

^{The} Rapport

The official newsletter of the All Dressage Association

ADA Art Prize 2014

Lori Ann Thwing

"A horse is a thing of beauty... none will tire of looking at him as long as he displays himself in his splendor."

Xenophon

Most of us are familiar with the Grand Rapids Art Prize, where literally anyone can submit their artwork to be displayed and voted on by the pub-



lic. One of the newer awards created by the USDF is the Art Contest, and, starting this year, we are having our own ADA Art Prize. Like the USDF contest, this annual contest was designed to highlight the creativity and beauty of dressage and to allow current ADA members, who are in good standing, to express their passion for horses and dressage outside of the competition arena. We are looking for the amateur and professional artists such as photographers, poets, sculptors, painters, and others who use their medium to express their love of

horses and the sport of dressage. We encourage everyone to participate by

submitting their works, as many as you like, to be displayed on our website and Facebook page and voted upon by "likes" on our Facebook page. Check our Facebook and website often to see new entries and vote for your favorites. The ones with the most "likes" in each division and category will win some fabulous prizes. For official rules, visit our website at AllDressageAssociation.com

Let your creativity flow!





Photo credit: Madison Collier

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Dressage 4 Kids

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A LETTER FROM THE PRESIDENT

Kathy Walters



elcome and call to order are words the ADA President says to begin the meeting each month. I never intended to say those words this year! At our first board meeting, I volunteered to help with the banquet. I did not wish to have a large volunteer job because I have two teenage girls and I work over 40 hours a week. However, by the second board meeting, we needed a new Vice President. The room was quiet during that meeting, and by the end I had said yes to being the Vice President. I remember joking with Lynn Lentz, then President, that she better not be assassinated, impeached, or die because I did not wish to fill her shoes. Well, just after Easter, I did have to fill her shoes. So, here I sit, your President, and Barb Bytwerk graciously said yes to being your Vice President. After wrapping my head around this turn of events, I vowed to do my best.

I am lucky because I am surrounded by the best. Our board of 13 consists of quality people!! Some are board members you voted into office and others are non-voting committee volunteers. The one thing that all of us have in common is a love for our sport, Dressage. I am pleased to say that the other thing we all have in common is that we think education is important to our members and we are all

that the other thing we all have in common is that we think education is important to our members and we are all ambitious. All of our meetings thus far have been pleasant, productive, and organized. I hope as this year rolls into the next, you, the members, will see what I mean by ambitious. Although all our board members have done their jobs really well so far, the most obvious example of ambition is our new website. Diane McNulty, a volunteer committee board member, did that all by herself in a month's time! All of us are grateful to her for doing such a fabulous job and for maintaining our new site. Your ADA board meets the first Monday of each month. If you have time and would like to be on a committee this year, please come to a meeting and let us know. Feel free to call me for the time and location. Or, if you have questions or concerns, please contact me directly. Below are the board members names and which committees they serve on. Many hands make light work, so please lend your skills if you have the time to give.

Sincerely, Kathy Walters

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2014 ADA Show Schedule

Date	Location	Judge
July 19-20	Thomet Stables Ada	Kerry Petty (L)
July 27	Rivendell Stables Lowell (see pg 11 for detour map)	Sarah Michaels (S)
August 2	Equine Eden Belding	Cheri Theis (L)
August 16	Detersmination Equestrian Center Nunica	Douglas Puterbaugh (L)
August 30	Serenity Farm Byron Center	Nancy Bryant (L)
September 13-14	Thomet Stables	Kim Aikens (L)
ADA Annual Show &	Ada	Glenda Warner (L)
Championship Classes		

2014 ADA Community Events

Date	Event	Contact/Location
August 9—10	Michael Bragdell Young Horse Clinic	Carrie Wilson
		carriewilson11@yahoo.com 989-295-7187
July 28—29	Patrick Tigchelaar Clinic	Centennial Acres
		Tena Freiling 616-886-7779

Congratulations Claire

Congratulations to Claire McNulty on making the Region 2 team for the NAJYRC in Kentucky! Claire has been a long time ADA member, and many local trainers, parents, and friends have contributed to her education over the years. ADA is proud to have our member, Claire, and her horse, Checkmate, head into the competition with the highest average qualifying score in the USA! Good luck, Claire!



