



IMPULSION

VOICE OF THE KENTUCKY DRESSAGE ASSOCIATION



The 2019 Fall Edition

Editor Ruby Tevis, Copy Editor Jackie Beasley



*Lisa Michelle
Photography*



KDA Junior Representative Ruby Tevis Named 2019 USDF Youth Volunteer of the Year

The United States Dressage Federation has named Ruby Tevis of Lexington, Kentucky, the 2019 USDF Youth Volunteer of the Year. This prestigious award honors one outstanding youth volunteer who has contributed both nationally and locally to USDF and dressage. Ruby will be presented with a perpetual trophy, donated by the Akin family of Warwick, New York, in honor of Lendon Gray, which is on permanent display in the Roemer/USDF Hall of Fame. She also will receive a “keeper” trophy and be featured in the yearbook issue of USDF Connection.

Ruby is a member of the Kentucky Dressage Association and in 2018 received the KDA “Merry Sunrise Award,” presented to the youth member who has most significantly contributed to the organization through volunteerism. In October 2018, she assumed the position of Junior/Young Rider Representative on the KDA board of directors, where she worked to form the recently launched KDA Youth Club. Since its launch she has coordinated several educational club events, including a dinner with Lilo Fore and a discussion with the judges at a local ride-a-test program, where she asked them to share their perspective from C to youth club members.

Ruby also serves as co-editor of the KDA newsletter *Impulsion*, in which she created the feature called “Youth Salute,” which recognizes the achievements of a KDA youth member and introduces them to the community.

As a sophomore marketing major at Midway University, Ruby's studies have equipped her with social media skills that she has used to restore the KDA Instagram page, which has doubled in followers since she took responsibility for the account. She has also promoted KDA and the KDA Youth Club through USDF's new publication website *YourDressage*, sharing a how-to guide for starting a youth club with other GMOs.

Ruby Tevis is a great example of what volunteering is all about, Clearly she is passionate about dressage and has found a perfect way to both enjoy the sport and ensure a bright future in it. Because of her efforts, USDF is in good hands and guaranteed a great future.

-USDF Youth Programs Committee Chair Roz Kinstler-



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2018-2019 KDA Scholarship Recipient Susan Weiss

I am so thrilled and thankful to have been awarded the 2018/2019 KDA scholarship to further my training. My dressage journey began in 2015 and my mother is the responsible party. Determined to get back to riding after a stroke in 2005, she became passionate about dressage. Barely able to walk, she first pursued hippo therapy, competing in Special Olympics, para dressage, and finally some basic dressage competitions.

Her interest and passion spread to me. First I started learning everything I could by volunteering, doing any job possible including scribing, stewarding, crossing guard, and even “bio duty.” I had so much to learn, but I kept going to events and basically learning how much I didn’t know. In 2016, my mother fractured her tibia and I was the logical choice to help keep her horse fit.

Little Black Beemer is a 24-year-old Anglo-Trakehner gelding bred by Linda Strine, dressage professional extraordinaire. Diane Shott of Louisville purchased the horse and gave him great foundation. Little Black Beemer was 18-years-old when I acquired him and he taught me so much. He taught me to keep trying even though I might have been a bit stiff after a hip replacement. He taught me patience, as he was highly apprehensive about any change in his routine. After a couple years of frustrating moments, he gradually became an absolute gentleman in all aspects of hauling and showing. Most of all he pushed me to keep learning and trying.

Since Little Black Beemer is starting to feel his age, and thanks to a wonderful next-door neighbor, I have a new, younger Westphalian named Pascha. He is gorgeous and I am excited to continue to learn and grow.

I know how much I have to learn; however, I am excited to learn as much as I can, as fast as I can, from the many wonderful dressage enthusiasts, trainers, and friends that I have the good fortune to know. The sport is complex, and the challenges to improve are constant, but at the same time this is exactly what I love about dressage.

Susan Weiss

Riding the Lines



By Kara Hertz

This summer I had the amazing opportunity to ride my 6-year-old OTTB with Lilo Fore.

I come from a mostly hunter/jumper riding background, though I have always done a little bit of dressage on the side. I definitely tend to ride in more of a hunter/jumper style. One of the first things Lilo said to me was, “What kind of saddle are you riding in?” I was a bit confused by this question and unsure if I was supposed to tell her the brand or what. She was like, “This is a dressage saddle. Where does your leg go?”

