

WPDA NEWSBITS



March 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.

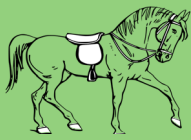


Inside this issue:

- 02 - Club News
- 03 - Save the Date
- 04 - In the Region
- 05 - Member Spotlight
- 07 - Education Corner
- 11 - Clinic Registrations & Info
- 17 - Officers and Directors

For more up-to-date info and pics, visit
our
website at <https://www.wpda.club>
and our Facebook page at
What's New - Western Pennsylvania
Dressage Association.

Editor's Note: I don't know about you, but I am anxious for Spring! Spring brings greenery, flowers, faster and yes, mud. I can live with that if the weather cooperates. Even more exciting is the coming of show season. As we add more sanctioned shows to the WPDA agenda, keep your calendars handy. And, feel free to send in photos - candid, competing or otherwise. We'd love to share! Be Blessed! ~ Jina



Club News

**March 4, 2019 – Board Meeting, Atrias in Gibsonia, PA.
7 p.m. Members are welcome to attend. Please let Pam
McCready know so restaurant can accommodate everyone.**

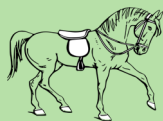
**Our membership is growing for the new 2019 competition year.
WPDA is pleased to welcome our new and returning members:**

**Chris Cline
Janet Hadden
Emily Morris
Nicole Overlock
Loretta Pettinato
Stephanie DeSimone
Nancy Stillwagon
John Stremple
Ava Noone
Krista Tycho Noone
Molly Vitlar
Wendy Wakefield
Dori Wallace**

**Welcome everyone! We are happy you have joined us. If you should
happen to come across one of our new members, please take a moment
and say hello. And, if I missed your name, let me know
and I'll be happy to add you in the next newsletter.**

And as always, invite! Invite! Invite!!





Save the Date

March 16 – Evon Montgomery Confidence Clinic at Silver Crest Equestrian Center. Registration form below.

April 5-7 – Janice Dulak, Pilates for Dressage Clinic at Greenmoor Common Equestrian Center. Registration form below.

April 5-7 & July 12-14 – CBLM qualifiers as well as qualifiers for the Festival of Champions and offer all the Markel YH and JR/YR events that a level 3 competition offers.

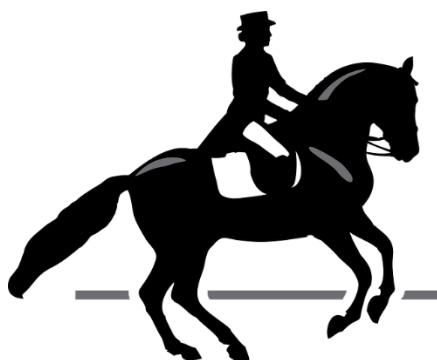
June 29, 2019 – WPDA Schooling Show, Fair Haven Farms

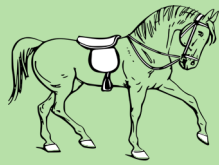
August 17, 2019 – WPDA Schooling show, Fair Haven Farms

September 28, 2019 – WPDA Schooling Show, Fair Haven Farms

Recently added to list of schooling shows sanctioned by WPDA:

Royalty Stables – **June 15, August 31 and September 21.** Details are forthcoming.





In the Region

New for 2020: USDF Announces Regional Schooling Show Awards Program

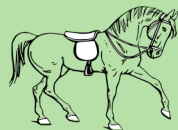
Lexington, KY (February 22, 2019) - The United States Dressage Federation™ (USDF) is excited to announce the new USDF Regional Schooling Show Awards Program, which will offer regional recognition to USDF Group Members (GMs), competing in participating non-USEF-licensed/non-USDF-recognized competitions. This program will operate congruently with the annual USDF membership year of December 1 - November 30, beginning with the 2020 membership year on December 1, 2019. Four award divisions, including open, junior/young rider, adult amateur, and non-professional, will be recognized per region. The open division will offer six levels of recognition (Training, First, Second, Third, Fourth, and FEI), with the junior/young rider, adult amateur, and non-professional offering an additional seventh level (Introductory).

Any non-USEF-licensed/non-USDF-recognized competition is eligible to participate, and may do so by simply submitting an online application and fee to USDF, at least 30 days prior to the start date of their competition. Competitors wishing to participate in the program must be USDF Group Members and submit an online nomination application and fee for each horse/rider combination they wish to nominate.

USDF President Lisa Gorretta explains that, "this new program has been developed to recognize the achievements of USDF Group Members, who choose to participate in schooling shows as their competition path. It will give competitors confirmation of how they stack up against their peers, within their USDF region. This will, in turn, strengthen USDF's Group Member Organizations by providing an additional exclusive benefit of membership! Schooling shows provide and promote dressage education for riders, USDF L Graduates, and licensed judges, as well as local competition management and show volunteers. We hope to welcome more members and competitors into the USDF community, while furthering USDF's mission of recognizing achievement in dressage." Both competition management and competitors will be able to begin signing up to participate in the program, beginning in July 2019. For more information about the program, and full requirements, please visit the USDF website at www.usdf.org, or contact the USDF office at competitions@usdf.org.

