

IMPULSION

THE OFFICIAL NEWSLETTER OF THE KENTUCKY DRESSAGE ASSOCIATION
WINTER 2023

**2022 Awards
Banquet**

**2023 Calendar
of Events**

**Wellington
Takeaways**

**A Summer of
Learning**



2023 KDA Calendar

- April 8 KDA Early Spring Dressage Show
Flying Cross Farm
Goshen, KY
- April 9 Cesar Torrente Clinic
Flying Cross Farm
Goshen, KY
- May 26-28 KDA Spring Warmup Show &
KDA 36th Annual Dressage Show
Kentucky Horse Park
Lexington, KY
- July 15-16 Jeremy Steinberg Clinic
Venue TBD
- July 22-23 KDA Summer Classic I & II
Kentucky Horse Park
Lexington, KY
- July 30 KDA Breeder's Classic
Spy Coast Farm
- August 19 KDA 16th Annual Schooling Show
Masterson Station Park
- October 14-15 KDA Fall Classic I & II
Kentucky Horse Park
Lexington, KY
- November 19 KDA Fall Schooling Show
Spring Run Farm
Prospect, KY



On the Cover: Charlotte Welsh receiving for Ella Berkhofer is all smiles as the 2022 recipient of the Merry Sunrise Award, which—by member vote at the Awards Banquet—recognizes a Jr./YR who has contributed the most during the previous year in a non-rider capacity . Photo by Lisa Dean

Kentucky Dressage Association Board of Directors

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KDA.Pres@gmail.com

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Joan Gariboldi
Meghan Riviello



Top Takeaways from Our Trip to Wellington

By Alanna Bent, Mikaela Kuiper, Emily Smith, Haley Smith, and Ruby Tevis
TDF's 2022 Young Rider Dream Program Participants

The Dressage Foundation's Young Rider Dream Program trip to Wellington, Florida, was truly a once-in-a-lifetime opportunity to learn from the best dressage experts in the industry. As aspiring dressage professionals, we are beyond grateful for everyone who made this program possible!

The purpose of TDF's Young Rider Dream Program is to introduce a select group of young dressage riders, ages 18 to 22, to the world of international dressage. This year, the program took place in Wellington, Florida, and the plethora of international dressage trainers, instructors, and judges found in Wellington meant that our group gained extensive knowledge during our week there.

From training horses to learning about correct equipment, there was no shortage of information we gleaned from our first time in Wellington.

Here are five of our top "takeaways" from our trip to Wellington:

What to Look for in a Young Dressage Horse

By Alanna Bent

The trainers we spoke with said that a forward-thinking horse with three good gaits is vital when looking for a young dressage prospect. For higher-level competition horses, expression and suppleness are key attributes. However, the num-

ber one characteristic that the trainers deemed the most important is trainability. Without trainability, the horse can never progress through the levels no matter their aptitude for dressage.

When I asked Sabine Schut-Kery what she looks for in a young horse, she explained that she looks for three great gaits, rideability, and a good work ethic. That isn't to say that she doesn't work with horses that may have a bit of "spunk" or "attitude," but the horse must enjoy his job. She said that it is important to get to know the horses and understand how they work. Regardless of temperament, the horse must be willing to work with the rider.

Warm-Up Techniques

By Mikaela Kuiper

With each ride we watched in Wellington, there was a methodical

warmup to get the horse ready. There were a variety of warm-up techniques used, but they all worked towards the same end goal.

Charlotte Bredahl recommends warming up by stretching the horse down for five to seven minutes, then start asking for more push from behind, which will create spring and a bigger step.

Adrienne Lyle has her students warm up with personalized exercises based on the strengths and weaknesses of each horse, with the same end goal of getting the horse stretching, bendable, and accepting of the leg. The horse needs to be sensitive to the leg but not worried about it. The rider needs to always pay attention to the body language of the horse to see if they are getting flustered or happily working. The horse should be like an accordion in terms of adjustability.



The Power of the Mind

By Emily Smith

The significance of a balanced mind became abundantly clear throughout the trip, as every professional we spoke with referred to the power of the mind and sports psychology in one way or another. Emotional control, grit, discipline, and maturity were common themes throughout the group discussions. In order to train horses effectively, riders need to train their minds first.

