

IMPULSION

The Official Newsletter of the Kentucky Dressage Association

Fall 2022

**Riding With Gwen
Poulin**

**Volunteer Spotlight:
Sheila Woerth**

**Little and Slogan Join
The Century Club**

**Don't Lose Points
by Janet Foy**





A Village of Help

This is a busy time of year for KDA members – end of the show season, championships, shopping for winter blankets, stacking hay, and so much

more. It's also a time of assessment: Looking back on this past year and starting to dream about next season. From the KDA Board of Directors' perspective, it's the perfect time to highlight those who have pitched in to make KDA events a reality for members and guests. It takes a cacophony of dedicated people to ensure KDA events are the best they can be.

It's been said before but bears repeating: KDA events would not exist without volunteers. It's hard work, but many KDA volunteers are—or have been—on the other side of the fence as a rider, trainer, or support person and truly understand the pressures associated with a day of showing. Many other volunteers are parents who give their time and talent to help their kids earn year-end awards. There is also a group of individuals, all lovers of the horse and the sport, who help at events out of the kindness of their hearts. They may donate their hours to others or pitch in on tasks that are short of help or even show up just because they heard staffing was light. Regardless of why they give of themselves, the Board wants every volunteer to know that he or she is appreciated.

KDA events also would not exist without the hard work of those who do the planning. Those dedicated committee chairs who spend countless hours discussing, planning, and executing necessary steps to ensure success. When I got involved with dressage, I was quite surprised at how much manpower—and money—it takes to put on an event the size of those offered by KDA. Using a recognized show as an example, preparations start months in advance. Appropriate facilities have to be identified and rented keeping footing, stabling, accessibility, and a host of other considerations in mind. The show secretary, show manager, judges, technical delegates, announcers, photographers, farriers, veterinarians, and medical staff all have to be hired. The prize list has to be developed, forms created, contracts signed, port-o-potties ordered, food selected, and ribbons procured. On the day of the event, someone has to haul the equipment out to each site, set up the arena, and ensure that every volunteer has the tools they need to do the job they're assigned. There is marketing to be done, including Facebook and the website, as well as signage to figure out. The list goes on and on.

With all the wonderful people who go into making every KDA event one to remember, it is truly amazing how well everyone pulls together to accomplish the goal. The Board and I want to thank everyone involved and that we are very excited about next year.



*Kristen Young
President, KDA*

On the Cover:

Laura Crowl is all smiles as she and Hana finish their Intermediate I test.

Photo credit: Lisa Dean Photography

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Riding with Gwen Poulin

June 16-19, Spring Run Farm, Prospect, KY

By Karen Moore

Every ride with Gwen Poulin is filled with learning new things that I take back home and work on. But what I find myself doing is just that, working on whatever she gave me to work on, no matter how my horse feels that day. The exercises are always great and never do harm of course, but maybe they are not the best exercises for how my horse is feeling that day. I also find myself waiting for trainers to tell me what to do in my lessons. As if I've forgotten how to ride my horse. Gwen is great about making sure I understand the why behind the exercises but this time she took it to the next level.

Gwen would just watch me ride. Then say: How does she feel? I'd blabber on and then she would say something like: So what do you think you could do to help that. And we'd talked through my thought process. What did she see compared to what I felt? What exercises might I think to try versus what she might try? They weren't always the same, and that's okay! It doesn't mean one is right and one is wrong. We would both talk about why we thought the way we did. By making me go first, I had to really stop and think and ponder. And when she would ask why I would pick a certain exercise, I had to explain what I was trying to accomplish and why I thought it would work. It really made me think differently.

My new lesson plan – with all my horses – not just my dressage horse:

◆ Don't have a plan of what I'm going to work on before I start my ride.

