

eQuester

Wisconsin Dressage & Combined Training's Monthly Newsletter

Thoughts on WDCTA's Ride-A-Test/Fix-A-Test Clinic

By Stana Hanson

Greetings WDCTA members! I am a fairly new member to WDCTA, having moved up her from Iowa at the tail end of 2016. I am a very dedicated dressage rider and jumped at the chance to scribe for Caryn Vespeman, as I have noticed that she scribed for the past three winters at the big Global Festival-recognized shows in Wellington, Florida, and I relished the opportunity to "tune my eye" with her.

The first thing that struck me as I arrived and got myself prepared to scribe was the beauty of the facility the clinic was being held at. I had been driving by Beomor Farm near Madison for five years and had never actually gone in to take a look around. It is an amazing facility, lovely footing, beautiful stalls and aisles, happy healthy looking horses and a very knowledgeable farm manager.

As I looked at the names of the clinic participants, I noticed I did not recognize a single name. I had no preconceived ideas of what I would see as far as horses and riders were concerned. I was very pleasantly surprised to see that everyone was so very kind to their horses and obviously very dedicated to learning. All of



Young Rider Alice Elliott and her horse, Penny, taking in the advice from Caryn Vespeman, USDF/USEF "r" judge

the participants paid very close attention to what Caryn had to say, and you could see how hard they worked at improving their riding in order to improve their horses' way of going. Some of the horses are used for multiple disciplines, and I couldn't help but be impressed with the fact that the dressage work will only improve those horses for their other disciplines too.

Caryn Vespeman has been a recognized "r" dressage judge for quite some time, and is a very competitive show rider herself. I really enjoyed the work she did with every participant. She watched the riders do their tests, scored them and then picked a couple things to work on with each horse-and-rider combination that would help them improve their scores. I think Caryn would be a wonderful instructor for anyone to work with in the future if she decides to start teaching!

Continued on next page

Ride-A-Test continued

Quite a few of the participants were preparing to go to an eventing competition the next weekend, and I am sure they all picked up some very useful information and schooling patterns to help them improve on their dressage scores.

The last thing I want to share is that after being a part of the Ride-A-Test clinic is I will definitely take advantage of any more Ride-A-Test clinics that our club sponsors in the future.



(Above) Young rider Jacob Barnett on Mr. Ed listens to suggestions for improving his dressage test, while Stana Hanson finishes Caryn's comments on the test. (Left) Young rider Gibson Kaye (holding the cat) and Marlie Nauta watch the riders in the clinic. (Below) After riding their dressage test, Caryn helps Janessa Shillingstad, riding her horse, Dante, work on some movements to help them with their dressage and then hopefully their performance at the next show.



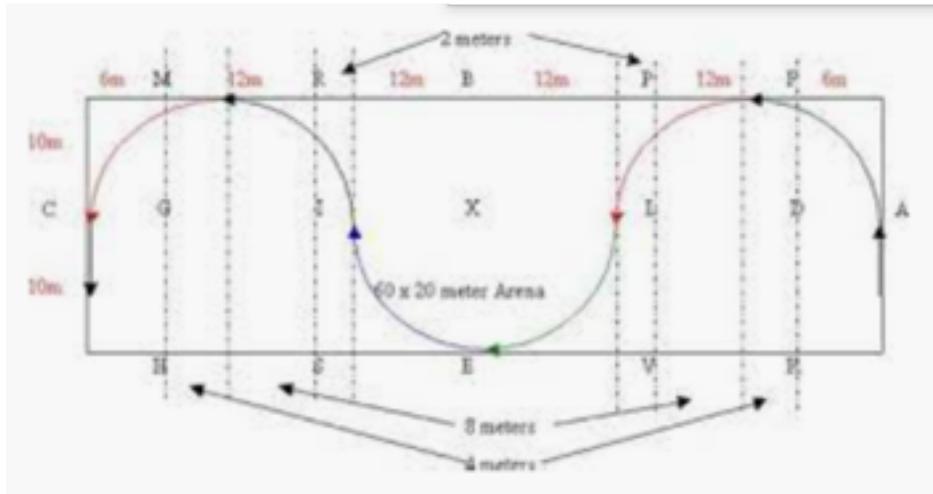
On next page:

Take note of the tips Caryn provided to the clinic participants and spectators to give them for riding at their next dressage show.