She adjusted my leg, which is something I have been working on in lessons at home too. I told her both my horse and I are beginners, but Lilo disagreed, saying I was not a beginner but a rider changing sports.

I then told her my long-term goal is to earn my bronze medal, hopefully with my current OTTB, Little Latin Lulu.

I adopted Little Latin Lulu, “Lulu,” from the Maker’s Mark Secretariat Center this spring. When I first met her I was not impressed or really interested in her. She seemed a bit fussy and she was a dark bay, not a chestnut which is my preference. Once I had worked with her a couple of times I realized how much I enjoyed riding her and that she really seemed like she would be a very talented dressage horse. Lulu has a lot of spirit which is something I appreciate in a horse. She is also a nice mover and definitely agile. I hope not only to earn my bronze medal with her but also to compete her in the jumpers.

There were so many things to take from the two lessons I had with Lilo at the KDA-sponsored clinic. Some were very basic things I already knew, but they were good to hear in different words or just to continue to be reminded.

Once we were working Lilo said to think of dressage work as yoga for horses. We worked a lot on suppling and even just standing or walking and gently asking the horse to look one way and then the other. Next was making sure the horse

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*Philesha Chandler riding Quaid Fight owned by Sara Goos and Shadyside Stables
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could move off of both legs. We would walk and turn up quarter line or centerline and ask her to move a few steps and straighten over then straighten until we made it to the rail. We did this various times in both directions.

At this point on the second day I got in trouble for coming to the lesson without a whip. I had never ridden Lulu with a whip so it never crossed my mind. Lulu was tired, so was a bit lazy about moving off my leg. She quickly moved side to side once we had the whip!

I can say that since we have added the moving off each leg at the start of each ride Lulu has improved greatly. It is most important to always ride the lines and the turns and to keep the horse balanced. I know I should ride the lines but this is something I get sloppy about so it was great to hear again and to have someone keep reminding me.

In the same vein, ride the horse between two legs and two reins and the head will fix itself. Another way of putting this is to hold both reins, use both legs, and the horse will carry itself correctly.

Something I am bad about is not letting the reins slip through my fingers. Lilo says, "Hold the reins, the entire reins, with your fists closed like they are \$100 bills you don't want to lose." Lilo also reminded me that geometry is the most important aspect of our test at the lower levels and to really know this aspect.

One thing Lilo sort of teased us about was our pace. Lulu is a very forward-moving mare and one of the reasons we haven't really shown at training level is because her canter is more of a gallop. At the same time, I enjoy going fast and when Lulu starts running around at any gait I tend to just go with it and think it feels good. She really got after me about controlling the pace, even teasing me that I was going to get speeding tickets. And of course, once again, going back to riding the lines, always ride the lines!

Lilo seemed to really be a stickler for knowing



theory as well. I mean we have all heard it 1,000 times, read it, done it, etc. But then Lilo asked a very simple question: What makes the walk the hardest gait? Well I could come up with a lot of reasons, one being that it makes me super nervous. The walk has no suspension, thus making it the hardest gait. She told me there would be a quiz later, and the next morning there was.

I think if anyone has a chance to ride a green OTTB with Lilo they should definitely take advantage of it. I was a little worried that we weren't good enough or at a high enough level. You can be at any level and get a lot out of it. Lilo is very patient with the green horse and can help you work on very basic things and make them amazing. I loved that she always wanted to make sure to set the horse up for success. That was a



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key aspect of the lesson. It is very important with the green OTTBs (really any horse) to set them up for success and let them figure things out and be successful so they don't get too frazzled or overworked. Lulu definitely has a tendency to get worried if she is pushed too much. That never happened during this clinic, and at the same time I felt like we did a lot more than we had ever done before.

Photos of July High Point Winners and KDA Fall Classic ! Competitors provided by Lisa Dean Photography





KDA's Schooling Show Host to Century Club Ride

Lisa Michelle
Photography

Rode and written by Carolyn P. Brock

Mica was bred for dressage (seven of her great-grandparents were Lipizzaners; one was an Arab) but she much prefers to run and jump. She came to me in 2004 through the good auspices of her owner's dressage trainer. My horse had recently had to be retired; I was looking for another. Mica was not really what I had in mind — she was a little too old and a little too short — but the trainer convinced me to try her. Mica hadn't had much experience jumping but when I took her over a 2'9" jump it was clear she really liked it and could do much more. My instructor at the time was very enthusiastic and the vet who checked her declared her a "sturdy little thing." And so Mica came to me. I could say that I bought her, but adopted is a better term.