STRANGLES: WHAT YOU SHOULD KNOW!

Ieff Bunn DVM

I was contacted by Laurie Moore to write a short article on *Strangles* as to what is fact and what is fiction! I think that it is important that the local horse community understand the scope of the current "outbreak" so that proper precautions can be implemented without undue worry.

As of this writing, we have two farms in our practice that are enduring the scourge of *strangles*. Within those two barns, we have seen a total of 5 infected horses—all of which are recovering without incidence and no new cases within the last two weeks.

We have begun obtaining nasal cultures for microbiology assessment from all the horses that are recovering or could have sustained substantial exposure. We are doing this to ensure their safe return to public, as to not spread the disease beyond these farms boarders. These farms have voluntarily quarantined their facilities at great expense to their farm operations, of which they should be commended! It is my sincere hopes that the quarantine can be lifted by the end of month; assuming that our serial cultures come back negative and no new cases are observed.

Strangles is primarily a disease of the upper respiratory tract, which infects the lymph nodes of the head and neck. Once a horse is exposed to sufficient numbers of Strep. Equi. bacteria, either through the mouth or nasal cavity, the organism travels to the local lymph nodes within hours of exposure. Once infected, the horse will have a fever of 103 degrees or more! They are sick, off feed, listless, depressed, etc. The fever can occur from 3 to 14 days from the time of exposure. The fever is the key early sign that is instrumental in managing the disease and potentially preventing further spread. It will take the bacteria another 2 to 3 days to multiply in sufficient numbers for the patient to start shedding the bacteria and be contagious to other horses. Because of this delay between fever and shedding, infected horses can be isolated from healthy horses or be treated with antibiotics if a presumptive diagnosis of Strangles is likely. The caveat is that the antibiotic treated horse will not create immunity to the bacteria, thus be susceptible to future infection.

Once in the lymph nodes, the bacteria will multiply to great numbers and result in abscessation of the node. This typically will occur within 10 days of the fever. The drainage can either erupt externally through the skin, or internally through the guttural pouches (Eustachian tubes) and then out the nose. This pus is extremely contagious and strict biosecurity measures need to be implemented to prevent

further spread of the disease. Prior to rupture, the lymph nodes become significantly enlarged and painful, sometimes resulting in difficulty breathing—thus the term "Strangles". The occurrence of this respiratory emergency is extremely rare of which I have only witnessed in two patients after 24 years of practice (both Amish horses in my early veterinary days in Ohio). It may take an additional 2 to 3 weeks for all drainage to stop and all the wounds to heal.

Once healed, the recovered horses can still potentially shed the bacteria for days, weeks, or months. This is most likely the source of new infections. The good news is that the vast majority stop shedding the bacteria within 3 weeks of complete abscess wound healing. This is why all horses that are recovered or have been sufficiently exposed should have three sequential negative cultures at one-week intervals. This will allow us the best chance to pick the "shedders" and prevent their return to public life. Some horses may harbor bacteria in their guttural pouches for extended periods of time. It is most likely that these patients will continue to be positive on the nasal cultures after the initial 3-week convalescent period, and thus require further diagnostic workup and treatment. Of the horses that became ill and recovered, 75% of them will remain immune to Strangles for at least 5 years.

There are currently three diagnostic tests available: bacterial culture, PCR test, and serology. The bacterial culture is the gold standard, however if the sample is taken during times of significant discharge, it may grow a false negative. The PCR test is a test which identifies a piece of unique DNA of the Strangles organism. This test is extremely rapid and its results are only delayed by transportation to and from the laboratory. The downside is that the PCR test will identify both dead and alive DNA, complicating a diagnosis of active Strep Equi infection. The Serology test is a test to identify the horse's Strep Equi antibody blood concentration. This test allows the practitioner to determine the level of protection a horse may have. As a diagnostic test, this test only tells whether or not a patient has been exposed to the strangles organism and what level of immunity does the patient have against it. It is important that any horse that has recovered from Strangles have their antibody levels tested before immunization. If a horse with too high of antibody levels becomes vaccinated for Strangles, they stand a risk of developing a potential lethal complication known as purpura hemorrhagica.

