

CENTRAL VIRGINIA COMBINED TRAINING ASSOCIATION

2009 SPRING EDITION

Spring 2009 Issue

THIS YEAR'S MOTTO ...

Hello everyone, and I hope that this issue finds you enjoying your horses and looking forward to the rights of spring. You know, trading in the multiple daily blanket changes for endless mouthfuls of loose horse hair. Hard frozen ground that suddenly becomes shoe sucking mud with little green patches that look like you have collected a thousand chia pets and planted them in the back

yard. Seriously though, I think we should dedicate 2009 to just having fun with our horses and our friends. It is easy to lose sight of our love of riding when we are deep in the throes of perfecting the 20 meter canter circle or riding a flawless SJ course. It's supposed to be fun! So, don't forget that it's ok to laugh out loud at your horse and yourself when things go awry. Remember

folks, there are two kinds of eventers out there: Those that have fallen in the water and those that will. This year let's make a serious commitment to JUST HAVE FUN.



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2009 WILL BE A BUSY YEAR FOR CVACTA MEMBERS

.If you have not already done so, check out the club's website to catch up on our upcoming activities!

March:

11th Club Meeting at No Worries Farm
14th CT and Dressage Show at CSF

April:

9th Club Meeting Nancy Covert speaker, topic: Bitting demystified.

May:

9th Members only Mock Horse Trial at Oakdale Farm

14th Club Meeting

June:

6th Molly Bull stadium clinic at No Worries Farm
11th Club Meeting

13th CT and Dressage show at No Worries Farm

July:

9th Club Meeting
11th Conditioning Clinic with Nancy Covert followed by open Schooling. Members only at Oakdale Farm

August:

8th Hunter Pace location TBD

13th Club Meeting

September:

10th Club Meeting
12th CT at Tuckahoe Plantation

October:

8th Club Meeting
24th Open Schooling members only at Oakdale Farm

November:

12th Club Meeting

December:

10th Club Meeting

Please also remember to check the Forums for other informal activities and get together.

Special points of interest:

- USEA Executive Committee and Area 2 Council info on page 2.
- Quotable quotes on the last page.

Who is it that runs the USEA anyway?

The United States Eventing Association is a national organization that is in charge of governing US Eventing. International competitions are governed by the FEI. The USEA operates under the wing of the United State Equestrian Federation (aka the AHSA for you old timers).

Recognized USEA events are those that are run in accordance with USEA rules and competitors who are USEA members can accumulate points for their horses' lifetime records and can compete for year end awards.

The USEA is broken into 10 areas. We are part of Area 2, which includes Virginia, North Carolina, Maryland, Pennsylvania, Delaware and New Jersey. Area 2 has the largest number of starters in recognized events of all of the areas and we can boast the highest concen-

tration of upper level riders in the country. Each area has a number of affiliate organizations. Quite a few of the areas also have separate year end awards programs for those members who compete at recognized events and have Adult Rider Programs that are designed to provide educational activities for their members. The Area 2 Adult Rider Program sponsors the Training Three Day in Maryland.

That said, we are a local grass roots regional association that has not yet become an affiliate. Still we should have a voice in the governance of our sport.

The area 2 website www.usea2.net has a great deal of information that can keep you informed of regional events and activities. There are also classified ads and listings of recognized events, unrecognized events, CT's and clinics. The website also lists contact information for

the Area 2 Chairman: Duncan MacRae. The Chairman serves a 3 year term, usually after serving a 3 year term as Vice Chairman. The area is run by a council, a number of whom are also on the Board of Governors of the USEA and several important committees.

The Area Chairs work with the Executive Committee to suggest and implement change.