Top 10 Dressage Show Tips

1. Halt at X. Not before X or after X.
2. Halt for 3 seconds. Don't rush the halt.
3. Don't salute with whip in hand.
4. Don't switch your whip hand on a diagonal or in the middle of a movement.
5. At First Level, if your sitting trot isn't relaxed or your horse "needs" you to post (especially young horses who may not have the back strength to hold you up yet), post whenever you can. There are no extra points for sitting, and in fact, sitting the trot can negatively impact your score if it interferes with your horse's swing and forwardness.
6. Circles don't have corners — neither do serpentine.
7. Make sure your circles aren't ovals — 20 meter circles do not go to L or I (or RSVP on the side). You need to be 2 meters on the inside of L and I. (See illustration below.)
8. Know how to ride serpentine. They are not diagonal lines connecting to a partial circle. They are true circles with only one straight stride over center line that is parallel to the short side.
9. The "stretchy" circle at the trot should allow the horse to stretch down (between point of shoulder and knee) and out (nose forward, not curled), but not straight out like your horse swallowed a pole. :-)
10. Allow the horse to stretch down and out in free walk without your hands going wide. The score also includes how the horse swings through the back and how much "over stride" the horse is able to achieve.

Illustration that works for both circles and three-loop serpentine:



Ok, a couple more...

If you make a mistake or your horse makes a mistake or spooks, forget it and ride on. Don't let it impact the next movement(s). Every movement is separate.

Don't go "all out" on a lengthening or medium if you aren't sure you can get your horse balanced at the end; you risk being unbalanced/running into the next movement which then negatively impacts two scores.

The judge wants you to succeed. There is nothing more fun for a judge than to see a good ride and give high points!

Sometimes We Horse People are Crazy



Caryn Vesperman Editor

All advertisements, articles and photographs (with photo release) should be submitted by the 15th of the preceding month of publication, unless you make prior arrangements for additional time.

Calendar of events will appear in both the eQuarter and on the WDCTA website.

Payment for advertisements should be submitted via PayPal through the WDCTA website (wdcta.org) or mailed with a check made out to WDCTA and mailed to the editor.

CONTACT INFO
(608) 695-9914
W1619 King Road
Brooklyn, WI 53521
newsletter@wdcta.org



In mid-June, I attended my first horse show in over a year....and it was around 90 degrees the entire show. In the back of my mind, I was thinking, "Is this really my *fun*? Is this really what I pay hundreds and hundreds of dollars to *do*?"

Yes, yes, it is! And I'm going to do it again.

At the show, I was in awe of my horses and my friends' horses who earnestly did their jobs in spite of the heat. Of course, everyone was very conscientious about ensuring their horses didn't overheat. I was also reminded of how much I enjoy and respect all my horse friends and acquaintances: everyone pitched in and helped each other and so many from other stables wished others well or asked how their rides went. The camaraderie is so important for me to have an enjoyable show.

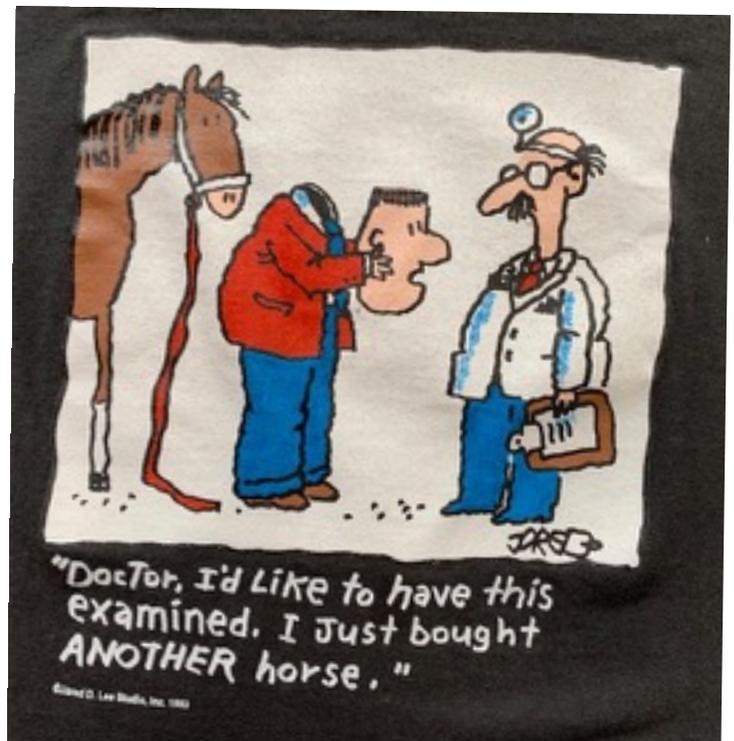
Of course, who doesn't want to win when he or she rides down the centerline? Yet, it's such an individual sport. Overall, I'm thinking about what my scores are and have I improved from last time? Is my horse advancing, yet still enjoying the work?