The primary routes of infection are through noseto-nose contact or sharing common water/feed containers—anywhere nasal secretions can accumulate for disease spread. Obviously, bacteria can be spread on people's shoes, hands, equipment (dental tools, pitch forks, etc.), and clothes, but these are less likely forms of disease transmission. The Strangles bacteria can survive for extended periods of time in water tanks, so it is important that water tanks be cleaned and disinfected often. Research has shown that wood can also harbor the bacteria for up to 48 days, however this research was done in a laboratory setting and is probably much exaggerated for "real life" situations. The bacteria is very susceptible to disinfectants (soap, bleach, alcohol, etc.) so therefore common good hygiene practices will go a long way in preventing disease transmission. In short, the bacterium is a "wimp" outside the horse's body!

Protection is best obtained by avoidance and good management practices. All new horses should be quarantined from the farm horses for a period of 3 weeks, to ensure no disease development. Horses going to shows should be prevented from making nose-to-nose contact with strange horses and should not share common water/feed containers with strange horses. Frequent washing of hands not only protects the riders from disease, but also the potential transmission of equine diseases. Vaccination is another practice that can help prevent the spread of this disease. There is an injectable and an intranasal vaccine. The effectiveness of either vaccine is somewhat dubious, however it is the only preventative medicine we can employ. The intramuscular injectable vaccine is said to result in significant soreness post injection, so at our practice we have restricted our vaccine use to the intranasal. The intranasal vaccine is an actual bacterium that is non-disease forming. It works by stimulating the local immunity of the upper airway. The vaccine must be sprayed onto the back of the horse's throat, and a booster needs to be administered 2 to 3 weeks after the initial immunization in order to provide adequate protection. My experience of administering hundreds of these vaccinations to horses is that they detest it and often times will rear or strike. They also never forget from year to year. Therefore we have found that the most

opportune time to immunize them is while they are sedated for their prophylactic dental floating! (Most never even knew what hit them!)

I hope that you will find this information useful. There are a number of resources available on the web, including the American Association of Equine Practitioners (www.AAEP.ORG) and The Horse Magazine. My references came from a Consensus Statement of specialists who are members of the American Board of Veterinary Internal Medicine.

Please contact your veterinarian for any specific health issues that may affect your horse, or you may contact me at (616) 897-2615.





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TRAINER'S CORNER

Ciara Mohan-Gustafson

BHSAI and ARIA certified instructor <u>Ciara Mohan-Gustafson</u> offers an exercise to help riders develop timing, balance, and feel. Ciara states, "The centerline-center figure 8 exercise is one of my staple lesson favorites. It is found at First and Second Levels, and the simpler version is found at Training Level. It is a great exercise to test ourselves, as well as to find out how responsive our horses are to our aids in general. Plus, we can never practice riding down centerline enough, as that is the first and last impressions we make in the arena for every test at every level."



Directions: Ride straight down centerline. At X, circle left 10 meters to return to X. Ride 1 to 2 strides straight on centerline, and then circle right 10 meters.

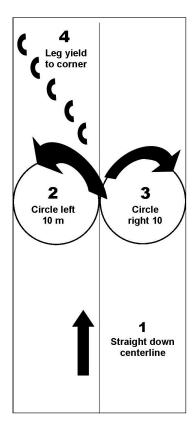
Advanced version: After completing the final circle, leg-yield on a short diagonal to the corner. Riders may opt to pick up canter in the corner as they would have the benefit of the reaching engagement of the horse's hind leg for an easy depart.

Simpler version: Ride straight down centerline. At X, circle out onto a 20 meter circle.

OBJECTIVE: By taking the rider off the rail, the centerline-center figure 8 exercise challenges the rider to be aware of the importance of riding balanced and using inside and outside aids at the same time. The small circles and quick change



of bend test the ability and timing of the rider to feel and correct the horse with precise aids of the leg, seat, and hands. This exercise helps develop suppleness through the horse's core; helps develop the rider's body awareness and feel for the horse; and strengthens the rider's legs through the riding of bending lines.