Founded in 1973, the United States Dressage Federation is a nonprofit membership organization dedicated to education, recognition of achievement, and promotion of dressage. For more information about USDF membership or programs, visit www.usdf.org, e-mail usdressage@usdf.org, or call (859) 971-2277.

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4051 Iron Works Parkway, Lexington, KY 40511
Phone: (859) 971-2277 Fax: (859) 971-7722
E-mail: usdressage@usdf.org



Member Spotlight



When Hard Work, Passion and Resourcefulness Pay Off in Dressage
BRIAN VENSEL ... FEB 8, 2019

A story of encouragement for Juniors and Young Riders who are willing to work hard and stay committed to long-term goals!

Eight years ago, a Junior rider entered into the sport of dressage with a 14.3-hand pony. Both the rider, Erin, and the pony, King Julian ("Julian"), were new to the sport. Erin was taking basic riding lessons and Julian, 6 years of age at the time, was also new to dressage.

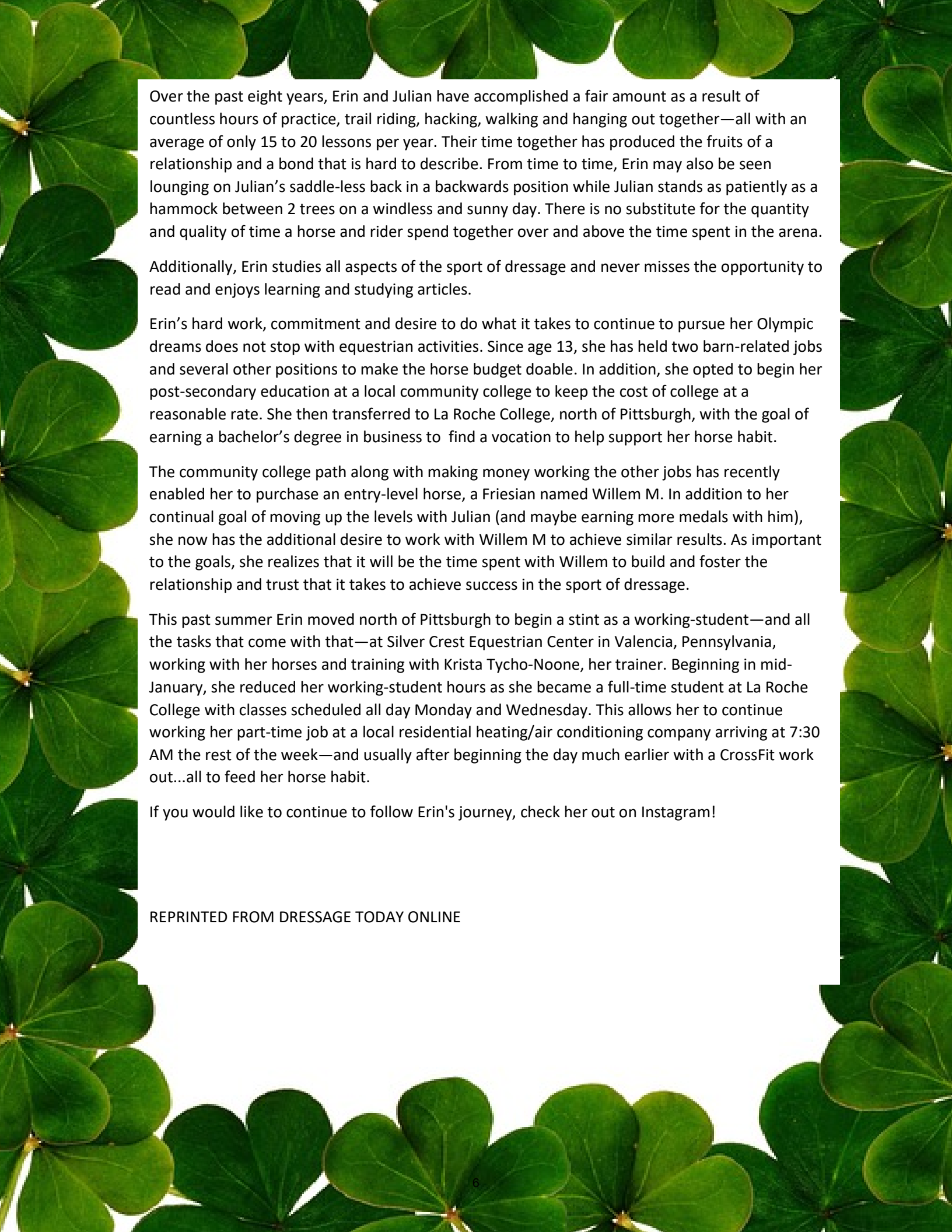
Fast forward to May 2018. Together, Erin and King Julian earned their USDF bronze medal at a recognized show at BraveHorse in Johnstown, Ohio.