My husband always jokes that he could just buy me ribbons for less money, but I asked him if I just put his golf ball in the hole, would that be as satisfying as a real hole-in-one?

Years ago, I bought a T-shirt with the cartoon below. To this day, it makes me laugh. We may joke about how much we spend on our horses, but as my friend reminds me, it's cheaper than therapy. Even if it wasn't, horses are my chosen "therapy."

Enjoy your horses and keep supporting each other!

Caryn



Massage is Another Way to Communicate and Help Our Horses

By Cari Schmidt

Some of us horse people are not made for competition. That might be a strange way to begin an article for a dressage and eventing group newsletter, but I am hoping it got your attention.

I am a member of WDCTDA's Central Chapter and have been a life-long horse lover. I do not compete, and I did not grow up with horses; however, I do have a strong love and understanding of horses and have always looked for a way to be able to give back to them as much as they give to me. So earlier this year, I became a certified equine massage therapist.



Cari works on a patient.

Horses are the ultimate athlete. They are born to run, pull, dance or jump. We ask them to do this not only with their own bodies, but while we are trying to be one with them as well. Just as our bodies have aches and pains after our backpack hike, our horse partners also suffer from them.

Some activities do cause more strain than others, but when was the last time you had an ache in your neck or lower back and could not pinpoint what you did to cause it?

Our horses can be the same. Since they can't tell us with words that something hurts, it is our job to know our partners and understand when some-

thing does not feel quite right and find a way to fix it.

Equine massage therapy is a great way to tune into our horses and their bodies. We can all have our hands on our horses and learn their bodies and spots (both the ones they love to have touched and the ones we will get the mare stare from if we touch). We have probably heard or even taught young horse people that grooming our horses serves three main purposes: it makes them feel and look good, it serves as a bonding time with them, and it helps us to know when something new happens to our horse whether that be a pain or sore or some other type of blemish.

However, sometimes bringing in someone with specialty training is a necessary step. I am proud of the skills I have earned through many hours of hands-on training to help horses feel their best. I am not a vet and am not going to diagnose anyone's horse, but I do know how to find the spots that hurt and have ways to make them feel better. I have also been taught special techniques to help aid in tendon and joint health, as well as safe



Rita Burrell

Rita Burrell says this about Cari's skills: "Spoiled Squeak last night with a massage. She does a wonderful job finding all the tight spots and working them out. Squeak thoroughly enjoyed the session."

Continued on next page

Massage continued

stretches to do after a horse has been warmed up and worked. Just as any human athlete, post workout care is enjoyed by our equine partners as well.

Thank you to WDCTA for supporting us all and our horses. I appreciate the opportunity to apply for the scholarship that helped me to achieve my goal of furthering my equine education, and I look forward to continuing my education by getting my hands on many different horses as I can and possibly expanding my passion into a career. Enjoy your horses, whether that is riding, competing or just helping them to be their best!



The above photo and the first photo on the previous page were taken during Cari's training in March when she said it was much cooler!

Member USDF Year-End Awards

Carol Brewer on her horse, Fantasea (Fabuleux/Solauje) placed third at Intermediate 1 Open and Adult Amateur for the ISR/Oldenburg breed with a score of 62.353%. (Photo to right)

Andrea Schten on Wroyal Dutchess (Widmark-Drama Queen) placed second at Training Level Open for the American Hanoverian Society (AHS), scoring 72.931%.

Ken Borden, Jr. on Patty & Richard Combs' Tiamo's Royal Reid (Tiamo Tracodero-Danina) placed third at First Level Open for the AHS, scoring 69.072%.

Ken Borden, Jr. on Patty & Richard Combs' Show Girl (Sir Flemming—That Girl) placed third at First Level Open for the ISR/Oldenburg, scoring 68.966% and first at Second Level Open for ISR/Oldenburg, scoring 66.081%.

Patty Combs on Show Girl (Sir Flemming—That Girl) placed first at First Level Adult Amateur for the ISR/Oldenburg, scoring 68.793% and first at Second Level Adult Amateur, scoring 64.933%.

