

# PASSAGE

## Little Egypt Dressage Association Special Show Edition Newsletter Summer 2016

### Southern Illinois Dressage Classic

SEPTEMBER 24-25, 2016

Another year has gone by and I hope you are all staying cool this summer which promises to be hot and in some parts of the country deliver a lot of rain!

This is our annual **Southern Illinois Dressage Classic** newsletter and I do hope that you are all planning to return to the Du Quoin State Fairgrounds in Du Quoin, Illinois this September. The SIDC is a wonderful opportunity to show your horse in a fun, low-key environment at a lovely show facility with convenient stabling.

Our judge this year is Cheryl Holekamp, R judge who has been a favorite in previous years for her positive and encouraging comments and final remarks. We are also expecting some more upper level rides this year as well as freestyles.

**OPENING DATE** is quickly approaching - July 20 - and the show typically fills up, so get those entries ready to send in!

**CLOSING DATE** is September 14, 2016.

**SATURDAY LUNCH** - A free lunch for all exhibitors, friends, and families in exchange for a small monetary donation.

**LODGING** - **The Fairgrounds Inn** (888-542-5001 or [www.fairgroundsin.com](http://www.fairgroundsin.com)) is offering a special rate per night for the show. Please mention the Southern Illinois Dressage Classic when making your reservation to take advantage of this special rate.

**LOOKING FORWARD TO SEEING EVERYONE AT THIS YEAR'S SHOW!**

**Katharina, LEDA President**



### LEDA CHAMPIONSHIPS

We are again offering LEDA Championships on Sunday with beautiful prizes similar to last year. Please remember that Rider and owner must be LEDA members when entry is submitted in order to participate in championship classes and that Horse/rider combination can enter only one championship class on Sunday. Check for any additional class requirements in the prize list.

### GAITED & WESTERN DRESSAGE CHAMPIONSHIPS

LEDA is pleased to extend a warm welcome to all Gaited and Western Dressage riders in our area. Whether you are riding Intro, Basic or are just starting out, you will find LEDA very supportive of these new Dressage disciplines. We have added both a Gaited and Western Dressage Championship with beautiful prizes ... so please come & join us at the 2016 SIDC!

### THOROUGHBREDS HELPING THOROUGHBREDS HIGH POINT AWARD

Thoroughbreds Helping Thoroughbreds (THT) champion and reserve champion awards will be awarded for the SIDC on SATURDAY only. To be eligible, horses MUST have a lip tattoo OR a copy of their Jockey Club papers.

### EXCLUSIVE OPPORTUNITY FOR 2 SCRIBES

This year we are offering 2 scribes (one morning, one afternoon) the opportunity to meet 1:1 with Katharina, LEDA President and recent "L" Graduate with Distinction to discuss what makes a good scribe. This is a great learning opportunity to experience what judges are looking for and review some tests together before the show. We only have 2 slots available, so please sign up early!

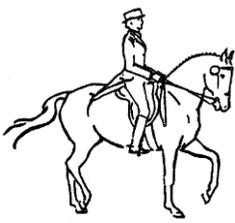
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#### **VOLUNTEERS NEEDED**

To volunteer for any of the positions below, please email Nancy Spear at [ledatreasurer@gmail.com](mailto:ledatreasurer@gmail.com) or call her at 618-303-0575. If you plan to ride, she will schedule your ride and work time so that you can easily do both. Remember, a show is only as good as the volunteers who give their time! And it is a great way to get to know other LEDA members.

- **Scorer:** adds up the scores for the dressage tests. Instruction provided.
- **Gate:** these people keep riders aware of their ride times, and help keep the show flowing smoothly. This position can be for 2 hours or 4 hours depending on your time commitment.
- **Arena Set Up:** The arena needs to be assembled Friday before 2pm. This new arena is very easy to install once the corners and sides are measured.
- **Arena Take Down:** after the show, which should end Sunday about 2pm. No special skills required!
- **Announcer:** you can watch the entire show!