Their story is one of encouragement to Juniors and Young Riders with access to modest resources who are willing to work hard, be resourceful, maintain passion for the sport and, with the help of parents, mentors and friends, commit to long-term goals.

Before Erin and Julian got matched up as a good fit by Julian's seller, Maggie Smith, Erin was taking five to 10 basic riding lessons a year on introductory-level horses at the local barn, Kane Valley Acres, in Claysville, Pennsylvania. She looked forward to being around horses and to the lessons. She was hooked from the start.

Over the next few years, Erin continued taking lessons. She also began working as the assistant barn manager at another local barn which provided the resources to continue riding while learning about the equestrian world at a facility that mostly boarded race horses.

Erin spent a season riding a horse loaned to her by a local family and then began searching for a horse. With the help of her mother and several friends, their quest to find a horse for Erin ended a few hours away in Maryland. Above all else, Maggie was adamant about finding a lifelong home for her little horse. Years later, she now knows without a doubt that Julian and Erin were meant for each other.

A decorative border of green leaves and clovers surrounds the text. The leaves are various shades of green, with some showing prominent veins. The clovers are also green and have a distinct four-leaf shape.

Over the past eight years, Erin and Julian have accomplished a fair amount as a result of countless hours of practice, trail riding, hacking, walking and hanging out together—all with an average of only 15 to 20 lessons per year. Their time together has produced the fruits of a relationship and a bond that is hard to describe. From time to time, Erin may also be seen lounging on Julian's saddle-less back in a backwards position while Julian stands as patiently as a hammock between 2 trees on a windless and sunny day. There is no substitute for the quantity and quality of time a horse and rider spend together over and above the time spent in the arena.

Additionally, Erin studies all aspects of the sport of dressage and never misses the opportunity to read and enjoys learning and studying articles.

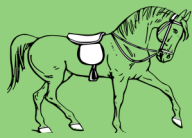
Erin's hard work, commitment and desire to do what it takes to continue to pursue her Olympic dreams does not stop with equestrian activities. Since age 13, she has held two barn-related jobs and several other positions to make the horse budget doable. In addition, she opted to begin her post-secondary education at a local community college to keep the cost of college at a reasonable rate. She then transferred to La Roche College, north of Pittsburgh, with the goal of earning a bachelor's degree in business to find a vocation to help support her horse habit.

The community college path along with making money working the other jobs has recently enabled her to purchase an entry-level horse, a Friesian named Willem M. In addition to her continual goal of moving up the levels with Julian (and maybe earning more medals with him), she now has the additional desire to work with Willem M to achieve similar results. As important to the goals, she realizes that it will be the time spent with Willem to build and foster the relationship and trust that it takes to achieve success in the sport of dressage.

This past summer Erin moved north of Pittsburgh to begin a stint as a working-student—and all the tasks that come with that—at Silver Crest Equestrian Center in Valencia, Pennsylvania, working with her horses and training with Krista Tycho-Noone, her trainer. Beginning in mid-January, she reduced her working-student hours as she became a full-time student at La Roche College with classes scheduled all day Monday and Wednesday. This allows her to continue working her part-time job at a local residential heating/air conditioning company arriving at 7:30 AM the rest of the week—and usually after beginning the day much earlier with a CrossFit work out...all to feed her horse habit.

If you would like to continue to follow Erin's journey, check her out on Instagram!

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Education Corner

Whole food nutrition. What does that mean to most of you, as horse owners? Do you see nutrition in your horse as something that comes in a bag of grain, a bale of hay, or do you feel there is more that can be done? Maybe that something might be missing in the grand scheme of things? Do you see your horse struggle with body condition or experience delayed recoveries from injuries? It could all be related to the diet you are feeding, processed foods, and inadequacies, despite your being led to believe that is 'complete', balanced nutrition.

Cancer. One simple word that we all can relate to, but what does it have to do with your horse? A lot actually. Some horses may be impacted by cancer, but that is not my focus here. More so, it is the focus on the word, cancer, and what it means and implies, and how this can benefit your horse. Some may say that cancer is a far cry from the joint condition they are contending with in their horse, or the tendon injury, or even laminitis . . . but is it? In fact, most cancer patients have a history of either ongoing stress or recurrent health problems in their past. Not too dissimilar to many horses currently.