Take some time to read a couple of the articles on the website and show up at the Area 2 Annual Meeting and the National Meeting. Both are open to non-USEA members and offer you the opportunity to be included in discussions about rule and procedure changes and both meetings offer some really excellent educational opportunities. Seriously, you might just chat up David whilst in the lunch line. :-)

USEA Executive Committee

2009 USEA Executive Committee

Kevin Baumgardner, President
 Ann Glaus, VP Active Athletes
 Malcolm Hook, VP Competitions
 Carol Kozlowski, VP Safety
 D.C. McBroom, VP Area Affairs
 John Sheets, Secretary & VP Fundraising
 Gary Stegman, Treasurer
 Shelia Strickler, VP Education
 Jo Whitehouse, CEO USEA
 Michael Winter, VP Admin & Finance

USEA AREA 2 COUNCIL

Cindy DePorter	Adult Rider Coordinator	919.612.1230
Duncan MacRae	USEA Area II Chair	610.346.7057
Susan MacRae	Recording Secretary	610.346.7057
Linda Reynolds	Treasurer	
D.C.McBroom	Board of Governors	540.745.4486
Katherine Saunders	Board of Governors	312 969 6979
Ann Glaus	Board of Governors	
Robert Costello	Active Rider Representative	910 695 3004
Karen Mahaffey	YRAP Coordinator	919 774 5023
John Murdoch	Area II Safety Coordinator	484.274.9646
Holly Covey	Fund Raising/Promotions Coordinator	

10 THINGS YOU DIDN'T KNOW ABOUT THE DRESSAGE PHASE

Seriously?

1) You have 45 seconds to enter the arena after the judge sounds the bell. Do not panic when you hear the bell, you have plenty of time to complete your trot around the ring. You do NOT have time for umpteen million walk trot transitions. If you are just passing A as the bell rings, do a circle and go on into the ring. Failure to enter on time may result in elimination. Entering before the bell can also result in elimination.

2) The use of the voice in any way whatsoever or clicking the tongue once or repeatedly is a serious fault involving the deduction of at least two marks from those that would otherwise have been awarded for the movement where this occurred..

3) Your dressage whip including the lash may not be longer than 30 inches and cannot be weighted at the end.

4) Martingales, bit guards, any kind of gadgets (such as bearing, side, running or balancing reins, etc.), reins with any loops or hand attachments, any kind of boots or leg bandages and any form of blinkers, including earmuffs, earplugs, hoods, fly shields, nose covers and seat covers are, under penalty of elimination, strictly forbidden.

5) A horse leaving the arena completely, with all four feet, between the time of entry and the final salute, will be eliminated.

6) You must wear spurs at the Intermediate and Advanced levels.

7) All tests must be carried out from memory, and all movements must follow in the order laid down in the test. You receive 2 points for each error of course. When a competitor makes an "error of course" (takes the wrong turn, omits a movement, etc.) the judge at C warns him by sounding the bell. The judge shows him, if necessary, the point at which he must take up the test again and the next movement to be executed, then leaves him to continue by himself. However, in some cases when, although the competitor makes an "error of course", the sounding of the bell would unnecessarily impede the fluency of the performance (for instance if a competitor makes a transition at V instead of K), it is up to the judge at C to decide whether to sound the bell or not. However, if the bell is not sounded at an error of test in which the movement is repeated and the error occurs again, only one error is recorded.

When a competitor makes an "error of the test" (trots rising instead of sitting, does not take the reins in one hand at the salute, etc.), he must be penalized as for an "error of course". In principle, a competitor is not allowed to repeat a movement of the test unless the judge at C decides on an error of course and sounds the bell. If the competitor has started the execution of a movement and tries to do the same movement again, the judge(s) must consider the first movement shown only and at the same time penalize for an error of course.

8) A test begins with the entry at A and ends after the salute at the end of the test, as soon as the horse moves forward. Any incidents before the beginning or after the end of the test have no effect on the marks. The competitor should leave the arena in the way prescribed in the text of the test.

9) Competitors must take the reins in one hand at the salute. Gentlemen are not required to remove their hats at the salute.

10) When a movement must be carried out at a certain point of the arena, it should be done at the moment when the competitor's body is above this point.