As I am warming up, I now have a list of questions I ask myself:

- ◆ How are my horse's gaits, do they feel regular, does the rhythm or tempo change when I change direction?
 - ◆ Is she stiff over her back?
 - ◆ Are her shoulders moving freely?
 - ◆ Do both the left and right hind reach under and over in the lately work?
 - ◆ Does she feel more stiff in one direction versus the other?
 - ◆ Is she behind my legs?
 - ◆ Is she flattening out when I ask her to move forward?
 - ◆ How is the connection in the bridle? Is she reaching for the bit, is she dropping her head to avoid contact, or getting above the bridle?
 - ◆ What's her overall mood? Watch her ears, pay attention to her tail.
 - ◆ Does she move forward when I ask or is there resistance?
 - ◆ In downward transition is she stopping or keeping that forward feeling?
 - ◆ Is she straight or does she want to throw her shoulders or haunches one direction?
 - ◆ When I collect, does she stay forward, or want to shut down?
- And there are always more questions to ask.



The next step is to go through my answers and match them up to the exercises Gwen, and all the other trainers have given me, that will help improve my horse's rhythm, suppleness, connection, impulsion, straightens and collection.

If at any point in the ride, the answers to the questions change, I adjust my ride.

While I'm doing my final walk to cool out, I think about how I changed my horse from beginning to end. What worked well? Or maybe what didn't help. Then I make a mental note of that.

It sounds so simple, and it can make a huge difference in my ride. But until Gwen took the time to train me to think of myself more of the trainer and less of a passenger, I was not doing the best for my horse.

When I finished up my lessons with Gwen and my friends asked how my lessons went. I replied that these were the best Gwen lessons ever! It wasn't about the improvements we made to my horse, it was this huge leap we made to me as a rider. ◆

Justin and I Loosen Up

By Kat Draughon

I had the opportunity to ride two sessions at a Jessica Bortner-Harris Biomechanics clinic hosted at Pletch Equestrian Center in Lafayette Indiana. All I can say is WOW!

I ride and show my Quarter Horse, Absolute Purple Haze or "Justin," in a variety of disciplines, from ranch riding, horsemanship/equitation to dressage. Unfortunately I had developed the habit of sitting very "equitation still" and stiff rather than moving with him. Jessica watched me ride in a hunt seat saddle for about 10 minutes then gave me the lowdown on how my body was stronger on the left side and was twisting as I rode, which was blocking Justin's shoulder movement.

Day one, Jessica put "posture sling bands" on me — these large rubber bands run from the balls of your feet and cross your shoulders,

and really help you feel where your body is and puts you in a more correct position. Then we walked, and walked, with directions to swing my hips and exaggerate the swing on the right hip and put more weight in that leg, as the left leg was much stronger. Within minutes I could feel Justin loosen up and his stride changed dramatically.

Moving on to the trot, we continued to exaggerate the forward swing of my right hip, while making sure I was turning my entire torso (hips, shoulders, head and neck) when making 20-meter circles. After a bit, it was amazing how much more Justin was using his back end and lengthening his stride with very little additional encouragement (i.e., more leg, whip taps, spur taps, etc.). I could hardly contain my excitement as the feeling of him moving out so freely was just magical.

Day 2, Jessica handed me a set of Franklin Balls — two small rubber

inflated balls, to sit on to help me really identify my seat bones. We walked for a good 10 minutes riding with the balls and moving with Justin's rhythm. This exercise certainly helped me with my seat. Next, she put the posture sling bands back on and off we went! As she guided me with how to ride with his movement and ensure I wasn't blocking him with a stiff right leg and hip, Justin's strides improved more and more.

It was only two 45-minute sessions, but what I learned during this clinic was really life altering. Since the clinic, I've tried to make sure I'm not falling back in to the habit of sitting "equitation still," and really riding with the movement. This change in my riding has made a difference with Justin and also with a young horse I have been starting.

Thank you KDA for the grant that allowed me to attend this wonderful clinic.

2022 Calendar

Come celebrate the year with your fellow members and friends!