Many moons ago, I started our research focusing on cancer. That was the starting point and I tried to figure out not only what was happening, but how could one intervene. Cancer to me, despite medical definitions, is a disease of insufficiency, a disease of 'too much bad, not enough good'. The body, plain and simple, is in a weakened state with a compromised immune response and normal defense mechanisms. The body is also in a state of reduced repair ability. Now, seeing that explanation, is that so far removed from a horse with a tendon injury? How about a horse with Lyme disease, or one suffering laminitis? We look at cancer as something we contracted, like an infection, but it isn't. Just like we look at a horse with Lyme disease, believing it was the stupid tick that caused our horse to become ill. Was it the tick? Sure, the tick was the transmitter, but the horse had to be open to receiving the infection, implying they were compromised. The same holds true for EPM, laminitis, tendon injuries, allergies, ulcers, and joint conditions. **Simply put, the body was not in an ideal state of health!** Quite obvious when you see that only 1 horse out of 10, in the same circumstances, contracted the disease or that 10 horses competed in jumping that day, but only 1 had a tendon injury. There's something different about that one horse.



Do you relate to this concept? Or do you believe it to be otherwise?

What is Health in the Horse?

Health is defined as *the state of being free from injury or illness*. When you look at that definition, it should really raise eyebrows in terms of the current state of the average horse. All you have to do is scroll through horse groups in Facebook or on the internet, seeing all of the posts from owners contending with everything from allergies, to EPM, to hoof conditions, weight concerns, metabolic issues, or ulcers. It's all over the place and something I have a hard time ignoring. I've seen it as a veterinarian, in countless patients over the years, and I wouldn't have a career if health in the horse was not a problem. However, I have two choices as a doctor. Choice number one is to cover up or palliate the disease or injury on some level in order to maintain a career, or I can do what the oath stated upon graduation:

"Being admitted to the profession of veterinary medicine, I solemnly swear to use my scientific knowledge and skills for the benefit of society through the protection of animal health and welfare, the prevention and relief of animal suffering, the conservation of animal resources, the promotion of public health, and the advancement of medical knowledge."

To me, this means that I put most of my efforts into prevention of disease and injury, rather than just in treating it, putting a finger in a leaky dam, to get that patient back on the road until another day comes. To me, as a veterinarian and researcher, nutrition is one of the main key players which is often ignored by many or they are simply misled into believing otherwise. We tend to have put more faith in medications and injections, than we have in the power of nutrition. **Nutrition is the foundation of health and all approaches to restoring health or soundness should start there!**

Proper Nutrition, Cancer, and What it Means

I didn't always have this current mindset in my career or in my personal ownership of horses. Like many, I too was misled by my peers or maybe that drug representative that frequented our office. Most knew only one thing, and that was drugs. Their knowledge of nutrition was very limited, despite them believing it was important on some level. Their solution was to focus on drugs first and foremost, then simply feed some commercial feed labeled for that condition. **I bought into it on some level, but things change as you begin to realize that problems are not resolved, they are simply put off until the next day, week or month.**

Getting back to cancer and evaluating patients that have truly made a remarkable recovery, two things hold true. **First**, they changed their mindset, their approach to life, and reduced stressors. **Second**, they changed their diet drastically, focusing on whole-foods. If you look at each case, one observation that can be made is that both changes occur in each patient, but how they do it will often vary significantly, especially in regards to the diet. All eliminated processed foods, no doubt, but what foods they consumed can be highly variable. Their diets are good, much better than before, but there is no 'one' food that each consumes that aids their condition. More so, it is the approach, the commitment to survive and just eat better. Most eat a ton of fruits and vegetables each day, but then some will gorge on carrot or beet juice, while others take high doses of various herbs. A lot of variability but on a similar base regimen. The change in lifestyle allows them to reduce stress on the body, which is really the main culprit. Then, they alter their diet in order to properly fuel the body for recovery and healing. Pretty simple and many ways to do this. **However, one key here is that ALL of them eliminated processed foods.** You likely will not find a single patient that then takes a synthetic vitamin-mineral supplement. Just doesn't happen, because they realize that the power of nutrition lies in the foods that we eat. You can't supplement your way out of a bad diet! Even then, modern research indicates that use of a vitamin-mineral supplement often provides little benefit to the cancer patient. Some studies indicate moderate harm or worsening of the condition!