Shelly Reichart on Garcia HM (Quieto-Carta Branca HM) placed second at Intermediate Open for the International Andalusian and Lusitano Horse Assn., scoring 68.971%.





2021 Clinic Series

~~Saturday, May 15~~

~~Saturday, June 19~~

Saturday, July 17

Saturday, August 21



Nicki Butler is a freelance equine professional from Madison, Wisconsin. She is a certified Wisconsin Open Show judge and a nationally certified riding instructor.

As an Equine Sports Massage Therapist she is also trained in Functional Movement Therapy, Myofascial Release, Reiki and Cranio-Sacral techniques. Her goal is to help create connection and improve communication between horses and their people. Nicki has competed to second level dressage and Preliminary level Eventing.

This clinic series is a fun way to gather with new and old eventing and dressage friends and watch each other's progress through the summer. Each clinic will include both dressage and jumping lessons, both in a small group environment. Stadium and Cross Country style jumping are available during clinics. Both beginner and intermediate level groups will be at all clinic dates. All ages of riders are welcome! All clinics are held at For The Horses Farm in Wautoma WI (see address below). The clinics begin with Dressage at 9 AM and run as long as necessary for the registered riders, the time schedule of each individual clinic will be announced the week prior via email so be sure to get your registrations in. Late registrations are welcome, please contact Cari for availability or with questions: central@wdcta.org

Rider Name _____ Under 18? Guardian Signature _____

Horse Name _____ Breed _____

Phone Number _____ Email _____

Riding Experience (horse and rider each please) _____

Both Dressage and Jump Lesson Clinic \$100 each date - or register for all four dates for \$350!

Dressage or Jump Only Lesson \$50 each date - or register for all four dates for \$175!

Clinic fee payable to **WDCTA Central Chapter** 5/15 6/19 7/17 8/21 All Four

Please Check Date and Clinic Options _____ Jumping Dressage Beginner Intermediate

Stall Fee (Payable to Cari Schmidt) \$20 per clinic. No Trailer Tie Allowed.

Waivers will be signed upon arrival or can be printed and mailed with registration, payment and Coggins to

Cari Schmidt
WDCTA Central Chapter
W9711 Beechnut Drive
Wautoma WI 54982

Dressage Horse Boarding Eagle, WI



Tailwind Farm, a premier dressage facility in Eagle, WI has one opening beginning March 1, 2021.

Heated barn and tack room. 12x12 matted stalls with automatic waterers. Grain AM and PM, hay fed 4 times daily. Daily turnout in spacious dry lots and attached pastures are used weather permitting.

Warm 60'x150' indoor arena with well maintained footing. 2 outdoor arenas, one sand and one grass standard dressage arena.

This 30 acre farm has trails surrounding the property and hay field, also with in a short distance of the Kettle Moraine trail system.

Training and lessons provided by Andrea Schten. Andrea is a USDF Gold, Silver and Bronze medalist on self-trained horses. Multiple students have also obtained their USDF medals under her tutelage.

Please contact Andrea Schten for more information. Call or text 262-470-4557, email: aschten@hotmail.com

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Andrea & Dean Achtenhagen, owners

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Eagle, WI 53119
(262) 470-4557
aschten@hotmail.com
andreaschten.com




Calendar of Events

WDCTA Events

<p>July 17 WDCTA Central Chapter Eventing Clinic Series Clinician: Nicki Butler Location: For The Horses Farm, Wautoma, WI Both dressage and stadium and cross country jumping lessons</p>	<p>Aug. 21 WDCTA Central Chapter Eventing Clinic Series Clinician: Nicki Butler Location: For The Horses Farm, Wautoma, WI</p>
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Stable, Instructor, Breeder and Business Listing Form

For only \$10 per category or \$35 for all four, you can have your stable, instructor, breeder or business listing appear in the eQuester newsletter and on the WDCTA website. This advertising is for WDCTA members only. Must be a WDCTA member to be listed.

(Please limit your information to 35 words per category.)

CHECK ALL THAT APPLY: STABLE INSTRUCTOR BREEDER BUSINESS

MEMBER NAME: _____ PHONE: _____

STABLE/BUSINESS NAME: _____ EMAIL: _____

ADDRESS: _____

STABLE FACILITY FEATURES: (OUTDOOR/INDOOR ARENA, TURNOUT, LOUNGE, WASH STALL, TRAILS, LESSONS AVAILABLE)

BREEDER INFORMATION: (STANDING STALLIONS, BLOODLINES, BREEDS, ETC.)