Year-End Awards Banquet
November 19
Caption's Quarters, Prospect, KY



How to Lose Points at Regional Championships

After judging three different Regionals, I had to post this information. It breaks my heart to see riders who have worked so hard and spent so much time and money to get to a competition to lose points they don't need to lose! There is a theme throughout all parts of the country. Here is the list:

1. If you are doing a freestyle, know the rules. Know what is legal and what is not. Over half of the freestyles I judged (a total of about 6 days worth) had missing or illegal movements. Do NOT do a halt to canter transition. You will get a 4. The rules clearly state that if the movement or transition is not in the technical test of the level it is not allowed unless specifically listed under the allowed list. If you don't like this then go to the USDF Convention and attend the Freestyle meeting. Judges are just following the rules. And I am sorry the you rode this freestyle this way four times and the other judges didn't notice. We are going to address this at our IDOC/USEF Freestyle Judges Forum at The US Dressage Finals. If you are in Fourth Level and you are performing a half pirouette, then you need to show a clear line of where you are starting it and where you are finishing it. Do not come down the quarterline and turn and then immediately head on the diagonal. This is a 3/4 pirouette and if you do it the same way both directions, the judge will know it is intentional not just a loss of control.
2. If you are doing a turn on the haunches or a walk or canter pirouette, please read the description of the movement in the USEF Rulebook. If you counter bend the horse you will lose points.
3. Many of our tests require the riders to find centerline. A shoulder-in on centerline means the hind legs stay on centerline.
4. If you have a half pass you should also have bend. Have never seen so many straight horses. Also, if you go more sideways and arrive early, judges do not give you extra credit, we actually take point off. If it says go to M, then go to M.
5. Shoulder-in should be straightened when it is finished on centerline or coming into a corner.
6. If you have a free walk or extended walk the reins need to be long! In so many freestyles, the judges are left guessing as to which walk is being ridden.
7. In Training Level, when the 20m circles are at E and B you DO NOT TOUCH L and I. My scribe was very tired of writing inaccurate, 24 m oval on those tests.
8. The 15 m circles in First Level, test 3 should be placed so that there is an equal half on either side of centerline. I saw many 10 meter circles. Smaller doesn't give you extra points.
9. Downward transitions. Coasting, vague, not shown. OK guys if you actually show a good transition back to working or collected gaits the judge will love you for it!

10. Diagonal lines. If the test says HXF then the horses shoulders should leave the track at H and touch the track at F. Many lost points with riders drifting and arriving on the long side at the RSVP letters.
11. Canter pirouettes at Fourth Level, test 3 and PSG should not wander over the centerline.
12. If the flying change is after a medium or extended on the diagonal, then the change (and transition too) should be on the diagonal line. If you place the change on the rail you are making it easier and using the rail to help.

Okay, rant over! I want you all to ride more accurate figures and think about not throwing these points away. I haven't even mentioned corners and the correct bend but that's for another day!

(reprinted from Facebook)



Kentucky Dressage Association Annual Meeting & Awards Banquet

This year's banquet promises to be a spectacular event with the annual meeting, awards, dinner, and a silent auction. Don't miss it! Find all the details and buy tickets at

kentuckydressageassociation.com/year-end-awards-banquet.

Date:

November 19, 2022

Time:

6:00pm - 9:00pm

Place:

ROLLING ON THE RIVER

Captain's Quarters

5700 Captains Quarters Rd

Prospect, KY 40059

Tickets:

\$40 Adult

\$25 Junior/Young Rider



Holding It All Together

You've heard of The Queen, The Situation, and The Sandman--well, meet "The Glue." Officially, her name is Sheila Woerth and she has been the chair of the KDA Show Committee for about 17 years. She is tireless. She can be found at every KDA breed, recognized, and schooling show solving the latest problem from the front seat of her gold truck. Even though she puts in mega hours on show days, she spends even more time recruiting talent to help make those events perfect for KDA members and guests.