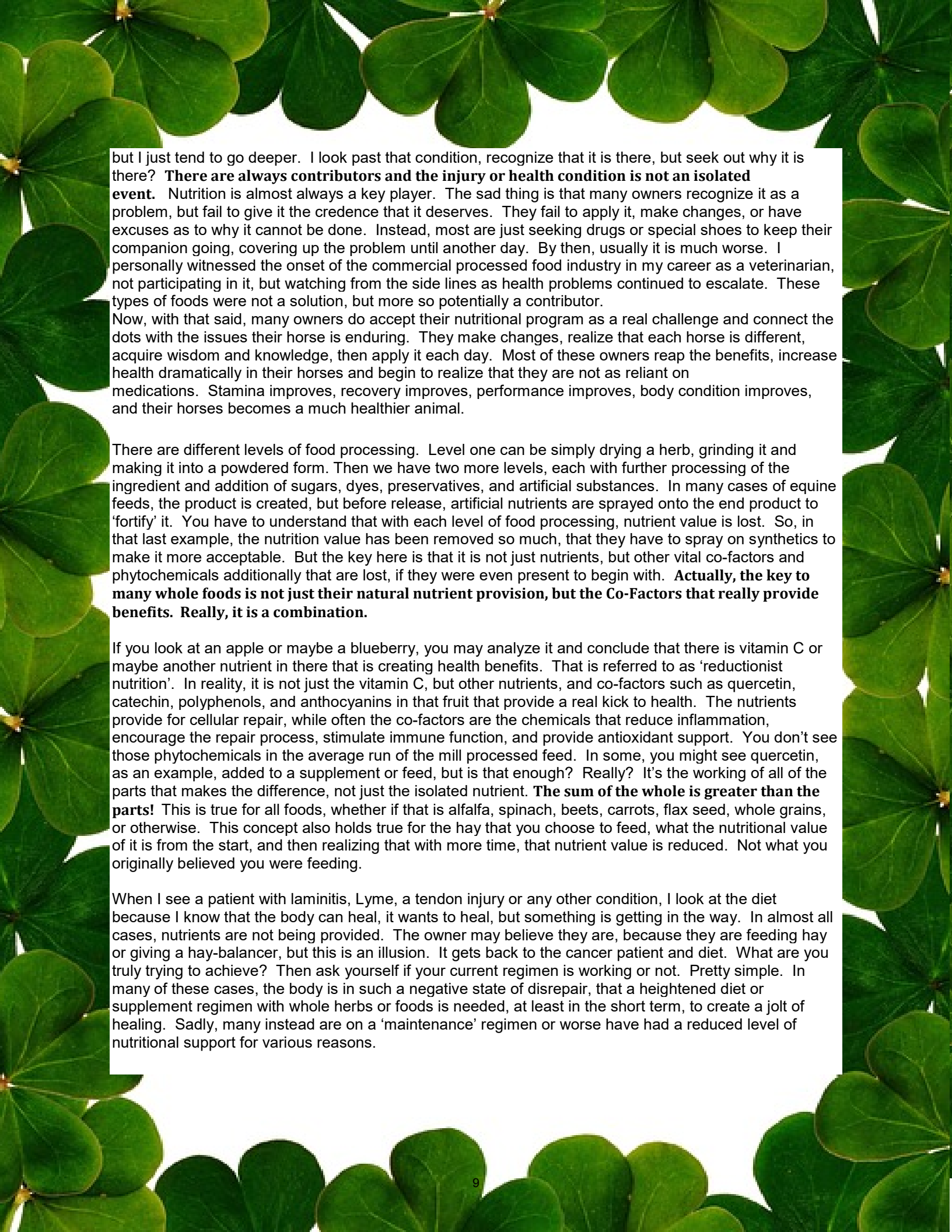
Why, you might ask? That synthetic vitamin-mineral supplement or hay balancer, in the case of a horse, is nutrition, right? Well, that depends on your definition of nutrition. The real definition of nutrition is:

"the process of obtaining or providing the food necessary for health and growth."

Note the word "food" in this definition. It does not say 'vitamin-mineral supplement' or include the word 'synthetic', it says "food".

The Horse and Proper Nutrition for Health

When you've been around equine patients for as long as I have, you begin to notice trends. There are many horses with various health or lameness conditions, which most just address as the primary problem,



but I just tend to go deeper. I look past that condition, recognize that it is there, but seek out why it is there? **There are always contributors and the injury or health condition is not an isolated event.** Nutrition is almost always a key player. The sad thing is that many owners recognize it as a problem, but fail to give it the credence that it deserves. They fail to apply it, make changes, or have excuses as to why it cannot be done. Instead, most are just seeking drugs or special shoes to keep their companion going, covering up the problem until another day. By then, usually it is much worse. I personally witnessed the onset of the commercial processed food industry in my career as a veterinarian, not participating in it, but watching from the side lines as health problems continued to escalate. These types of foods were not a solution, but more so potentially a contributor. Now, with that said, many owners do accept their nutritional program as a real challenge and connect the dots with the issues their horse is enduring. They make changes, realize that each horse is different, acquire wisdom and knowledge, then apply it each day. Most of these owners reap the benefits, increase health dramatically in their horses and begin to realize that they are not as reliant on medications. Stamina improves, recovery improves, performance improves, body condition improves, and their horses becomes a much healthier animal.

There are different levels of food processing. Level one can be simply drying a herb, grinding it and making it into a powdered form. Then we have two more levels, each with further processing of the ingredient and addition of sugars, dyes, preservatives, and artificial substances. In many cases of equine feeds, the product is created, but before release, artificial nutrients are sprayed onto the end product to 'fortify' it. You have to understand that with each level of food processing, nutrient value is lost. So, in that last example, the nutrition value has been removed so much, that they have to spray on synthetics to make it more acceptable. But the key here is that it is not just nutrients, but other vital co-factors and phytochemicals additionally that are lost, if they were even present to begin with. **Actually, the key to many whole foods is not just their natural nutrient provision, but the Co-Factors that really provide benefits. Really, it is a combination.**