CLINIC CORNER— CAMP DENNY BY PAT MARTIN

After much dreaming and saving my pennies (or I should say dollars), I finally got to ride with Denny Emerson for a second clinic. I cliniced with him about 5-6 years ago and came away with so much information and benchmarks to look for in my riding that I had to do his camp.

There were 13 of us, all in various skill levels. One girl had competed at advanced, 2 people who had never gone cross country, 5 people had done the camp before! My fears of being the weakest rider there never came to fruition because all of us were there to learn, we all had holes in our education, and just wanted to get better. We rode twice a day for 3 days, (dressage and stadium) and only once on cross country day. Meals were delicious and served at Denny and May's apartment above the barn with a lecture or talk at every meal. We were on our own for rooms, I stayed with one of Denny's student, Maya Stude-

man, for a very reasonable \$30/night. Dining together allowed us to really get comfortable with each other and share our frustrations and goals as well as to laugh about our horror stories.

Denny initially gave a brief talk about 2 of the biggest rider mistakes, looking down and overriding the inside rein. Don't we always look at what we're doing? Well, that's why we look down. Very simple but I never thought about it that way! But most of learning comes from just doing it 10,000 times. One of his favorite expressions is "For the things we need to learn to do, before we can do them correctly, we learn by doing them". Repetition, Repetition, Repetition. So, when Denny is instructing, you're gonna do it till you get it right. Denny only taught jumping, Sue Berrill, a former student and advanced rider from Area 1, taught dressage.

So, jumping the first day, Denny talks about jumping the fence correctly, you need speed, balance, and impulsion. Its

easy enough to get balance and impulsion, but when you throw in speed you lose your balance. Denny did not emphasize getting a certain number of strides to the fence: he emphasized getting there in balance and not leaning forward and getting the long spot. Anytime someone did lean forward, you did it until you got it right. Always as we were cantering into a jump, Denny was saying, one two, one two, working on rhythm. Or he would say "Whoa, wait, Whoa (meaning half halt) wait". Denny wanted your horse up in front of you and emphasized that on cross country to have your horse 75% in front of your leg. He wanted your horse to feel light in the bridle. So the emphasis was really on balance. If you can get there balanced, you have more flexibility about where you can take off.

This was a pretty grueling schedule for the horses, so for stadium, we were only jumping 18"-2'. But we did some

CENTRAL VIRGINIA COMBINED TRAINING ASSOCIATION
WWW.CVACTA.ORG CHECK US OUT!!!!

Membership runs January 1—December 31, so please renew your membership for 2009 so you don't miss out on any fun activities.

Camp Denny continued.....

wonderful course questions. My favorite was when he set up 2 sets of barrels, one barrel on top of the other, at an oxer, and at various time we were jumping the oxer from 3 different directions between the barrels. There were a lot of switchbacks, with emphasis once again on getting your balance back after the jump, riding the turns, and not jumping ahead of your horse.

This set us up for wonderful cross country schools. Denny has a wonderful xc course that goes through prelim, very hilly and inviting jumps. The one time Denny said you don't have to balance up is when your jump is at the top of a hill, because the hill will get you in the right balance. On the last day, we all started on a course for our own level, I did 12 jumps on a novice course, then did some exciting training level questions, including a steeplechase jump. There were big banks, ditches, and a small water jump. It was so much fun! Denny's wife, May, had videoed us all week and we had watched that the night before to many laughs, but on the last day she took pictures with the digital camera, and emailed them to us. Everybody certainly achieved a personal best in some fashion, and I came away on such a high and with so much more confidence, it was certainly worth the money.

We did an advanced course walk with John Williams at the Carolina Horse Park. John designed the course, so it was really great to hear his reasoning behind why he put fences where he did. One of his big concerns in fence placement was "to keep the fools from being foolish". In other words to slow people down, to help with balance, and have your horse come away confident. He's a really neat guy and wants to do what's right for the horse. We had a brief discussion on the present state of course design, and he said he would not ride a course designed by someone who wasn't still riding. (I'll leave it at that.) Denny concurred.