Mica may have jumped well during the trial ride but she proved a nervous jumper. It was a long

time before she started taking me to jumps; she usually wanted to pause for a look. There is a video of a cross-country round in which she swapped leads every three strides going toward the first jump. But, as the dressage trainer had told me, Mica always knows where her feet are. She is also very good at judging distances; she always got herself to the perfect takeoff spot, even if doing so meant putting three strides in a two-stride combination or two strides in a one-stride. I learned to go with her and we eventually completed three horse trials at training level.

I would like to be able to say that I took full advantage of Mica's ability to do dressage but that wasn't the case. Maybe I was too old (43) when I started riding; maybe she just wasn't so easy. We did get some good ribbons at novice level horse trials but I would have liked to do better.

What Mica and I do have is an intense relationship. She is very reserved, but also very smart and opin-



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ionated. Some years ago I began walking with her around the farm with no physical contact. She clearly likes that and is nearly always a perfect lady. But will she allow me to catch her in the field? Certainly not, or at least not without my chasing her for most of an hour. We think she fancies herself a queen, and that she views being caught in front of other horses as beneath her dignity. And maybe she views running away from me as our game — a game she likes much better than I do. In any event the schedule for riding her is now based on when all the horses are already in their stalls.

As she got older Mica told me she didn't want to go over larger jumps anymore. She was half-leased by a younger girl who did some low jumping and then by an older, very experienced dressage rider. Then she became fully mine again. In her older age I had to be careful not to do too much but found I still needed to take her out into an open field occasionally and let her have a few faster strides. Earlier this summer

I took her over a few 2'6" jumps and discovered how much she still loves it. When I asked the vet whether doing so would hurt Mica the vet said going over a few such jumps occasionally would be fine. Then the vet asked me if I knew about the Century Club. It turned out that Mica and I would become eligible in six weeks.

The best part of the Century Club ride was that in preparing for it I discovered I could, if I gave it my all, get her to do short stretches of reasonable dressage. Every week it gets easier. We're past her best years but every ride is a real pleasure. She seems to feel the same way.

The Century Club recognizes North American 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. Western Dressage riders are welcome to join the Century Club.

www.dressagefoundation.org/grants-and-programs/century-club

2019 Kentucky Dressage Association Fall Classic I High Score Results

CHAMP	71.190	2019 USEF SECOND LEVEL, TEST 3	Open	CHARLESTON MGF / LINDA STRINE
RESERVE	70.517	2019 USEF TRAINING LEVEL, TEST 3	Open	LEC ABSOLUT STELLAR / SARAH MACHARG
CHAMP	73.276	2019 USEF TRAINING LEVEL, TEST 2	Amateur	DENIRA / KATHERINE ALEXANDER
RESERVE	72.500	2019 USEF FIRST LEVEL, TEST 3	Amateur	HAMILTON / KATIE LARSON
CHAMP	69.615	2019 USEF TRAINING LEVEL, TEST 1	JR/YR	WRENSELAER / ZOE DEEMS
RESERVE	68.824	2018 FEI PRIX ST. GEORGES	JR/YR	ROMEO / MEREDITH TALLEY
CHAMP	72.414	2019 USEF TRAINING LEVEL, TEST 3	Pony	I'VE GOT DIBBS / LINDA STRINE
RESERVE	67.949	2019 USEF FOURTH LEVEL, TEST 1	Pony	BELLADORA / LINDA STRINE