If you look at an apple or maybe a blueberry, you may analyze it and conclude that there is vitamin C or maybe another nutrient in there that is creating health benefits. That is referred to as 'reductionist nutrition'. In reality, it is not just the vitamin C, but other nutrients, and co-factors such as quercetin, catechin, polyphenols, and anthocyanins in that fruit that provide a real kick to health. The nutrients provide for cellular repair, while often the co-factors are the chemicals that reduce inflammation, encourage the repair process, stimulate immune function, and provide antioxidant support. You don't see those phytochemicals in the average run of the mill processed feed. In some, you might see quercetin, as an example, added to a supplement or feed, but is that enough? Really? It's the working of all of the parts that makes the difference, not just the isolated nutrient. **The sum of the whole is greater than the parts!** This is true for all foods, whether if that is alfalfa, spinach, beets, carrots, flax seed, whole grains, or otherwise. This concept also holds true for the hay that you choose to feed, what the nutritional value of it is from the start, and then realizing that with more time, that nutrient value is reduced. Not what you originally believed you were feeding.

When I see a patient with laminitis, Lyme, a tendon injury or any other condition, I look at the diet because I know that the body can heal, it wants to heal, but something is getting in the way. In almost all cases, nutrients are not being provided. The owner may believe they are, because they are feeding hay or giving a hay-balancer, but this is an illusion. It gets back to the cancer patient and diet. What are you truly trying to achieve? Then ask yourself if your current regimen is working or not. Pretty simple. In many of these cases, the body is in such a negative state of disrepair, that a heightened diet or supplement regimen with whole herbs or foods is needed, at least in the short term, to create a jolt of healing. Sadly, many instead are on a 'maintenance' regimen or worse have had a reduced level of nutritional support for various reasons.

If you understand that the body wants to heal and that the power of healing is contained within real foods, then why do we continue to struggle? Why don't we do what our intuition and logic tells us? If our hay quality is sub-optimal, why do we choose to spend money on a synthetic hay-balancer, rather than just investing in a higher quality forage? Why does it require 6-12 months to 'heal' a tendon injury, when most can be remedied in less than 2 months with no stall rest? If a bone can heal from a fracture in 6-8 weeks, why do we feel differently about a tendon? Why do owners struggle with ongoing laminitis and metabolic conditions, when they can be remedied almost immediately, producing real change for that patient even in the short term? Why do we get so focused on individual isolated nutrients such as vitamin E, selenium, or magnesium, believing we need to supplement those nutrients instead of just improving the overall diet. **Improving that diet provides not just those nutrients, but you then take advantage of the co-factors to really put the wheels into motion!** You don't get those co-factors in a synthetic vitamin-mineral supplement or an isolated nutrient product you are adding to the feed.

The sad reality is that many horses do not have access to a pasture. Many more don't even know what grass is, or they have briefly seen it in their lifetime. Some others have no idea what a carrot or apple is when you offer it to them. These should all be subtle clues that something is amiss.

Look at the Label Next Time You Feed!

True whole-food nutrition is really simple, honestly. Most make it more complicated than is necessary and this is not your fault, as an owner, but is due to the influence of the masses. True whole foods really don't even require a label. You won't find one on an apple, a carrot, or a strawberry. Now, labels may be needed for regulation purposes, but look at the list of ingredients. Can you pronounce them? Do you know what they are? Are they of food origin or are they created in a laboratory? Is there a list of 'added' nutrients, which are spray dried on? If that is the case, it is a processed food at a tertiary level, and likely is not providing the benefits that your horse really needs or requires.

Cancer is a disease of weakness internally, a state of debilitation. It is the epitome of inflammation to me, and what is possible in the body if it is not controlled. A tendon injury, allergies, joint ailments, hoof concerns, ulcers, Lyme disease and EPM are also signs of weakness in the body, just potentially on a non-life threatening level. However, if you apply the same mentality, the same theories and approaches, the results will follow!

Now, with all of that said, you need to remember the first point that most cancer survivors have made, which is change in the lifestyle and reduction of stressors. I've been at this game a long time now, with many patients under my belt, and I can tell you that you cannot provide enough nutrition to overcome that stress response in a heightened state. You can support the body, but true healing will not occur until that stress response is mitigated. That means you can't believe that you can stall a horse 23 hours out of the day, or confine them to a dry lot, or improperly address their feet and then believe that nutrition will overcome all those factors. It won't happen and you, as an owner, will be left wanting.