#### **2016 SPECIAL SADDLE PADS**



**Junior and senior high point of the SIDC** Donated by BJ Rubin of Classic Acres



**High point PONY** Donated by LEDA board member Hillary Marler



**Intro A first year rider  
Second Level and above** Donated by Brier Bank Farm  
**Intro C** Donated by a friend of The SIDC

#### **WESTERN DRESSAGE CHAMPIONSHIP**

Sponsored by Western Dressage Association of Illinois (WDAIL)

<http://wdaillinois.org/about-us.html>

#### **GAITED HORSE CHAMPIONSHIP**

Sponsored by Friends of Sound Horses (FOSH)

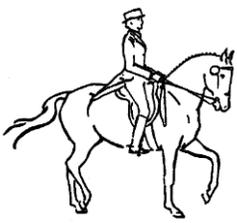
<http://www.fosh.info/>

#### **LEDA CHAMPIONSHIP**

Championship trophies will again be provided by LEDA & Barbara Wood, Owner of New Hanover Farm

[www.newhanoverfarm.com](http://www.newhanoverfarm.com)

**THANK YOU TO ALL OF OUR SPONSORS !!!!!**



### Lauren Doyle Clinic - by Holly Vero, LEDA member

I've noticed lately that the horse world is flooded with people who have methods or programs, telling or selling you so many different ways to work with and/or ride your horse using "their one and only tool and method". It can definitely make a person skeptical. After about an hour at my first clinic with Lauren, I was elated. It took 10 years and a lot of dead-end roads, but I finally found the person to guide my horse and me in our journey to a deeper connection. No more videos to buy and watch for hours, no more levels to pass or steps to follow, no more special saddles, bridles, or halters to buy. She had nothing for sale, and no agenda other than helping us learn to communicate better with our horse. Lauren knows horses, and she understands people, and she very clearly knows how to help the two parties connect. After my first lesson with her, I felt like a new person.

Her resume includes 12 years as an apprentice under the late dressage master, Ed Rothkranz. She has also studied under Buster McLaury, and the legendary Ray Hunt. She owns and operates Doyle Farm Horses, trains horses, teaches and coaches people, and in her spare time even shows; she's also herded cattle in the past! So whether you ride Western, English, are a recreational trail rider, or just love horses, this clinic is for you. Be prepared for the cobwebs and questions to be cleared from your mind; Lauren is truly a breath of fresh air.

Lauren communicates with horses through feel, which to her means energy. She shared with us that horses experience the world through sensory and movement, so this is what us humans need to work on in order to achieve cohesion with our horses. Horses have no area in their brain for critical thinking, which is the largest part of the human's brain. Lauren is fluent in the ways horses learn and it is truly amazing how well she can connect to our analytical brains while encouraging us to use more of the sensory part of our brains to reach our horses in a way that makes sense to them.

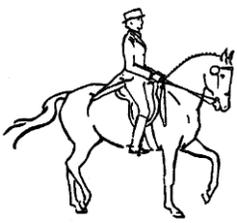
For example, the most effective way for us to interact with our horse is through using imagery, intention, focus, and breaking things down into smaller pieces. Believing you can do something is so important to the horse; they can feel your intention and can be no more powerful than the act of doing it. In one lesson, the rider was having trouble getting her horse to stop. Lauren asked her to take 10 steps at a walk, prepare to stop, and then stop; using a wall to stop if she had to. For sure, this horse was going to stop (the wall was not going to move), so this rider's belief in the outcome was positive; her horse stopped before reaching the wall, and the progress she made was rapid.

Lauren also conveyed that the most prominent part of the horse's brain, the cerebellum, has to do with timing and movement. So, at our level, getting in time with the horses feet and synchronizing with them is a direct line to getting on the same page with the horse's way of thinking. Setting it up so when you ask a horse to take a step on a particular foot when that foot is the one in the air will cause your horse to have more confidence in you, feel physically and mentally more relaxed, and it will make sense to them. Once you get in sync with your horse, this is a very easy way to create a positive experience for your horse, which is the main focus of Lauren's work.

We also learned in Lauren's clinic that horses hearts have huge electromagnetic fields around them and they have the ability to lower or regulate our heart rates if they are in a state of imbalance or stress. While we do not have that ability, we on the other hand are the ones that can create new neural pathways in a horse's brain. Anything a horse knows or feels about a human, came from an interaction with a human.