BUSINESS INFORMATION: (TYPE OF BUSINESS, DAYS OPEN, HOURS, LOCATION, ETC.)

INSTRUCTOR INFORMATION: (COMPLETE BELOW)

EQUESTRIAN EDUCATION BACKGROUND: (DO NOT INCLUDE NAMES UNLESS PROVIDING WRITTEN PROOF OF PERMISSION)

YEARS OF TEACHING EXPERIENCE: _____

LEVELS WILL TEACH: _____

LEVEL OF RIDING EXPERIENCE: _____

SCHOOL HORSES AVAILABLE: YES _____ NO _____

WILL TRAVEL: YES _____ NO _____

REFERENCES AVAILABLE UPON REQUEST: YES _____ NO _____

AWARDS EARNED: _____

ADDITIONAL INFORMATION: _____

*Only WDCTA members can be listed.
One name per instructor listing.*



COMPLETE FORM AND SEND PAYMENT TO:

Diane Brault
5184 Co. Rd. HH
Barneveld, WI 53507
608-455-1037
membership@wdcta.org

Instructor/Trainer Profile

For WDCTA Members Only

These questions are only to get the ideas for your profile started. Use as many of them as you want, and add others as needed. Email or mail this sheet and additional pages. The editor will follow up with any additional questions or clarifications.

Please submit some photos of yourself, facility, horses, etc. to:

Caryn Vesperman, newsletter editor
W1619 King Road, Brooklyn, WI 53521
newsletter@wdcta.org



Name: _____
Address: _____ **City** _____ **State** _____ **Zip** _____
Phone(s): _____
Website: _____ **Email** _____

Teach dressage, jumping, both: _____ **Riding Since Age:** _____

Background History:

Current and Past Instructors/Mentors:

Horses -- Past and Current:

Your Showing/Riding Accomplishments:

Students' Accomplishments:

If you own your facility, describe:

Dream or What Inspires/Motivates You:

Interesting or Amusing Personal Story:

Riding/Training Philosophy or "Motto":

Anything Else?

Renew Today!

**Time to renew your
membership and your stable,
instructor, business and/or
breeder listings.**

The cost is so reasonable!
See forms toward end of this
newsletter or go online at
wdcta.org.



eQuester Advertising Rates

Mechanicals:

Ad size below. Photos should be submitted as jpegs. Or, mail to editor for scanning. Include self-addressed, stamped envelope for its return.

Deadline:

All calendar submissions, ads and payment must be received by the 15th of the month prior to publication. Make checks out to WDCTA.

WDCTA members receive special rate (in **ORANGE).**
See calendar information at bottom of page.

Editor Contact Info:

Caryn Vesperman
newsletter@wdcta.org
W1619 King Road
Brooklyn, WI 53521

Description	1 x	6 x	12 x
Business Card 3.5 x 2": In <i>eQuester</i> newsletter with link to email OR website.	\$10 (\$9)	\$50 (\$45)	\$100 (\$90)
Classified Ad Up to 50 words. In <i>eQuester</i> newsletter with link to email OR website.	\$5 (\$4)	\$25 (\$20)	\$50 (\$45)
Quarter Page 3.5 x 5": In <i>eQuester</i> newsletter with links to email OR website.	\$15 (\$12)	\$85 (\$70)	\$150 (\$135)
Half Page 7.5 x 5" or 3.75 x 10": In <i>eQuester</i> newsletter with links to email AND website.	\$20 (\$15)	\$100 (\$90)	\$195 (\$175)
Full Page 7.5 x 10": In <i>eQuester</i> newsletter with links to email AND website.	\$40 (\$35)	\$150 (\$175)	\$300 (\$350)
Website Banner Ad 180x150 pixels, and can be a .jpg, .gif or .png	N/A	\$200 (\$150)	\$400 (\$300)

eQuester and Website Calendar of Events Submissions: *For WDCTA members only. (Up to 20 words).*

INCLUDE THIS: Date > Event > Location > Contact (Name/Phone/Email) > WDCTA-Sponsored Event (Yes/No)

WDCTA Event: Link to organizer's email and registration form, if applicable

NON-WDCTA-Sponsored Event: Link to organizer's email only.

Member-hosted private riding clinics cannot be advertised in the newsletter at this time.