Take a good look at your horse. Is he healthy or do you contend with ongoing problems? Remember that the body wants to heal, I truly believe this, but all factors must be in place. Take some advice from cancer survivors that have taken control of their lives. **Make those changes and results will soon follow, but you have to be committed. It's not a difficult path and many are there to assist and guide you!**

Author: Tom Schell, D.V.M, CVCH, CHN, reprinted with permission

WPDA Clinic: Pilates for Dressage with Janice Dulak
April 5-7, 2019
Opening Date: Friday, February 1 | Closing Date: Friday, March 22

Clinic Information

Friday Lecture & Saturday/Sunday Mounted Lessons
Greenmoor Common Equestrian Center | A: 255 Georgetown Road Cecil, PA 15317
www.greenmoorcommonequestrian.com

Saturday/Sunday Pilates Mat Classes
Touchstone Pilates | A: 250 Mt. Lebanon Blvd., Suite 413, Pittsburgh, PA, 15234
www.touchstonepilates.com

Participant Options

Rider

Fee (WPDA Member/Non-Member): \$260/\$275

Refunds only if your spot can be filled

Fee includes: Friday dinner & lecture, stabling (feeding, watering, & stall cleaning included), 2 semi-private lessons, two 2-hour Pilates classes, and meals (Friday dinner and Saturday/Sunday breakfast and lunch)

Auditor

Fee (WPDA Member/Non-Member): Weekend: \$65/\$80 | One Day: \$40/\$55

Fee includes: Friday dinner and lecture, Pilates class on day(s) of your choice, lesson viewing, and meals (Friday dinner, and breakfast/lunch on day(s) of your choice)

Lesson Viewing Only

Fee: Weekend: \$25 | One Day: \$15

Fee includes: Lesson viewing on day(s) of your choice & lunch

Friday Night Lecture

Fee: \$15

Fee includes: Dinner & lecture

Please include payment (checks made payable to the WPDA) and (for riders) proof of current negative Coggins.

Mail to: Kaley Tomsic | A: 711 Chartiers St., Apt. 1, Bridgeville, Pennsylvania 15017

P: 724-554-6196 | E: kaleytomsic@gmail.com

Registration

WPDA Member (Please circle): Yes No

Please choose: ☐ Rider ☐ Auditor* ☐ Lesson Viewing Only** ☐ Friday Lecture

*If auditing, please choose the day(s) you are attending: ☐ Saturday ☐ Sunday

**If viewing lessons, please choose the day(s) you are attending: ☐ Saturday ☐ Sunday

Total Payment Amount Enclosed: _____

(Participant Information on Following Page)

Participant Information (All non-riders, please only fill out areas in bold/underline)

Riders and auditors need to fill out the liability waiver on the following page.

Name: _____

Age (choose one): ☐ 18 & under ☐ 19 – 25 ☐ 26 – 35 ☐ 36 – 55 ☐ 56 – 65 ☐ 66+

Address: _____ City: _____

State: _____ Zip Code: _____ **Phone:** _____

Email: _____ Level of Riding: _____

Dietary Restrictions (if any): _____

How did you hear about this clinic?: _____

What should we know about you regarding your health, fitness level, or possible hindrances related to participating in this clinic?

Horse Information (for riders only)

Name: _____ Age: _____

Height: _____ Breed: _____ Color: _____

Gender (please circle one): Mare Gelding (No stallions please)

Level of Training: _____

What should we know about your horse regarding health, fitness level, special care needs, stall vices, etc.?

I hereby agree to release, indemnify and hold harmless WPDA, its instructors, officers, directors, agents, and volunteers from and against any and all loss, liability or damage arising from or because of, or in connection with, participation in this event or related activities. I also hereby agree to release, indemnify and hold harmless the facility, facility owners, the committee chair and members, officers, directors, agents, and volunteers from and against any and all loss, liability or damage arising from or because of, or in connection with, participation in this event or related activities.

Federation Entry Agreement Effective

By entering a WPDA clinic and signing this entry blank as the Owner, Lessee, Trainer, Manager, Agent, Coach, Driver, Rider, Handler, Vaultor or Longeur and on behalf of myself and my principals, representatives, employees and agents, I agree that I am subject to the Bylaws and Rules of The United States Dressage Federation, Inc. (the "Federation") and the local rules of the Event. I agree to be bound by the Bylaws and Rules of the Federation and of the event. I will accept as final the decision of the Hearing Committee on any question arising under the Rules, and agree to release and hold harmless the Competition, the Federation, their officials, directors and employees for any action taken under the Rules. I represent that I am eligible to enter and/or participate under the Rules, and every horse I am entering is eligible as entered. I also agree that as a condition of and in consideration of acceptance of entry, the Federation and/or the event may use or assign photographs, videos, audios, cable-casts, broadcasts, internet, film, new media or other likenesses of me and my horse taken during the course of the event for the promotion, coverage or benefit of the event, sport, or the Federation. Those likenesses shall not be used to advertise a product and they may not be used in such a way as to jeopardize amateur status. I hereby expressly and irrevocably waive and release any rights in connection with such use, including any claim to compensation, invasion of privacy, right of publicity, or to misappropriation. The construction and application of Federation rules are governed by the laws of the State of New York, and any action instituted against the Federation must be filed in New York State. See GR908.4.