This is so long I won't even go into dressage. It was a long week, and as my horse sailed over a big rolltop I could feel him say, "Mom, I'm pooped. I can't give you any more." And we left it at that. I was just as tired, and he got 4 days off when we got back. Would I spend the money and do it again? Absolutely. But as I drove home I thought, "Southern Pines is only 4 hours away, I could do a long weekend!" Its probably a good thing Denny's in Vermont May through October.

In 2009, the USEA will hold its Annual Meeting in Reston, Va in early December. If you have not been to a National Meeting, this will be a great opportunity to attend educational sessions and to learn about the governance of our sport. Please consider attending.

CLINIC CORNER—KIM SEVERSON *BY HOLLYN MANGIONE*

Ok, so it wasn't a clinic, but I got to ride with KIM SEVERSON!!!!!!

Every year the Chronicle of the Horse Bulletin Board hosts an auction to benefit CANTER. And every year I go in and bid on a few items. I have gotten some nice things every year and this year, after intimidating my friend Cheryl out of bidding against me, I won a lesson with Kim Severson. After years of seeing Kim around, chatting with her on occasion at different events, etc. it was the first time I was able to ride with her. I was a bit nervous, but was hoping I would be able to get lots of good feedback. I've been struggling with finding an instructor to work with since Mary Grantham moved away. I really clicked with Mary and have not been able to find anyone with whom I have felt nearly as comfortable since. So, I loaded up Dance, my OTTB DQ, and my "staff". Yes, I arrived with a groom and videographer and also had two of my other friends come along to watch as

well. And not one, but two of them were video taping the lesson. I have been having some issues with making my horse be more forward. I've wanted to move him up to first level, but I ride with no help, and we hit a wall really hard last year and I'd had to back down in the intensity of his work. So, Tuesday Nov. 11, 2008 we arrived at Paragon Farm for our ride with Kim and Dance proceeded to trot out his worst behavior. Seriously, I was thrilled because I had Kim there to work me through it. And let's say it wasn't pretty. My pony decided to toss his head, pop up and down, kick out and buck. "I can't" was his mantra for the day. After about 15 – 20 minutes of this, we finally got some reasonable work out of him. I watched the tape and WOW. There's the first level horse starting to show. What I learned: my hands need to be quieter... I struggle with this periodically (ok, a lot!). I have some lower leg creep problems that I suspect may be influenced by the con-

stant kicking! My horse needs to suck it up and go forward regardless. He needs to MARCH, and it is possible to go from halt to canter without having a meltdown. Kim was very kind and positive and I got a lot of support throughout the process. It really was the push that I needed to get us back on the right path. I am happy to report that my ride the next Saturday went fairly well with only one serious bout of ugliness. That Sunday he was fairly forward and submitted to walk/canter transitions without whining. Since then, I have been able to ride with Corinne Barber locally and had another nice ride where we focused on going forward. Anyone see a trend here? And pinpointed some position issues with me that interfered with his ability to go forward at the canter. I am planning to continue working on all of the above.

Hollyn Mangione

BOOK REVIEW -BY CHARLES WENDT

If you made the April meeting at beautiful No Worries Farm, you no doubt enjoyed Belinda Lloyd's demonstration of setting up jumper gymnastic lines. As I have a younger horse that is still developing (and he has a rider trying to get back in the groove of this after more than a decade) I took three pages of notes. Gymnastics has always been one of those magical things to me that coaches could set up by pacing off distances and, after seeing the horse go, make a small adjustment of a pole on the ground and suddenly things go even better. But if you didn't grow up around the jumper barn or spend some time as a working student, all the little tips and trade secrets are really hard earned (and tough to keep track of). While Belinda did a wonderful job demystifying it, I'm certain she has forgotten more than I will likely ever know—unless I cheat. That's why writing was invented.

My copy of "Points for Riders, Gymnastics, Systematic Training for Jumping Horses" by James C. Wofford came in the mail just a few days later. It only runs about \$15 from Bit of Britain, but I'm sure it is available elsewhere. I would think of it as a great thing to add to an order after you have already paid shipping and handling anyway and you won't be disappointed. Combined with Belinda's "hands-on" instruction, I think it puts you in a great place to get started.