Toby ridden by Leda member Katie Garrett



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That being said, if we allow a horse to bring us into a state of well-being by lowering our heart rate, we will feel good emotionally and physically. The horse will pick up on this positive feeling we are emitting, and thus, that positive experience they have with us will create a corresponding neural pathway in their mind and make them feel good. What a wonderful gift, and the best symbiotic relationship I can think of!

That being true, we must be mindful of our ability to affect horses mentally. Being sensory beings, they are aware of how we feel and what type of energy we are emitting at all times we are near them. So, next time you are brushing them, don't forget about that soft touch they love. Focus on the chance to create a positive experience for your horse; they add up quickly, and pretty soon, your horse will be looking for you and wanting more.

As an advocate for creating more positive experiences, Lauren also taught us that setting things up correctly is one of the simplest ways to create good habits. By interrupting the pattern when a horse is maneuvering incorrectly, that incorrect behavior isn't sustained. So, the more experiences your horse has doing what it is you'd like them to do, the more they will seek out that behavior.

One of the techniques she demonstrated is Double Lunging which is an amazing way to help a horse find balance within themselves and feel good mentally and physically. It allows you and the horse to identify tension and then release it through the proper movement. This was new to many students, and Lauren demonstrated and explained the how and why of double lunging. It was the first time for some of the horses with which she demonstrated, and their response was amazing

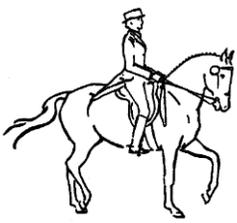
During her clinics, Lauren will also remind a rider that if you are expecting your horse to pay attention at all times, you had better be too. If you want your horse to use their whole body to achieve a sense of relaxation, you need to be aware of and in tune with the movements of your body.

In one of the lessons, the rider's horse was rushing and got tense when trotting. Lauren asked the rider to allow her horse to loosen up her rib cage, which releases tension and encouraged the horse to use its whole body. This brings relaxation and a mind that is tuned to us. Because this horse had a habit of rushing in the trot in the past, the likelihood of her reverting to that behavior was rather high. So, after release of the ribcage and relaxation were achieved, she had her ask her horse for two steps at a trot, then back to a walk. This horse trotted without rushing. Even though it was just a few steps, it was a positive experience for her horse. The rider believed she could do it, she was precise with her horse, she prepared her, and it wasn't more than either could handle...a win for both!

These are the types of experiences you will have at one of Lauren's clinics. There are countless ways you will discover to communicate with your horse that work for both of you. You will learn to allow your horse to problem solve, as that strengthens the neural pathways in their brain. In one of the lessons, a pony had a fear of anything being down around her legs and she would bolt as a result. This pony was acquired to be a lesson horse for children, and this issue had to be worked through. Lauren set up situations in which the pony had to experience ropes around her legs in a safe and controlled environment. She helped her realize there was nothing to fear and what her correct response should be when there was something near her legs, which was to stand there and relax.



Lauren Doyle working with Holly Vero on Loading



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Lauren's timing and attention to every little movement and energy change of a horse is truly phenomenal to watch and definitely something to emulate. Auditing a clinic is an amazing way to open yourself to this experience as well. Each lesson is different and will cover any issue or skill the student needs or wants help with. Be it issues with tacking up, spooking, trailer loading, catching in the pasture, stiffness in movement, jumping, pushy on the ground or under saddle, tips for the trail or the show ring, Lauren can help you. One of the aspects that makes Lauren stand out is she doesn't just tell you what to do, she will ask you what you think you should do. If you are not sure, she will explain it to you, so you leave with knowledge you can apply for the rest of your life.

Lauren believes that by creating more understanding of both mind and body between humans and horses, you become one unit. At her clinic, you will witness this happen right before your eyes. As I said, there are no gimmicks, there is nothing she is selling, just true horsemanship through teaching you to communicate, using ways that make sense to the horse. As Lauren says, she helps you frame your brain to fit your horse, and to me that is priceless.