Federation Release, Assumption of Risk, Waiver, and Indemnification

This document waives important legal rights. Read it carefully before signing. **I AGREE** in consideration for my participation in this event to the following: **I AGREE** that "the Federation" and "Event" as used herein includes the Licensee and Event Management, as well as all of their officials, officers, directors, employees, agents, personnel, volunteers and Federation affiliates. **I AGREE** that I choose to participate voluntarily in the Event with my horse, as a rider, driver, handler, vaultor, longeur, lessee, owner, agent, coach, trainer, or as parent or guardian of a junior exhibitor. I am fully aware and acknowledge that horse sports and the Event involve inherent dangerous risks of accident, loss, and serious bodily injury including broken bones, head injuries, trauma, pain, suffering, or death. ("Harm") **I AGREE** to hold harmless and release the Federation and the Event from all claims for money damages or otherwise for any Harm to me or my horse and for any Harm of any nature caused by me or my horse to others, even if the Harm arises or results resulted, directly or indirectly, from the negligence of the Federation or the Event. **I AGREE** to expressly assume all risks of Harm to me or my horse, including Harm resulting from the negligence of the Federation or the Event. **I AGREE** to indemnify (that is, to pay any losses, damages, or costs incurred by) the Federation and the Event and to hold them harmless with respect to claims for Harm to me or my horse, and for claims made by others for any Harm caused by me or my horse while at the Event. I have read the Federation Rules about protective equipment, including GR801 and if applicable, EV114, and I understand that I am entitled to wear protective equipment without penalty, and I acknowledge that the Federation strongly encourages me to do so while WARNING that no protective equipment can guard against all injuries. If I am a parent or guardian of a junior, I consent to the child's participation and AGREE to all of the above provisions and AGREE to assume all of the obligations of this Release on the child's behalf. I represent that I have the requisite training, coaching and abilities to safely compete in this competition. **I AGREE** that if I am injured at this event, the medical personnel treating my injuries may provide information on my injury and treatment to the Federation on the official USEF accident/injury report form.

BY SIGNING BELOW, I AGREE to be bound by all applicable Federation Rules and all terms and provisions of this entry blank and all terms and provisions of this event . If I am signing and submitting this Agreement electronically, I acknowledge that my electronic signature shall have the same validity, force and effect as if I affixed my signature by my own hand.

PARTICIPANT SIGNATURE (MANDATORY): _____

PRINT NAME: _____

RIDER EMERGENCY CONTACT INFORMATION

NAME OF CONTACT/RELATIONSHIP: _____

PHONE: _____



WPDA Clinic

Confidence Clinic with Evon Montgomery

March 16, 2019

Silver Crest Equestrian Center

332 Overbrook Road

Valencia, PA. 16059

www.silvercrestequestriancenter.com

TO REGISTER:

www.wpda.club/events/evonmontgomery19

WPDA Cost: \$50

Non-Member Cost: \$60

*Apply your \$10 charge to a 2019 membership when
you join at the clinic!*

Fee includes: 1.5 hour group session

Trailer in? Please

bring proof of

negative Coggins.

Note: There are no stalls
available. Cross tie only.

Clinic includes three 1.5 hour sessions with up to 8 riders per session

Invaluable information for all horse and rider partnerships;
from new and timid to advanced!

Questions? Contact Pam McCready

P: 412.952.1755 | E: pgm1208@aol.com

I hereby agree to release, indemnify and hold harmless WPDA, its instructors, officers, directors, agents, and volunteers from and against any and all loss, liability or damage arising from or because of, or in connection with, participation in this event or related activities. I also hereby agree to release, indemnify and hold harmless the facility, facility owners, the committee chair and members, officers, directors, agents, and volunteers from and against any and all loss, liability or damage arising from or because of, or in connection with, participation in this event or related activities.

Federation Entry Agreement Effective

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PARTICIPANT SIGNATURE (MANDATORY): _____

PRINT NAME: _____

RIDER EMERGENCY CONTACT INFORMATION

NAME OF CONTACT/RELATIONSHIP: _____

PHONE: _____

Evon Montgomery Confidence Clinic

March 16, 2019

Registration Form

Please send form and check (made payable to the WPDA) to:

**Pam McCready
117 Westholme Drive
Sewickley, PA 15143**

Name: _____

Age (choose one): ____ 18 & under ____ 19 – 25 ____ 26 – 35 ____ 36 – 55 ____ 56 – 65 ____ 66+

Address: _____ City: _____

State: _____ Zip Code: _____ Email: _____

Phone: _____ Level of Riding: _____

How did you hear about this clinic?: _____

What should we know about you regarding your health, fitness level, or possible hindrances related to participating in this clinic?

Horse Information

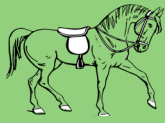
Name: _____ Age: _____

Height: _____ Breed: _____ Color: _____

Gender (please circle one): Mare Gelding (No stallions please)

Level of Training: _____

What should we know about your horse regarding health, fitness level, etc.?



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,
jpbbaumann@comcast.net

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

Recognized Shows – Needs a new Chair

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



Everyone's Irish
On March 17th.