George Williams said that it takes five positive thoughts to outweigh the influence of one negative thought. Knowing this, it is up to us as riders to encourage both ourselves and our horses with kindness and fortitude. When things go wrong, it is just as important to laugh at ourselves as it is to carefully analyze what could have been better.

It is only fair that we give our best selves to our horses so that they can give their best selves to us!

Being a Multi-Dimensional Athlete

By Haley Smith

There are many ways in which dressage riders can strengthen their skills on and off the horse to become more well-rounded athletes. Riders who gain skills in such areas as horsemanship, groundwork, coaching, grooming, and volunteering develop traits that are valuable to bring back to the saddle. Scott Hassler said, "This sport is for life, so you must never become numb to learning."

There is more knowledge and experience in our country than ever before, and JJ Tate said that it is important for young athletes to "look at the people who inspire you and be bold enough to talk to them." If we take the time to listen and engage with those around us, we may be surprised to learn how willing others are to share their passion and knowledge of the sport.

Eating What You Cook

By Ruby Tevis

"Eating what you cook is the result of the preparation," said Betsy Juliano, in reference to both horse training and life. Throughout the



trip, we had the opportunity to meet with not only trainers, judges, and industry professionals, but also amateur riders and sponsors. "Find what way you can enjoy dressage. Your talent won't go away," Betsy said. "There are other ways to be involved in high performance without being a trainer. There is no separation when you make your passion your job."

We also got to meet Charlotte Jorst, international Grand Prix rider and owner of Kastel Denmark.

Charlotte rode horses as a child, but only began seriously taking lessons and competing at age 35. She credits her dressage success to her entrepreneurship, and though she worked fervently for many years, she doesn't consider it a sacrifice as she can now enjoy the rewards of her hard work.

Final Thoughts

We want to thank everyone that was involved in the Dream Program: The donors and sponsors for your generous contributions; everyone who met with us and engaged us with dressage theory, conversation, and overall dressage education; the facility owners for

allowing us to tour their facilities and learn from a new perspective; our wonderful chaperones—*Kate Tackett, Julie McKean, Jen Baumert, and Reese Koffler-Stanfield*; and TDF for countless hours organizing and ensuring our trip was successful. It has truly been such an incredible journey and we are so thankful for everyone

that made this program possible.

Read more at www.dressagefoundation.org > Grants & Programs > Our Stories > Youth & Young Adults

Special thanks to the 2022 Young Rider Dream Program Sponsors and Donors:

- ◆ *Margaret Duprey*
- ◆ *Adequan/American Regent*
- ◆ *Equestrian Team Apparel*
- ◆ *Donors who gave in memory of Sue Curry and Christa Sullivan*
- ◆ *Youth Program Supporters*

Kentucky Dressage Association Awards Banquet

Congratulations to all the 2022 award winners.

Thank you to Lisa Michelle Dean Photography for the wonderful memories.



President's Cup:

Joan Gariboldi and Hera 72.64%

Rapunzel Memorial Cup:

Susan McSherry Jones and Irabel 72.057%

Boardfield 121 Dressage Sport Horse:

Madison Lee and Can Deux Rlf 77.70%

Nancy Basset Memorial:

Julie Clark and Hilda 79.10%

Young Rider/Junior First Level:

1. Isabelle Montes/Valentino 65.52%

Young Rider/Junior Second Level:

2. Ella Berkhofer/Gor Don Bleu 65.17%

1. Isabelle Montes/Valentino 67.66%

Young Rider/Junior Third Level:

1. Ella Berkhofer/Gor Don Bleu 68.41%

Adult Amateur Introductory Level:

2. Colleen Felton/Starry Night 64.69%

1. Kara Hertz/Always Lucky 67.02%

Adult Amateur Training Level:

3. Kara Hertz/Always Lucky 64.51%

2. Kara Hertz/Really Really 68.17%

1. Michelle Morehead/NF Cardi's

Peter Pan 71.42%

Adult Amateur First Level:

4. Susan Weiss/Pasha 63.58%

3. Alex Belton/Art Collector 67.30%

2. Sheila Sekela/Sweet Roxie 68.40%

1. Samantha Berkhofer/Armani
73.48%

Adult Amateur Second Level:

3. Carol Weber/Spring Hallow
Lady Grace 63.90%

2. Samantha Berkhofer / Armani
66.33%

1. Laurie Saldana-Rich/Straight
Horse DeMillo 68.76%



Pictured from top left: Kristen Young, Joe Carr and Megan Carr. Vivian Lasse Overcash. Kara Hertz.