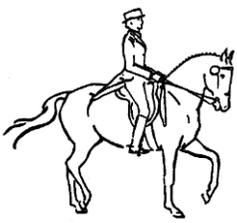
Lauren's next clinic is scheduled for July 22, 23, 24 at Rose O' Sharon Equine Farm in Makanda, IL; for more information, go to [www.info@ledaddressage.com](mailto:www.info@ledaddressage.com). For more information about Lauren Doyle, go to <http://www.clinichorsemanship.com/> and <http://doylefarmhorses.com/>



Rose O' Sharon Equine Farm, Inc. is located on the beautiful, rolling hills of Makanda, IL. R.O.S.E. Farm is just 10 miles South of Carbondale, IL off of old Route 51 (adjacent to the Cedar Lake portion of the River to River Trail). We have a wonderful facility offering pasture board with run-ins, 24hr. monitoring, free choice on hay and minerals, large indoor riding arena (80x180), lots of trail riding opportunities, horse training, lessons and by the hour trail rides. All of which can be tailored for the beginner through to the advanced rider. Our farm offers unique horse lessons that are centered around developing a positive partnership with the horse. We do this by using specific ground and riding exercises to communicate with the horse in a language they understand.

So please, give us a call and come on out.

We'd love to give you a tour and answer any questions you might have.



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### **INTRODUCTION TO WESTERN DRESSAGE (WD) by Katharina-Nowotny-Boles, “L” Graduate with Distinction**

I recently attended a 2 day Western Dressage Judging Symposium in Tulsa, OK to further my knowledge as Western Dressage is popular in the Middle Tennessee area where I live and I have had the pleasure of judging several WD classes, including the 4H TN State championships. I also co-host clinics with WD trainer Don Charest who has successfully shown at the WDAA World Show in Tulsa and won the 2015 Intro Level Championship on the Appaloosa gelding Hollywood.

Western Dressage is a new discipline meant for all horse breeds and combines dressage patterns and movements of classical dressage with the techniques and attitudes of quiet hands and soft reins of Western Horsemanship. It is a melding of two very different equine cultures that result in new riding skills and a different relationship between horse and rider. It is also a discipline that has great appeal to contemporary horse lovers who are looking for a new, one on one relationship with their horse while utilizing what they perceive as safer or more comfortable tack.

Considering that Western Dressage officially only started organizing in 2010, the Western Dressage Association of America (WDAA) has come a very long way in a very short time. WDAA is already recognized by USEF and has it's own USEF rule book. They have a judge's education program, tests through Level 3 and plenty of shows and clinics all over the country. The last WDAA world show in Tulsa was 3 times as big as the one the year before with over 60 riders in the Intro and Basic Level championships each – very comparable to Regional Championships.

### **GOAL of WESTERN DRESSAGE**

Partnership & Harmony always comes to mind first. It is also reflected in the WDAA USEF rules in the first sentence about the goal of Western Dressage (WD): “Develop a partnership with a happy equine athlete working in harmony with his rider”. Of course Harmony is something we'd like to see in any horse, Dressage or otherwise, but there is a focus on Harmony that came up again and again during our 2 days in Tulsa at the WDAA Judge's Education program that I have not seen to that degree in any other discipline.

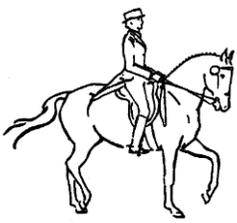
Otherwise there are a lot of similarities with Classical Dressage: The USDF training scale is utilized, the judging methodology looks very familiar for us L Graduates (Score = Basics + Criteria +/- Modifiers) and the following text could come straight out of a regular Dressage Book : WD is “a system of progressive training that produces a horse that is physically strong, balanced, supple and flexible. This equine athlete also demonstrates a calm, confident, attentive attitude and is happy with his job. As the horse develops, he learns to engage the hindquarters, use the back freely, and therefore becomes light on the forehand. “

Western Dressage rider and horse achieve this goal using the principles of classical dressage training, combined with maneuvers of the stock horse, emphasizing the lightness and harmony with the rider, a hallmark of Western Dressage.

### **SO WHAT IS DIFFERENT?**

But there are also some unique differences especially in Western Dressage attire, equipment and gait requirements. “No breeches required”, utilizing their existing Western Saddle & Bridle and welcoming all breeds into the WD program breaks down the barrier for people to enter Dressage as a discipline.