Sheila Woerth

Sheila hails from New York where she and her father frequented Belmont Park track on Saturday mornings, fostering her love of horses. She spent summers on her aunt's 260-acre thoroughbred farm in Virginia, started taking lessons and learning the art of being a horsewoman. She married Knute in 1966 and the two of them traveled for 18 months before deciding to

settle down. Sheila became a nurse specializing in cardiothoracic operations. By way of the University of Virginia and Georgetown (Washington, D.C.), Sheila and Knute moved to Kentucky in 1968, where Sheila spent 37 years as the team leader of the cardiothoracic operating room at the VA Hospital in Lexington.

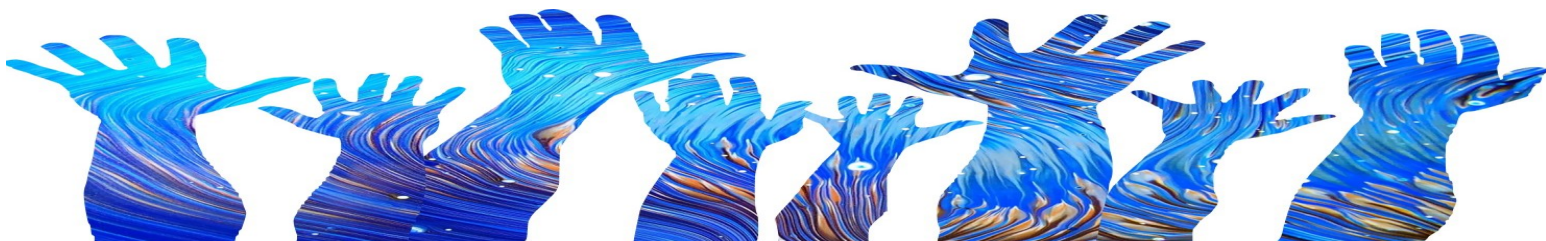
The organizational and logistical skills

that Sheila brings to KDA events can probably be attributed to her decades as an operating-room nurse. When Sheila became part of KDA in 2005, there were only two shows being offered. Today, there are nine, including one breed show and two schooling shows. In addition, KDA has been responsible for four Regional Championships and a Festival of Champions since Sheila started.

"KDA is a wonderful organization," says Sheila, "The Board works hard to give back to the members. We've set up reward programs for volunteers, subsidized clinics, end-of-year awards, and more than \$9,000 in grants for dressage education, just to name a few of the benefits."

In addition, KDA is currently working to improve the dressage complex footing.

The next time you go to a KDA event, look for Sheila's gold truck: She loves meeting new people. But beware, once you're on her radar, you have become a volunteer because no one can say "no" to The Glue.