Susan Harris Perellis and Carol Weber



Joan Gariboldi



Colleen Felton and Otto Rene Gutierrez

Adult Amateur Third Level:

3. Anna Hitchborn-Dunlap/Classic City 66.68%
2. Julie Roche / Ynze fan Vels 68.78%
1. Laurie Saldana-Rich / Straight Horse DeMillo 71.30%

Adult Amateur Prix St. Georges:

2. Alexandra Belton / Daffy's Sun Shine 58.86%
1. Kristen Young/Elsbeth's Shiloh 61.86%

Adult Amateur Freestyle:

3. Michelle Morehead / NF Cardi's Peter Pan 67.58%
2. Carol Weber/Spring Hallow Lady Grace 71.17%
1. Laurie Saldana-Rich/Straight Horse DeMillo 73.96%

Western Dressage:

1. Tiffany Shewmaker/Decker 68.16%
4. Susan Weiss/Pasha 63.58%
3. Carol Weber/Spring Hollow Lady Grace 63.90%
2. Susan Harris Perellis/Endavour Adventure 71.07%

1. Michelle Morehead/NF Cardi's Peter Pan 71.42%

Open Training Level:

1. Rebekah Mingari/Joyce 72.03%

Open First Level:

2. Rebekah Mingari/Joyce 69.83%
1. Joan Gariboldi/Hera 70.07%

Open Third Level:

3. Meghan Riviello/Ynze fan Vels 69.14%
2. Joan Gariboldi/Cantata 69.70%
1. Jennifer Conour/Hofratt VZ 71.94%

Open Fourth Level:

4. Laura Burket/Handsome Dancer 67.14%
3. Cassandra Hummert/Dianella 67.83%
2. Jennifer Conour/Hofratt VZ 69.30%
1. Meghan Riviello/Ynze fan Vels 69.49%



Nora Brown

Open Prix St. Georges:

2. Rebekah Mingari / Suleyman 68.60%
1. Meghan Riviello/Flairck 72.10%

Open Intermediate I:

4. Rebekah Mingari / Suleyman 66.85%
3. Meghan Riviello / Flairck 69.70%
2. Reese Koffler-Stanfield/Follow Me 70.11%
1. Susan Harris Perellis/Endavour Adventure 71.07%

Open Grand Prix:

1. Reese Koffler-Stanfield/Bingo 66.05%



Andy and Jeri Matheny



Jena White and Suzanne Richards

Open Freestyle:

6. Laura Burket / Handsome Dancer
68.48%
5. Rebekah Mingari / Joyce 70.84%
4. Reese Kofler-Stanfield / Follow Me
73.03%
3. Jennifer Conour / Hofratt VZ 75.49%
2. Jennifer Conour / Straight Horse
DeMillo 75.87%
1. Jennifer Conour / Hofratt VZ
77.31%

Young Horse:

1. Lauren Welsh / Uptown Funk 75.50%
2. Amelia Jean Foster / Izzabella CBF
74.65%

Merry Midnight Award:

Sheila Woerth

Merry Sunrise Award:

Ella Berkhofer

Volunteer of the Year:

Pettit

\$5000 Grant Winner:

\$750 Grants for Open riders:

Laura Burket, Rebecca Mignari

\$750 Grants for

Adult Amateur riders:

Collene Hilton

Alex Bolten

Carol Weber

Madison Deaton

Lauren Welsh

\$750 Grants for

Youth/Junior riders:

Isabelle Montes



Madison Lee



Jenn Boblitt



Anna Hichborn Dunlap



Jennifer Sloan and Susan McSherry Jones



Meghan Riviello

It's Show Time

KDA has a show experience for everyone. Whether you're riding Training Level or Western Dressage or your passion is in Breed Shows, come out for a day—or three—of fun with your four-legged friend. The idea is to provide recognition of KDA members, rewarding those working toward "excellence" at their level of competition—whatever that may be.