Thoroughbred Incentive Program (TIP) Results

Intro	70.000	2019 USDF INTRODUCTORY LEVEL TEST A		LITTLE LATIN LULU / KARA HERTZ
Training	70.000	2019 USEF TRAINING LEVEL, TEST 3		AFORTUNADO / CRISTIN RICHEY
1st Level	67.222	2019 USEF FIRST LEVEL, TEST 3		LIL' BIRNIE / JENNIFER RAMSEY
2nd-4th	67.778	2019 USEF FOURTH LEVEL, TEST 3		PITTER PAT / SUSAN POSNER
FEI	66.029	2018 FEI PRIX ST. GEORGES		PITTER PAT / SUSAN POSNER
Overall- Tie	70.000	2019 USDF INTRODUCTORY LEVEL TEST A		LITTLE LATIN LULU / KARA HERTZ
Overall- Tie	70.000	2019 USEF TRAINING LEVEL, TEST 3		AFORTUNADO / CRISTIN RICHEY



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2018-2019 KDA Scholarship Recipient Sophie Bayer

I want to thank the Kentucky Dressage Association for granting me the \$750 professional training grant.

Normally my equine budget allows me to take one lesson a week. I decided to use the grant to take a month of intensive training, four lessons a week, with Jennifer Truett of Dancing Horse Farm. Not only is she an excellent teacher and trainer, she is one of the fortunate people who spend winter months training, showing, and taking advantage of the many learning opportunities in Florida. In recent years, she has trained with numerous trainers and gained valuable knowledge from all.

Our lessons focused on doing various exercises that improved and confirmed the quality of the basics. Suppleness, throughness, straightness, and engagement were the issues we worked on to improve the quality of the gaits and thus the dressage movements. If a particular movement is difficult to ride, it is probably because one of the basics is missing or not developed enough. We did many exercises that kept the work varied and fun. Here are a couple:

This exercise improves suppleness and bend and tests that the horse stays in tune with the rider's aids at all times and is not just on autopilot. It can be done in the walk, trot, or canter. Ride through the short side of the dressage arena. Ride a shoulder fore at the first letter. Ride several strides of half pass across the width of the arena. You can vary the steepness of the angle of the half pass based on the horse's stage of training. Straighten the horse and change the flexion and change the half pass to a leg yield. Continue in leg yield across the arena. Straighten the horse, change the bend and flexion, and turn the movement back into a half pass.

Rein back is another great exercise and I normally practice this movement every time I ride. It is useful for practicing obedience to the aids and teaching the horse engagement. It's also a dressage movement that any horse can earn a very good score for. Try varying the number of steps back. It can be one step or five or more, but it is the rider who dictates the number. Vary the length in stride in the rein back from short steps to long steps. In training this way, I train my horse to be on my aids at all times. He shouldn't anticipate what the next aid /reaction should be.

Jennifer also has additional training in correct rider position and biomechanics. Having someone remind me several times a week about my position was extremely helpful.

We made much progress in the month of concentrated training. We competed at KDA in May and were rewarded with good scores at Intermediare I. We hope to compete at Intermediare II later in the year. Thanks again to KDA for the grant that allowed me to participate in this month of training.

Riding a Young Horse with Lilo Fore

by *Lauren Welsh*

Lilo Fore is an exceptional horsewoman and a magician. She opened my eyes to a whole new way of riding and completely transformed my young horse, Solo Hit. Solo is a 4-year-old GOV gelding by Sagnol (Sandro Hit x Landadel) out of Arista GS (Heling x Malachit) and just schooling the 4-year-old young horse test.

The takeaway: I had been riding my horse long and low, with long reins, and with big slow movements, thinking that was how a young horse needed to go. Essentially, I was training him how to be lazy. Lilo reminded me why I fell in love with Solo, because he is a naturally balanced, uphill-moving horse. When he is free in the pasture, he proudly trots around with his head and neck up (all while showing off some great suspension). But instead of channeling and encouraging the qualities that I admired in my horse, I was riding him like he was an alligator — totally flat. And while his movement under saddle was nice, I have never been able to achieve what Lilo taught me to do in two 45-minute sessions. Lilo is an incredible teacher and she taught me has not only transformed the way I ride my young horse, but transformed the way that he moves!

I have to admit that on Saturday morning, I did not have an opportunity to introduce Solo to the arena where we would be working. Queenslake is a stunning farm with the rolling hills and bucolic lake, but the walk from the stabling to the indoor arena included a gauntlet of geese and crossing the road that goes over the lake. Lots of character building opportunities for a young horse!