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Those of you members who are showing this year might notice a show steward at the upcoming shows. The job of the steward is to help educate members on rules to ensure a safe, fair experience for both horses and riders. While at a recent USDF show, I noticed the steward asking riders to dismount and adjust the fit of their helmets when the harness was not snug enough. I think Julie has written a great article addressing helmet safety! Future issues of The Rapport will address other common safety issues and rules that need clarification.

Laurie Moore

EVERY RIDE, EVERY TIME

Julie Wallace

It's not enough to simply wear a helmet...

I made an executive decision not to waste this perfectly good space with a textbook description of proper helmet fitting. That's what the sales professional who sold you the helmet is for, or your trainer, Google, your mother, your 4-H leader, your best riding friend, or simply your own common sense. No, I prefer to use scare tactics for shameless persuasion. Unbeknownst to the person who asked me to write this article, I've had two humbling experiences of my own in the last 4 months...one on the ski slope, the other in the arena.

Incident #1

Beautiful, sunny, crisp, winter day at a northern resort. It was a weekday with temps well below zero, leaving the slopes virtually empty. I hadn't skied this resort since childhood and my friend had a season pass, so I was following her lead. Instead of going left off the chairlift, she suggested we go right where the slope was steeper and narrower and doubled as a jump course for boarders. It was midday and I was good and warmed up...perhaps a bit overconfident. Instead of pausing at the top to plan my execution, I just took off. Conditions were cold and fast. The drop-off that bordered the slope came up unexpectedly, as did the ramp to the first jump. I made a sharp correction to avoid both and caught an edge that took my skis right out from under me. I landed hard... backside first...head last. The impact knocked the wind out of me, took my right ski down the slope, and sent a sharp pain through my hip, not to mention my ego. But what stunned me most was the "crack" I heard when the back of my helmet hit the ice. I swore I cracked my head wide open until I realized it was still in

one good solid piece. I've skied all my life and have never hit my head in a fall. I also never wore a helmet before this year and I will never ski without one again.

Incident #2

Another beautiful, sunny day, only this one was in May, and I was enjoying a routine ride alone in the outdoor at our farm. Delphine was just a hair behind my leg and I had forgotten my whip. I rode back into the indoor to retrieve one and, instead of minding another of my cardinal rules—the one about walking quietly back into the barn, especially when it's blinding outside and dark inside, I nudged her into the trot to make a point (albeit a stupid one). My eyes didn't adjust to the dark right away and neither did Delphine's, so when we flushed the barn swallow, she ducked one way and I ducked the other. As we slowly parted company, I had a flash about falling "well", only it came too late and again I landed backside first... head last. This time I heard several interesting sounds...a couple bone crunches. the compression of soft tissue upon impact, and that all too familiar "crack" of my helmet. I squirmed in the dirt for a good long while in excruciating pain, trying to assess the damage I had done to myself. Delphine walked over, checked for life, and offered her bridled head as a lift. I held her around the neck until I was steady, and then I actually got back on and completed some semblance of a ride. It wasn't until I dismounted and my feet hit the ground that I realized where the real damage was. I didn't fight the trip to the Urgent Care, especially since I knew my head was of no concern.

There you have it...typical experiences of a

typical human. Neither story is unique nor extraordinary, which is exactly my point. Either incident could have happened to anyone, and they do every day. In both cases, I broke a personal rule of safety, but in neither case did I break my rule of playing while wearing a properly adjusted helmet. Had my helmets or their harnesses been a little loose or little cockeyed, they would have shifted when my body hit the ground, leaving my head extremely vulnerable, but both times they stayed secure and today I am happily writing this article concussion free. So

SAFE





Julie demonstrates proper and safe helmet placement, with the brim parallel to the ground, the harness adjusted close to her earlobe, and the chin strap snugly under her jaw.

UNSAFE





Notice in this unsafe helmet placement, Julie wears the brim pushed up on the forehead at an angle. The harness hangs around her ears and the chin strap is too loose to provide effective protection in the event of a fall.



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Detour Map to Rivendell Stables



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ADA YOUTH MEMBER

Andrea Pratt

ello, I'm Andrea Pratt. I am 18 years old and my Thoroughbred "Andy" (Grandiflora) is 13. Though we are a great team now, it wasn't always that way. I bought Andy, who had recently come off of the track, when I was twelve years old. Yes, twelve! I did not have the experience or skill to bring out the best in him, and ended up adding to the baggage he carried from his racing days.