Gymnastics Systematic Training for Jumping Horses by James C. Wofford

What "Jimmy" did was to gather up all these tidbits of barn lore, learning from his own illustrious career, and more nuggets from his quite extended equestrian family tree and put them into a neat little paperback—128 pages in all. Mine lives in a blue plastic tub with extra jump cups and large tape measure on the side of my arena that protects stuff from the weather when not in use. It's definitely a "working reference" type book after the first read in the easy chair with a glass of wine on a rainy night. Some people can have a funny reverence about books (me included). However, I think this is the type of book that has the most value when its pages are stained and dog-eared.

Sure, he spends a couple of chapters talking about what the ideal jumping horse should look like and a few notes on the rider's position. It's well worth the short read and consistent with his thoughts expressed in "Training the Three-Day Event Horse and Rider". However, the bulk of the book is different gymnastic exercises.

The gymnastic exercises have a logical flow to them. The first are introductory, to help the horse understand the question and supple his muscles. In the advanced exercises, the horse is asked more and more difficult questions, closer and closer together, and they are much more strenuous. The exercises include diagrams with symbols that represent ground poles, standards, oxers, distance measurements, etc. There are also a couple of pages that give pointers for how to introduce the horse to the exercise and understand what problem we are trying to help the horse learn to solve.

The cross country section follows, where exercises are laid out for sloping terrain, or how an existing bank or ditch can be incorporated into a grid of poles and standards. If you have read "Training the Three-Day Event Horse and Rider" (a great read by the way) or watched the DVD "Cross Country Clinic with Jim Wofford" you know his propensity to simulate cross country obstacles by taking rustic rails (still have tree bark on them) and standards out into a field. This book takes that concept one step further by doing a gymnastic line on an incline or simulating a corner type obstacle.

Finally the last section is dedicated to solving special problems such as running out, drifting, rushing, encouraging changes of lead, dealing with horses that slow down in the take off, and horses that tend to rub the rail with their hind legs. Like the other exercises, he gives some explanation followed by good diagrams so you can create the lesson for your horse.

He concludes with a one pager on some overarching training points, that I think are worth repeating here:

- "Calm, forward and straight are all the rules for training horses you will ever need"
- "When jumping, place your weight over your horses shoulders and soften your reins. You will transform a dull slave into a joyful and willing partner."
- "You will make better progress if you jump little and often"
- "Keep the obstacles small until you are your horse understands the question you are asking. Once he understands, his God-given talent is the only real limit."
- "Teach your horse new skills by breaking those skills down into their most basic components".
- "Time spent on improving your own jumping position is never wasted. There is a strong relationship between how you ride

and how your horse goes. To improve your horse, improve your self."

- "Deal with your horse's mistakes as lack of knowledge, rather than willful disobedience. Determine which part of the question your horse does not understand, and develop a way to explain it to him. I am sure he will respond and improve."
- As you go along in riding, you will develop your own system of training horses. Keep in mind the preface to the U.S. Army *Manual of Equitation*, 1921 edition, which says that any system of training which destroys the tranquility of horses is defective."

Anyway, despite the small size, I think this is one of the most useful horse books that I have picked up and I hope you find it likewise. And if you come across some gems out there yourself, be sure to write in and let us know.

Some food for thought from some of the greats!

Ginny Leng

"The whole secret is the trust built up between horse and rider. **It's so important that you should avoid EVER getting a horse into trouble.**"

"One man's wrong lead is another man's counter canter." Steven D. Price

"The horse will leap over trenches, will jump out of them, will do anything else, provided one grants him praise and respite after his accomplishment." --Xenophon

"When you train a horse on a daily basis, you're a part of the horse's movement, you're a part of his motion. Everything that the horse experiences is coming from you. There's a total connection -- a true friendship -- and the connection touches the soul completely." -Karen O'Connor