Additionally the WD judge is not looking for flashy extensions and tons of suspension, but will reward horses that are soft & easy to maneuver and could potentially be ridden all day on the ranch. So while both Jog and Lope have the same rhythm requirements as the Trot and Canter, they will typically have less suspension and volume. It also strikes me that the atmosphere is slightly more relaxed and the horses in general are smaller and more obedient. There is a quietness about how the horses are presented and generally more “togetherness” and Harmony. On the other hand some of the horses do have quite short strides and choppy movement with a stiffer backend and less suppleness. As a result the concept of a free walk and stretch circle are quite foreign to most WD riders, but I do find them eager and willing to learn why it is so important for the correct development of any horse.



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### TACK REQUIREMENTS

Any Western Headstall must be used with or without a leather cavesson. Additionally bitless bridles made out of leather or leather like material are acceptable. Hackamores (Bosals) are also permitted, but must follow specific guidelines outlined in the USEF rule book. Snaffle bits are legal within certain dimensions and must always be ridden with two hands. Curb bits are also legal, but cannot have a shank length of more than 8 ½ inches. They can be ridden with one or two hands, depending on the reins used. Romal type reins must be one handed, Two hands can be used for split reins, connected reins or mecate type reins. Whatever rein type is chosen, it must be ridden that way the entire test.

A standard stock saddle, national, working saddle, Aussie, native or western side saddle is to be used. Horns are not required, but Western style fenders are. One whip no longer than 120cm. Also no martingales or other gadgets, boots, tail bandages, blinkers or extravagant ribbons or flowers – again very similar to Classical Dressage.

Note that flash, figure eight and dropped nose bands are not permitted, but protective manufactured leg wraps are as long as the color is matching the natural color of the horse as much as possible.

There is currently no requirement to wear protective headgear at WDAA shows, but a suitable Western hat is a requirement as are boots, pants and a long-sleeved shirt (unless waived by the judge). However, if you want to show at a cross-over Classical Dressage schooling show (LEDA show included), you will typically need to wear protective headgear.

### WESTERN DRESSAGE LEVELS

Similar to regular dressage, the WD Levels represent a natural progression in the horse's training. As the horse moves up the levels, it will develop better balance, i.e. more weight on the hind end and a freer shoulder with increased mobility and lightness. The lowest level is Introductory (Walk/Jog only), then comes Basic (Walk/Jog/Lope) and then Level 1, Level 2 and Level 3. You will find similar movements at the same level and while posting is allowed at the lower levels, you are really expected to sit the jog right around Level 1.

What you will see missing is a focus on medium and extended gaits. The most is doing a lengthening which can be posted even at Level 3. But as mentioned before, the type of horse that will excel in WD does not have to be a huge mover, on the contrary. Correct training, softness, lightness and yes, Harmony is what makes a successful WD horse.

There are also some unique differences in how some of the movements are judged (Turn on the Haunches allows a pivot for example) and the WDAA tests still need some refinement in terms of the sequencing and placement of some of the movements. Nevertheless, they are an excellent start and especially the Intro & Basic tests should be rideable by almost anybody who has a horse with basic training that can walk, jog and lope. The next round of tests is planned for later in 2016. They are also currently working on a new Level 4 test.

### WHY WESTERN DRESSAGE IS REALLY EXCITING

WD is appealing to the thinking rider who wants to learn and improve their horse's way of going no matter what other discipline they are riding/showing at. This new discipline makes accessible a proven way to train any horse without requiring the rider/horse to change equipment or general attire. Any horse that is sound can perform Western Dressage movements and having multiple levels gives everybody a well defined starting point.

### IF YOU WANT TO LEARN MORE

<http://www.westerndressageassociation.org/> is the official website of the Western Dressage Association of America.

<http://www.wdaaworldshow.org/> is the WDAA World Show website. The show will be held end of September 2016 at Lazy E Arena in Guthrie, OK. There are also Youtube videos to watch to become familiar with the different WD tests, just search for Western Dressage Tests. Finally, the judge's education program will be offered again February 2017.

