower Farms, Bristol, WI. Contact Deidre Vergeer 414-745-9449 or boughtthefarm7@yahoo.com or

Shaina Feldman 262-857-8555 or

Office@Sunflowerfarms.com .

Rider and Auditor Registration Forms:

www.sunflowerfarms.com.

April 19-20

Laurie Hedlund Dressage Clinic, Rockford, IL. Contact: Sally Rush: 815-494-7807 or Susan Cochard susancochard@hotmail.com

April 26-27*

Driving/Riding clinic with FEI rider, "S" judge, and Advanced Level driver Sara Schmitt. Email lydiagraydvm@gmail.com for more info or visit www.hubclubdriving.com

April 30 - May 1

CenterLine Dressage presents a clinic with Christoph Hess, StarWest, New Berlin, IL. Info: 217-546-9400 or alice.martin@mac.com

MAY

May 2-3

Christoph Hess Dressage Clinic, Long Meadow Farm, Malta. Contact Heidi Wright (815) 761-2341 or heidirite@gmail.com

May 16-17*

2014 IDCTA Summer Kick-Off Dressage Show, Lamplight Equestrian Center, Wayne Illinois. Info at: www.idcta.org

May 18*

IDCTA Summer Dressage Show, Lamplight Equestrian Center, Wayne Illinois. Info at: www.idcta.org

JUNE

June 7-8

Laurie Hedlund Dressage Clinic, Rockford, IL. Contact: Sally Rush: 815-494-7807 or Susan Cochard susancochard@hotmail.com

JULY

July 19-20

Laurie Hedlund Dressage Clinic, Rockford, IL. Contact: Sally Rush: 815-494-7807 or Susan Cochard susancochard@hotmail.com

SEPTEMBER

September 20-21

Laurie Hedlund Dressage Clinic, Rockford, IL. Contact: Sally Rush: 815-494-7807 or Susan Cochard susancochard@hotmail.com

Classified Ads

YOUR AD HERE!

IDCTA Classifieds are a lot of bang for the buck! Only \$5 for a 25 word ad! (\$10 for non-IDCTA members.) What are you waiting for! Send your ad in TODAY!

Classified ads must be paid in full and received by the 10th of the preceding month (e.g., May 10 for June issue). First 25 words are \$5 for a member (please supply member number) and \$10 for non-members. Additional words are \$.50 each. Mail to: Mary Jo Downen, 33062 Pearl St., Kirkland, IL 60146. For information, call 815-522-2285.

Email: typagraphics@gmail.com



EXCALIBUR

INSURANCE AGENCY

<ul style="list-style-type: none"> ✦ Equine Mortality ✦ Stable Liability ✦ Farmowners 	<ul style="list-style-type: none"> ✦ Major Medical ✦ Surgical Endorsement ✦ Care, Custody or Control
--	---

www.excaliburinsurance.com

800-617-2450

LOCAL: **262-367-2450** FAX: **262-367-4250**

P.O. BOX 500 / HARTLAND, WISCONSIN 53029
E-mail: info@excaliburinsurance.com

Paid Advertisement