If someone had told me a few years ago that I would soon be showing Andy in the dressage ring, I would have called them crazy! Yet, here we are through a lot of hard work and determination, and incredible instruction (a big thanks goes to Kimberly Bench of Benchmark Dressage). The peaceful, friendly atmosphere of ADA shows really helped me and Andy as we started showing last summer. Uplifting feedback from the judges inspired me throughout the season. We were even given a nomination for the Tirioso Award, to my surprise! I especially enjoy showing at Serenity Farm because Andy and I experienced our first tear-filled (happy tears!) show there. This season I hope simply to have calm and composed rides at training level, but would love to do a 1st level test if we are ready.

I don't know what our future holds, but I will

always cherish the experiences we have had. I have learned so much from our rollercoaster ride together, but I would never recommend pairing a green rider with a green horse. Thankfully, Andy and I were blessed with a happy ending, or perhaps a happy beginning...



*It is the barn policy of Benchmark Farm that every rider wear a helmet every time. This photo was a posed senior picture and one of Andrea's favorites.

Welcome to the revamped ADA newsletter. The new format will be available at the website and distributed electronically as an Adobe PDF file or in printed form.

Please let us know which version you prefer in order to save the ADA some unneeded costs.

As always, we welcome any and all ideas or contributions to the Rapport and hope to make this bi-monthly publication an important vehicle for information related to the All Dressage Association and the sport of dressage.—Laurie Moore

Western Dressage

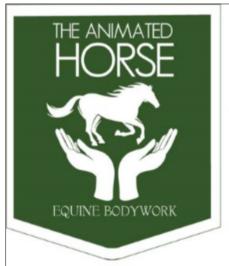
ADA Members, April 2014

The 2014 ADA Board of Directors has voted to follow the rules for dressage competitions set forth by the United States Dressage Federation (USDF). Western Dressage classes will not be offered at ADA sanctioned shows. The board encourages our members interested in Western Dressage to join the Western Dressage Association of America (WDAA), the official affiliate of the United States Equestrian Federation (USEF). WDDA.com

Just for fun: Serenity Farm, Thomet Stables, Equine Eden, and Detersmination Equestrian Center will offer Western Dressage classes, after their ADA shows have concluded. If you are a Western Dressage enthusiast, please contact the show secretaries directly to be included in their Western Dressage class schedule.

Your 2014 ADA Board,

Barb Anderson	Dianne McNulty	Katharina Picard
Barb Bytwerk	Laurie Moore	Debby Schaefer
Barbara Gering	Linda Petersen	LoriAnn Thwing
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SHOW SEASON GETS UNDERWAY

Serenity Farm hosted the first show of the season. It was a beautiful day and there are many lovely photos on the website. Thank you to Serenity Farm for hosting the Saturday schedule of classes for the June Thomet Show, due to the Strangles quarantine. Sunday classes were held at Thomet for Thomet boarders only. We are looking forward to the July Thomet show being held at Thomet Stables.

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Pictures provided by Madison Collier and Lori Ann Thwing















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2014 LENDON YOUTH DRESSAGE FESTIVAL MIDWEST INCLUDED HEADLINE SPEAKER - AYDEN UHLIR

Dressage For Kids

Fruitport, MI – Lendon Gray understands the drive to excellence on the high performance level in the sport of dressage and creates a path for youth. The Lendon Gray Youth Dressage Festival held at Hampton Green Farm, June 26 -27, 2014, set a way for youth, the age's 8-21 years, to learn correct dressage. With three manageable phases, a written test, a dressage test, and an equitation class, the challenge for the youth participants proved rewarding. The unique competition designed by Dressage4Kids makes the horse as unimportant as possible by adding a written test and an equitation class to the dressage test. With three phases equaling a little more than 30%, the competitor has a chance to shine with any kind of horse or pony. The competition included an optional horse inspection and a great prize for the winner. Basic yet straightforward, Lendon's caring yet honest nature shines through to each and every participant as they smiled with confidence throughout the event.