Although the competition year starts in the fall of the previous year, Spring is still a great time to make a show plan. To get you started, here are a few of the basic rules. This isn't all of them so be sure to read the full set on the KDA website: (www.kentuckydressageassociation.com)

Minimum number of rides per level:

- Intro – Fourth Level (Open, AA, JR/YR) 5 rides
- PSG – GP (Open, AA, JR/YR) 3 rides
- Freestyle – all levels combined (Open, AA, Jr/Yr) – 3 rides
- Western Dressage – all levels combined (Open, AA, JR/YR) 3 rides
- The USEF Four, Five and Six Young Horse tests will be combined - 3 rides
- Sport Horse Breed Show – 2 scores minimum (all scores will be averaged)

Awards will be for Intro – GP and will be split into Open, AA and JR/YR Categories.

Eligibility:

1. All USDF recognized shows or KDA sanctioned schooling shows from Oct.1 to the following Sept.30 (USDF Competition Calendar Year). Scores earned will count only if ridden by a KDA member in good standing. A KDA member in good standing is defined as a member that pays dues and has

earned volunteer hours before Sept. 30 of the competition year.

2. Rider must complete 8 volunteer hours to be eligible for year end awards. (Volunteer hours can be earned between Sept. 30 through Oct.1 of the competition year.) All 8 volunteer hours must be earned from a KDA run show, clinic or sponsored event.

- ◆ Recruit a new member (1 hr earned per new member) New member cannot have been a previous member for past 5 years or must be a brand new member.
- ◆ Solicit sponsors for any KDA Shows or event totaling \$300. That does not include a free stall at the show earns 4 hrs. All sponsorships go to Keara Sonntag (KDA Treasurer) for approval.
- ◆ Write an article that gets published in The Impulsion Newsletter (2 hrs credit). The article must be approved by the President and be a minimum of 750

words. (Cannot use articles written for scholarships or educational grants.

- ◆ Design and conduct an educational seminar/workshop for KDA members. Credit given as follows: 1 hr. seminar = 1.5 hrs., 2hr seminar = 3 hrs credit, 3 or more hrs. seminar = 4 hrs credit.
- ◆ Active participation for a year on either the KDA Board or a KDA Committee. See KDA By Laws or and Policies and Procedures for other official committees. Participation on the KDA Board will earn 8 volunteer hrs. if a minimum of 8 meetings are attended. ☐ Two hrs. may be earned per \$75 of merchandise or services donated to a KDA fund raising effort (with a maximum of 4 hrs per year.) These must be approved by the KDA President. ☐☐ A maximum of 4 hrs may be donated by a KDA member to a rider for the purposes of year end awards.

"Being a KDA volunteer gives you a wonderful sense of belonging and working for a top-notch show team at a world-class facility has unforgettable rewards."

Robin Weinstein



Summer of Learning: The Impact of My KDA Education Grant

By Julia B. Magsam

Last summer was one of immense personal and riding growth for me. I committed myself to lessons, Pony Club certifications, and clinics. This has been the T part of my CT schedule; one year of competition, and one year of training.

I have been seeking out constructive criticism instead of performing a test, as I did last year. Because of the criticisms I got from my first show at Meadowlake, as well as from my Pony Club B certification, I decided to take a clinic with Ema Klugman, an advanced event rider who focuses on dressage as well; one might call her a blossoming Ingrid Klimke. From this clinic I had 2 goals: use cavalettis to improve the gait, and formulate a more thorough warm up.

The first day was cavaletti work. Mind you, my Nemo used to be an event horse, and sees all poles as jumps. To nobody's surprise, my 21 year old OTTB launched himself over the poles or made trot poles

into bounce grids. While this display of athleticism was impressive, it was troubling. I have been avoiding trot poles in grids for this reason, and I felt like I was missing out on a great tool for Nemo. So Ema used some exercises before the grid to make him more relaxed. Lo and behold, Nemo actually used his body over the trot poles!