Once we arrived at the indoor, Solo, who is usually a very forward ride was not forward at all. In fact, he was more up and down with a few

bucks thrown in for good measure. Lilo immediately got after me about the length of my reins, which were about a foot and a half too long, and told me get him listening and forward. She kept telling me to shorten my reins, until it felt like my arms were completely straight in front of me (of course, they weren't ... it just felt that way, because I was so accustomed to riding with long reins) and to bump him forward with my leg. Don't be shy to get a reaction, she admonished. Touch the neck, touch the bit ... make the horse ride forward into the contact. I realized that the shorter my reins, the more uphill my horse was going. I wasn't pulling him into a contact. I was riding him up into my hand! To be honest, I had never felt my horse could move that way. In 45 minutes, his movement improved and I had had an epiphany.

On Sunday, I rode right after lunch, which gave me the opportunity to hand walk Solo in the arena during the lunch break. It was a nice way to let him get a good look at the things he didn't have time to check out the day before. Solo seemed quiet and relaxed, but I was ready for anything. I knew Solo was going to come out one of two ways: He was either going to improve on where we ended the day before or he was going to be a typical young horse and decide that he did not want to work so hard. He decided on option two — unresponsive to the leg and unwilling truly go forward. This is not his usual M.O.; he is normally a very, lovely forward horse, but he simply decided that he was not going to work that day. Lilo immediately had me tap him with the whip behind the leg, to which he bucked. In fact, every time I tapped him with my legs or the whip he would let out a buck. Fortunately, I had tied knots in my reins (with the intention on keeping my reins short), but they literally saved me from losing my reins all together and helped to keep

Continued from page 13

me in the saddle. Every time he bucked, Lilo would have me ride him forward. Make him go forward! Pick your hands up! Short reins! Ride him up the mountain! And as if it were magic, Solo suddenly started to move in the best trot I've ever been able to get from him under saddle. He was in front of my leg, moving forward! He felt so upright and supple. From this trot we moved into the canter and the canter was uphill with impulsion. Needless to say, there was a big smile on my face. The trot after the canter was simply a joy to ride.

Coming into the clinic, I had prepared questions to ask Lilo: How do I get a bigger, better trot and what exercises can I do to improve my horse's canter? But I didn't have to ask them, because when I rode my horse with a shorter rein, into my hand and forward, the trot instantly becomes more supple and the canter is balanced because the trot is correct. The takeaway is not to ride a young horse so long and low all the time — ride them up and forward thinking. Once they are up and forward thinking, then

you can let them stretch down when you ask them to with contact. Always with contact. I am so excited for the future with my young horse now and cannot wait to see where we can go with the new knowledge that has Lilo instilled in me.

On a side note, Lilo is the most positive teacher I have ever worked with. All of her words were encouraging, which means a lot to an adult amateur who is returning to riding after a four-year hiatus with a young horse (and starting a new discipline to boot). She really made me feel like I can do this. I can learn to ride dressage. I can make my young horse go the way I want him to go. It's a pretty amazing feeling and I can only hope more adult amateurs feel positive about their riding. Think positive and really open your mind to learning something new. You and your horse can do it!

Photos of the KDA August Schooling Show provided by Lisa Dean Photography



The KDA Youth Salute: Julia Magsam

by Ruby Tevis

About Julia:

Julia Magsam is a 15-year-old dressage rider from Sadieville, Kentucky. She has been riding horses for 5 years and competes in 1st level dressage with her lease horse, Coogan. Julia trains with Sarah Shade. "She has been my trainer for nearly 4 years now and I enjoy training with her because she has always cared about my progress. She has always looked out for my best interests even if they weren't the easiest to accommodate." says Julia. "I am her working student and the practical skills that I have learned from that position have been immeasurable."

For Julia, hard work is the name of the game. "The biggest challenge I have faced in riding is definitely finding the resources to continue to progress," she says. "I've overcome this challenge by working hard and asking for help. There is nothing that can't be achieved through hard work; every day I go to the barn and work off Coogan's board and lessons. Before that I worked off lessons on Nemo. You can succeed in an expensive sport like dressage if you have the drive to do so. Asking for help is the other half. It took me a long time to learn how, but asking for a helping hand every once in a while doesn't make you weak or needy; it just means you need help."

In the future, Julia hopes to pursue a career in anesthesiology and medicine. "I want a fulfilling, challenging career that will allow me to help others as others have helped me," she says.