Ayden Uhlir, the 2013 NAJYR Young Rider Division Champion, gave several inspirational talks to the youth. With Nike as her title sponsor and quite a young lady for the future of our sport, at 19 years, Ayden's wit and fun-loving nature hummed with honest integrity that encompasses a give back to youth attitude. She encouraged, motivated and inspired the young riders by: helping them ring-side, sharing her story, and giving encouraging advice.

Hampton Green Farm Located in Fruitport, Michigan, a beautiful farm located on the western side of the state, and just a few short miles from Lake Michigan. The home for over 50 USPRE, Spanish bred horses, owned by Kim and Frederic Boyer, Hampton Green Farm nestles in absolute beauty with young horses in big fields, separated by age group. The youngster slept in bunches during the weekend with all the activities surrounding them.

As the first equestrian rider to be sponsored by



Nike, Ayden shared her drive in the sport, showed that integrity and caring nature makes an impact, and offered riding test tips after the competitor's dressage test.

First, she shared her strive for being the best athlete she will become. She works every day to be able to answer every dressage horse biomechanical problem with the question "Why?" Training with Christine Traurig, an Olympian and German born who grew up riding the young horses at the Hanoverian Elite Auction, Avden works day in and day out with the best mentor possible to accomplish that feat. She said, "Every horse will teach the rider something. The horse doesn't have to be a top horse." And she spoke about how preparation is where opportunity meets, in other words, hard work must be the daily basic foundation. Ayden works hard to help others. She keeps a blog on all her training, her competition experiences, and all she learns. With interesting and inspirational write-ups including full details on aspects of her life affected by the sport as she navigates her way up the levels.

The Blog can be found at: http://dressagespot.blogspot.com/

As for her sponsorship with Nike, she said, "You make an impression all the time, in front of every person you meet. The sponsors want to know you are a good person." She explained how she created a Sponsor Book, and the Nike representatives called her and met with her on the very same day. She truly does deserve to be the ambassador for our sport and must have made a great impression. Other wonderful tips and stories came through the weekend by

Randi Heathman, an Independent Educational Consultant for equestrians searching for the best college choice and experience. She honed her craft at Albion College where she gained knowledgeable experience in college admission. She guides students and their families through the search, application, and financial aid process all while helping to understand the drive and motivation of the young equestrian's goals.

Lendon Gray also passed on what she's seen in the sport, what she's done to step by step accomplish her goals, and how to strive for a future in dressage.

A special thank you to Kim and Fred Boyer for making the weekend so educational for the competitors and their parents – the weekend truly touches lives and helps to build the strong foundation for a great future in the sport of Dressage.

The Results: 2014 Lendon Gray Youth Dressage Festival Midwest Championship Award Winners: Overall High Point Champion: Katrina Sadis -Sponsored by Wildlife Gallery Festival Plaque

Reserve Champion: Kerrigan Gluch Sponsored by Lendon Gray, Little Horse Statue

High Point FEI Rider: Katrina Sadis Sponsored by Millbrook Tack, Double Bridle

High Point Written Test: Nicole Gallant Sponsored by Marilyn Fahringer

High Point Dressage: Katrina Sadis Sponsored by Marilyn Fahringer

High Point PRE: Kerrigan Gluch Sponsored by USPRE Saddle Pad & Shirt

High Point Equitation: Kerrigan Gluch sponsored by Laurie Moore Dressage, Saddle Pad, Whip, Gloves & Stock tie, grooming bag, polos

Turn Out Inspection Award: Claire McNulty Sponsored by Joan Esterline, Carolyn Van Cise Memorial Award

Intro Turnout Award: Katrina Hogan Sponsored by Lendon Gray, Stuffed Pony

High Point Pony Award: Katrina Sadis Sponsored by Tractor Supply, Bucket of Supplies

High Point Horse Started By Rider: Emma Kemmink Sponsored by HGF Tote Bag

High Point Sportsmanship Award: Chloe Grahek Sponsored by Shoreline Dressage, Pad & Wraps

Newbie Award: McKenna Rhoades Sponsored by Andrea Landis Dressage

MVP Volunteer: Oliva Stille Sponsored by Concord Ridge Equestrian Center

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For more information on Lendon Gray's Youth Dressage Festivals, D4K organization, The Winter Intensive Training Program (WIT) please go to: http://www.dressage4kids.org



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