

WPDA NEWSBITS



JUNE 2019

***Don't forget to Renew Your Membership
in
Western Pennsylvania Dressage Association***

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Membership covers the 2019 competition year & includes:

- Participation in WPDA shows and clinics
- Individual membership in the USDF
- Eligibility for year-end awards
- Voting & office holding privileges
- WPDA Team competition for Juniors and Adults
- Social events
- Annual banquet
- WPDA Handbook
- Membership Directory*
- Monthly Newsletter

***Available on request.**

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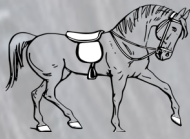
- 02 – Spotlight
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***For more up-to-date info and
pics, click here wpda.club
and our Facebook page at
What's New - Western
Pennsylvania
Dressage Association.***

The WPDA is a Group Member Organization (GMO) of the United States Dressage Federation (USDF). We strive to uphold the USDF's mission of *educating, recognizing achievement, and promoting the art of dressage.*

We host various shows, clinics, seminars, and social events throughout the year. We hope you join us and expand your community of dressage and equine enthusiasts!

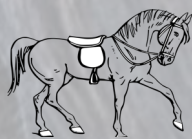
- Pam McCready, President



Spot Light

Look who was spotted at the Vada Nova GMO team challenge! Known as the WPDA À Team. À team because AvA, VanessA, ChristinA, and MiA. Also worthy of note: Mia Basso riding Grace Kellner's, Mr. Penut took home high score national dressage pony cup. The team placed second!! Congratulations! WPDA was well represented!



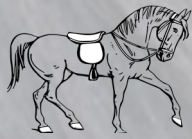


In the Region

Region 1 Omnibus of Shows

Competition	Date
Dressage at the Park I & II	June 29-30
Dressage at Bucks County Horse Park III	June 30
Dressage at Blue Goose II	July 3
Dressage at Lexington presented by VADA	July 12-14
ESDCTA Summer Days I	July 23
ESDCTA Summer Days II	July 24
Dressage, by Chance? I	July 27
Dressage, by Chance? II	July 28
Loch Moy Summer Dressage Festival III	August 3
Loch Moy Summer Dressage Festival IV	August 4
Commonwealth Dressage I	August 17
Commonwealth Dressage II	August 18
LVDA	August 18
Dressage at Blue Goose III	August 21
ERAHC Virginia Classic	August 22

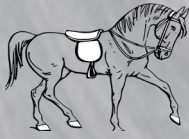
Check the USDF Region 1 Omnibus [\(click here\)](#) for more competition & entry information.



Club News

Show season is in full swing. Polish up those boots and RIDE! WPDA has quite a few sanctioned shows at some fantastic venues! We want to thank our existing partners, Coventry Equestrian Center and Fair Haven Farms and also a big shout-out to our newest partner in Blairsville, Royalty Stables. If you are a facility and interested in sanctioning a dressage schooling show with the WPDA, please contact Jerri Anesetti at janesetti17@gmail.com.

- June 29 - **WPDA I at Fair Haven Farms**
206 Lee Road
Grove City, PA
www.wpda.club/events/fairhaven1
- July 7 - Coventry Equestrian Center
452 Old Hickory Ridge Road
Washington, PA 15301
www.coventryequestriancenter.com
- Aug. 17 **WPDA II at Fair Haven Farms**
206 Lee Road
Grove City, PA
www.wpda.club/events/fairhaven2
- Aug. 31 Royalty Stables
1031 Jessie Penrose Road
Blairsville, PA 15717
www.royaltystables.wixsite.com/equestrian
- Sept. 1 Coventry Equestrian Center
452 Old Hickory Ridge Road
Washington, PA 15301
www.coventryequestriancenter.com
- Sept. 21 Royalty Stables
1031 Jessie Penrose Road
Blairsville, PA 15717
www.royaltystables.wixsite.com/equestrian
- Sept. 28 **WPDA III at Fair Haven Farms**
206 Lee Road
Grove City, PA
www.wpda.club/events/fairhaven3



Find Your Focus in the Dressage Show Ring

REPRINTED FROM DRESSAGE TODAY

USDF gold medalist Kim Herslow explains how mental preparation can help you ride a better dressage test. Dressage riding is a mental sport. I wish I had known then that preparing oneself mentally helps make your performance more successful in the show ring.

Preparing yourself mentally means staying completely focused on the movie of your perfect test that is playing over and over in your mind. The trick is to avoid letting anything cause the pause or stop button to go on, even when you realize you have made a mistake or executed a few subpar strides. Many amateurs make the mistake of focusing only on riding all the movements, instead of seamlessly blending them together with the steps between the movements, such as setting up a clear transition between extended and collected trot, for which you are scored.