About Coogan and Nemo:

Coogan, owned by Maureen Sullivan, is trained through FEI Intermediate dressage. Today, Coogan is showing Julia the ropes of dressage. "He is such an amazing teacher and friend; from the first time I rode him a few months ago to now, I have gained both knowledge and confidence," says Julia. "Our first show was the KDA Fall Classic, and I got my very first qualifying scores for my bronze medal!"

Nemo, Julia's own OTTB, was formerly an Advanced eventer. Though Nemo was a challenging ride for Julia, she has learned a lot from him about riding and horsemanship. "There were so many times I didn't know if we would ever get to truly become a team. We had some pretty rough times; I even was sent to the hospital after



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The KDA Youth Salute by Ruby Tevis continued

I crashed into a jump at an event. Eventually we found common ground and now we are having a lot of fun playing in the sandbox.”

Goals and Dreams:

Next season, Julia plans to earn her United States Pony Club C3 in dressage. “I have been in Pony Club since I began riding, and becoming a C3 is a huge milestone in Pony Club. In order to achieve that goal I must begin riding 2nd level,” Julia says.

Involvement with KDA:

Julia is an avid volunteer, along with her mother, Kathleen. "I love volunteering for KDA because I get to learn so much," she says. “From the basic things such as what bits and bridles are legal to nuance things such as how to communicate with judges and stewards. You learn these nuances by being a scribe, ring steward, scores runner, bit check, etc. and I would definitely recommend any person who is in dressage to get out there and volunteer. You're at the show any way, there is always help needed and there is always something to learn.”

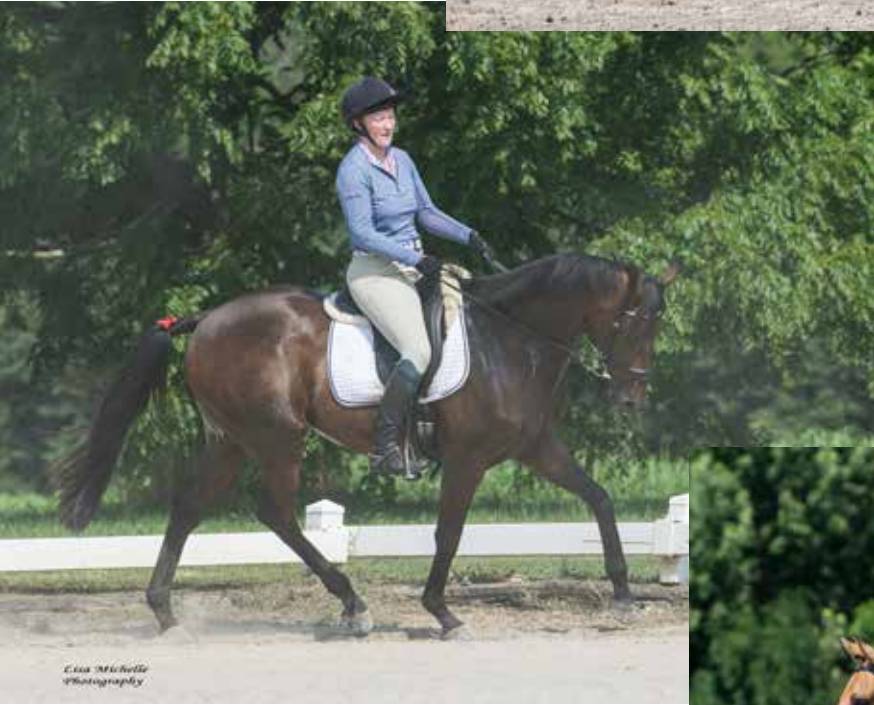
Advice to Young Riders:

“Young riders should never be afraid of going all in. There will be times when you will have to give up some of your time to go to the barn and get one last ride in or get in just a couple more hours of work to pay off board. Your friends will think that you are crazy. But if dressage is truly a passion and succeeding is your goal, others' opinions shouldn't deter you from pursuing that. Stay strong and never say never.

In my future I hope to be as generous as the people that have helped me. I hope that one day I will have the knowledge and resources to help young riders pursue their goals in any way I can. I of course also would like to be the next Isabel Werth, but don't we all?"

Photos of the KDA August Schooling Show provided by Lisa Dean Photography







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