High Score Results

KDA Summer Classic I

July 8 & 9, 2022

	CHAMPION	RESERVE
TRAINING LEVEL		
OPEN	Sue Kolstad 63.621	Laura Kosiorek-Smith 63.103
AA/JR/YR	Alicia Kuebler 72.241	Anna Wallace 70
1ST LEVEL		
OPEN	Sarah Hoos 71.714	Reese Koffler-Stanfield 71.667
AA/JR/YR	Elizabeth Johnston 70.556	Darcey Gaines 69.444
2ND LEVEL		
OPEN	Callie Jones 7.738	Jhett Jenkins 67.027
AA/JR/YR	Mary Piller 6 8.514	Anna Wallace 68.214
3RD LEVEL		
OPEN	Nicole Levy 71.625	Jennifer Conour 68.375
AA/JR/YR	Samantha Erwin 70.676	Jacqueline Beasley 70.541
4TH LEVEL		
OPEN	Emily Brollier 66.579	Linda Strine 65.833
AA/JR/YR	Ella Fruchterman. 70.278	Jana Henry 60.513
FEI OPEN		
AA/JR/YR	Ali Potasky 72.059	Ali Potasky 70.882
	Laura Crowl 69.118	Meredith Talley 66.765
FREESTYLE		
OPEN	Ali Potasky 77.625	Ali Potasky 75.425
AA/JR/YR	Alicia Kuebler 75.833	Laurie Saldana Rich 67.067
Overall High Scores		
OPEN	Ali Potasky 72.059	Sarah Hoos 71.714
AA	Alicia Kuebler 72.241	Samantha Erwin 70.676
JR/YR	Ella Fruchterman 70.278	Mary Piller 68.514
NDPC PONY	Vashti 63.621	Sue Kolstad
TIP	HORSE	RIDER
INTRO	Always Lucky	Kara Hertz 63.125
TRAINING LEVEL	Moonshinegin	Anna Wallace 70
1ST LEVEL	Moonshinegin	Anna Wallace 67.5
2ND-4TH LEVEL	Cellusana The Big Mo	Nick Larken 62.976
OVERALL	Moonshinegin	Anna Wallace 70
BREED AWARDS	HORSE	RIDER
MORGAN 66.867	Spring Hollow Lady Grace	Carol Webber
TRAKEHNER 68.21	Kalaska	Anna Wallace
KWPN-NA 68.375	Hofratt V Z	Laurie Saldana Rich / Jennifer Conour
NA DANISH WARBLOOD 65.952	Straight Horse De Mille	Laurie Saldana Rich
OLDENBURG GOV 61.72	Cambridge	Amanda Woodall
DRAFT CROSS BOA 72.241	FHF Pequin	Leslie Walden/Alicia Kueble



All photos on the next page by Lisa Dean Photography: lisamichelledeanphotography.shootproof.com/



High Score Results KDA Summer Classic II July 10, 2022

	CHAMPION	RESERVE
TRAINING LEVEL		
OPEN	Ashton Hays 65.69	Liz Lewis 62.586
AA/JR/YR	Darcy Gaines 72.586	Alicia Kuebler 70.862
1ST LEVEL		
OPEN	Caroline Dannemiller 74.138	Sarah Hoos 73
AA/JR/YR	Elizabeth Johnston 70.417	Laurie Saldana Rich 69.143
2ND LEVEL		
OPEN	Caroline Dannemiller 66.892	Robyn Munson 61.892
AA/JR/YR	Anna Wallace 66.19	Laurie Saldana Rich 65.833
3RD LEVEL		
OPEN	Jennifer Conour 72.625	Nicole Levy 72.125
AA/JR/YR	Ella Fruchterman 68.088	Julie Roche 67.375
4TH LEVEL		
OPEN	Linda Strine 69.444	Emily Brollier 68.947
AA/JR/YR	Mary Termer 57.949	Jana Henry 54.722
FEI		
OPEN	Callie Jones 67.372	Susan Harris Perellis 65.735
AA/JR/YR	Laura Crawl 70.882	Selena Wilson 67.647
FREESTYLE		
OPEN	Laura Himes 71.967	Laura Himes 70.5
AA/JR/YR	Alicia Kuebler 72.133	Carol Weber 68.633
OVERALL		
OPEN	Caroline Dannemiller 74.138	Sarah Hoos 73
AA	Darcy Gaines 72.586	Laura Crawl 70.882
JR/YR	Ella Fruchterman 68.088	Samantha Fogg 67.931
TIP	HORSE	RIDER
TRAINING LEVEL	Phantoms Zeus	Savannah Luoma 68.793
1ST LEVEL	Moonshinegin	Anna Wallace 67.759
2ND-4TH LEVEL	Odie	Owen Kathryn Meany 59.459
OVERALL	Phantoms Zeus	Savannah Luoma 68.793



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High Score Results
KDA Fall Classic I & II
October 15-16, 2022