When you focus on your perfect test mental movie, you are always riding as though a magnet is drawing you forward. Always be four seconds ahead of what's coming up. It makes it easier to block out external distractions, which every dressage rider faces sooner or later—the horse suddenly leaning, an open, scary-looking umbrella, a noise, another horse walking by. Adjust to the situation by having a plan in your head of how to respond to such challenges, like a tool you pull out from your toolbox when a screw becomes loose. If you know your horse well, you know that he will likely cut the next corner. So be prepared before the corner, setting your horse up for the corner to prevent the situation from happening. If you still feel your horse is about to cut the corner and is leaning in, simply adjust him. For instance, brace your back, half halt with your reins and ask him to move off your inside leg.

Include in your plan the possibility that your horse might spook, yet don't dwell on it. Focus on your movie! If your horse spooks, simply ask him to look away

from the ghost and move him toward the spooky object with your inside leg, as you would when increasing the size of a circle, while remaining focused on your mental movie. Then look ahead to the next steps without dwelling on what just happened or how many points you might have lost or how many mistakes you have made.

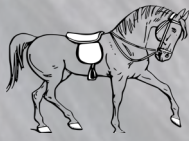
It is also important to breathe deeply and deliberately throughout your test. Deep breathing prevents tension from creeping into your body and helps you to focus on your mental movie. It also prevents you from getting anxious, nervous or overriding your horse, which often happens when the rider is tense. When your horse spooks, loses his balance or makes some sort of mistake, adjust him while keeping up the deep breathing. You have to be the rock in the ring for him, and a consistent, reliable one at that. If you feed off of your horse's tension, the tension in both of you will triple. Tension, by the way, makes you top-heavy and stiff, preventing you from feeling your horse, whereas staying relaxed helps you have a stable yet deep seat and keep an elastic connection to the bit.

Dressage riding is a cerebral sport, and you have to be in a good place mentally to be effective and in harmony with your horse, especially in the show ring. Visualizing and feeling your perfect ride while keeping your breathing deep will help you achieve better results.

Kim Herslow is a USDF bronze, silver and gold medalist. She has won many regional and national awards including a team gold medal at the 2014 Wellington CDIO3* Nations Cup and the 2013 Dutta Corp/USEF Intermediaire I Dressage National Championship. A graduate of Delaware Valley College with a degree in equine science, she trains with noted professionals, including Lars Petersen, Robert Dover, Guenter Seidel, Debbie McDonald, Scott Hassler and Anne Gribbons, and operates Upper Creek Farm, a training facility in Stockton, New Jersey.

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Best of luck to all who are competing this weekend, be it near or far. Be safe in your travels and Enjoy the Ride!!



Officers & Directors

WPDA Officers:

Pam McCready, President (2019 + 2020) , Silver Crest Equestrian Center,
pgm1208@aol.com

Jerri Anesetti, Vice President (2018 + 2019), Skyline Stables,
janesetti17@gmail.com

Barbara Wozniak, Treasurer (2018 + 2019), Silver Crest Equestrian Center,
barbara@wozniaks.net

Kaley Tomsic, Secretary (2019 + 2020), Greenmoor Commons Equestrian Center,
kaleytomsic@gmail.com

Board Directors:

Jan Baumann (2019 + 2020), Greenmoor Commons Equestrian Center,
janispbaumann@gmail.com

Nancy Sholtz (2018 + 2019), Silver Crest Equestrian Center, nancy.sholtz@lhh.com

Stephanie Bitz (2019 + 2020), Headacres Farm, sjbitz@gmail.com

Tina Vensel (2019 + 2020), sewdressage@aol.com

Committees

Sanctioned Schooling Shows – Jerri Anesetti

Adult Clinic – Stephanie Bitz

Awards – Stephanie Bitz

Hospitality – Nancy Sholtz,

Membership – Nancy Sholtz

Banquet – Nancy Sholtz

Education – Jan Baumann

Committees – cont'd

Junior/YR Team – Nina Teff, cnteff@zoominternet.net

Website and Social Media – Kaley Tomsic, kaleytomsic@gmail.com

Canter Cash – Kim Baierl, kbaierl@zoominternet.net

Newsletter & Communications – Tina Vensel

WPDA Junior Officers:

President – Hanna Hudec, huddechanna@gmail.com

Secretary – Maggie Goddard, meg5901@psu.edu

Team Competition Co-Chairs – Grace Baierl, catskillnola@icloud.com

Team Competition Co-Chair - Erin Vensel, erin.vensel322@gmail.com

Team Education Chair – Emma Teff, eteff@zoominternet.net