SATURDAY

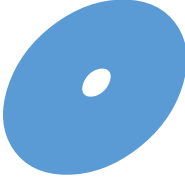
			CHAMPION	RESERVE
OVERALL				
OPEN			ALI POTASKY 74.625	THERESE EVANS 69.875
AA			JACQUELINE BEASLEY 72.297	SARA VALDIMARSDOTTIR 69.444
JR/YR			FAITH GREEN 69.138	ADALEE LADWIG 68.125
TIP	OUT OF	LEVEL	HORSE	RIDER
300029042	1	INTRO	ANOTHER INCIDENT 64.25	ROBIN BENNETT
300020738	3	TRAINING	NUCIFERA 66.586	TESS UTTERBACK
300026679	2	FIRST	KENTUCKY GENTLEMAN 67.571	VIVIAN PIERCE
300027232.	2	2ND-4TH	MIXMAKER 64.167	NICOLE DLUGOSZ
300010701	1	FEI	PITTER PAT 61.088	SUSAN POSNER
300024806	1	F/S	WELSH WIZARD 66.733	MEGAN STACKHOUSE
OVERALL			KENTUCKY GENTLEMAN 67.571	VIVIAN PIERCE

SUNDAY

			CHAMPION	RESERVE
OVERALL				
OPEN			ALI POTASKY 74.125	MEGHAN RIVIELLO 73.966
AA			JACQUELINE BEASLEY 71.25	MEREDITH TALLEY 70.294
JR/YR			ISABELLE MONTES 67.586	RACHEL ANGELUCCI 66.552
TIP	OUT OF	LEVEL	HORSE	RIDER
300036766	3	INTRO	MANDARA 66.875	SUSAN POSNER
300015436	4	TRAINING	REALLY REALLY 68.621	KARA HERTZ
300020738	1	1ST	NUCIFERA 66.207	TESS UTTERBACK
300020739	3	2ND-4TH	MIXMAKER 65.676	NICOLE DLUGOSZ
300010701	1	FEI	PITTER PAT 65.588	SUSAN POSNER
300024806	1	F/S	WELSH WIZARD 66.967	MEGAN STACKHOUSE
OVERALL			REALLY REALLY 68.621	KARA HERTZ



Century Ride: The Ride of a Lifetime

 In October 16, 2022, at the KDA Fall Classic II, Diane Little and her horse Slogan rode for their place in the Dressage Foundation Century Club. At the age of 80, Diane rode a third level test on her 23-year-old mount, Slogan.

The Century Club recognizes dressage riders and horses whose combined ages total 100 years or more. Horse and rider perform a test of any level at a show (schooling or recognized) or event, and are scored by a dressage judge or professional. The rider need not show everything at their level of ride, but it is important to show that rider and horse work well together.

The Dressage Foundation (TDF) presents a beautiful black and gold ribbon as well as a Century Club plaque to the new team.


The Century Club was formed at The Dressage Foundation in 1996, at

the suggestion of Max Gahwyler (CT), who with his horse Prinz Eugen, became team #2 in the Century Club. The first "Centurion Class" ride, held in 1996, featured Lazelle Knocke and her teammate Don Perignon. Lazelle's ride came after her extensive 'three year vacation' away from riding due

to surgery and rehab time. As she said, "Hopefully the Centurion class will be in the forefront of a very interesting opportunity for seniors and dressage as recreational and therapeutic riding. It really is challenging and has long-term goals and benefits."



Get Ready for 2023! KDA Needs You!

 If you haven't already downloaded the USEA Eventing Volunteers App (EventingVolunteers.com) it's time to give it a try. You can sign up for specific jobs at specific shows, make changes, check in and

check out. KDA has adopted this new tool to help manage volunteers more efficiently and communicate effectively. It's easy to use and has every KDA show and position loaded at least two weeks before each event.

KDA's events are under Area VIII

(Kentucky is registered in Area 8 for Eventing). If you need assistance, please contact KDA's admin, Jena White at jena.kda@gmail.com.