The second day was flat work. I thought this would be the easier day, as we were just working on the warmup. Well, I was dead wrong. When I tell you we *worked*, I mean both Nemo and I were covered in sweat. Ema pointed out that my warmup was not to be limited by Nemo's age. If strenuous movements (in my mind) made Nemo more supple, then there was no reason those movements shouldn't be in my warmup. We did more canter in the warmup, a lot more manipulation of the haunches and shoulders. Sure enough, this made our warmup ten times more effective than what

I had been doing.

Since this clinic, I have been using cavalettis in my everyday repertoire. Once or twice a week, I'll pull out the poles and set up an exercise. I've learned about several exercises to help bend, engagement, and throughness. Continuing the progress from the Ema Klugman clinic, I have been able to actually ride through the exercises with little to no excitement on Nemo's part. I can say that I have never had a more adjustable and strong horse. Even hill work cannot compare to the mental challenge of pole work, which utilizes proprioception and quick thinking.

I could not be more grateful to the Kentucky Dressage Association for their continued support of learning experiences like this. I have been able to grow so much as a rider because of the young rider education grants. KDA is truly a great place for dressage riders of all ages to find support and community.



WOODSPRING FARM
Kathy Priest Dressage



Kentucky Dressage Association

2023 MEMBERSHIP FORM

December 1, 2022 – November 30, 2023

Name:		Farm/Business:	
Street:		Phone:	
City, State, Zip:		USDF# (if known):	
Email:			
<input type="checkbox"/> Adult Amateur <input type="checkbox"/> Open <input type="checkbox"/> Junior/Young rider <input type="checkbox"/> Non-Competing			

Member Benefit Highlights	KDA Membership Type		
<ul style="list-style-type: none"> * USDF Group Membership * Discounts on Clinics * Subscription to USDF E-Link, educational videos * Three weekends of USDF recognized shows * Year End Awards & Banquet * Five \$750 Dressage Education Grants * \$500 College Scholarship * \$5,000 Jr/Yr Dressage Education Grant * Impulsion, KDA's Newsletter * Two Schooling Shows 	<input type="checkbox"/> Renewing Member <input type="checkbox"/> New Member		
	<input type="checkbox"/> \$35 Junior Young Rider (under 21 as of 1/1/2023)	DOB:	\$
	<input type="checkbox"/> \$58.50 Adult Individual		\$
	<input type="checkbox"/> \$48 Adult Non-Competing		\$
	<input type="checkbox"/> \$58.50 Family Primary DOB:		\$
Limited to related household members. Each additional member cost \$12, added individually below. See Page 2 for horse registration information.			

1st Additional Family Member name:				Add \$12	<input type="checkbox"/> Jr/Yr <input type="checkbox"/> AA <input type="checkbox"/> Open	\$
DOB:		USDF#:				
E-mail:		Phone:				
2nd Additional Family Member name:				Add \$12	<input type="checkbox"/> Jr/Yr <input type="checkbox"/> AA <input type="checkbox"/> Open	\$
DOB:		USDF#:				
E-mail:		Phone:				
3rd Additional Family Member name:				Add \$12	<input type="checkbox"/> Jr/Yr <input type="checkbox"/> AA <input type="checkbox"/> Open	\$
DOB:		USDF#:				
E-mail:		Phone:				
4th Additional Family Member name:				Add \$12	<input type="checkbox"/> Jr/Yr <input type="checkbox"/> AA <input type="checkbox"/> Open	\$
DOB:		USDF#:				
E-mail:		Phone:				

Please send this completed form and payment to: Sara Geisinger 404 Gray Lane Smithfield, KY 40068	ADDITIONAL:	
	Additional Horses (see page 2 for details)	
	Number of additional horses x \$10	\$
	(One registration per member/family included.)	
	Donation to the Volunteer Fund	\$

To pay by credit card:				Online payment methods:			
Name on card:				PayPal - @KYDressageAssoc Zelle - TBA Website - www.KentuckyDressageAssociation.com/join-the-KDA			
Credit card number:							
Exp. date:		Sec. code:					
Signature:							
3% processing fee if pay by credit card							

TOTAL TO PAY:	\$
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Kentucky Dressage Association

YEAR END AWARD ELIGIBILITY

To be eligible for year-end awards, register your horse(s) with KDA and complete eight (8) volunteer hours. Four (4) of these must be completed by the member. See KDA website, www.kentuckydressageassociation.com/yea-rules, for full year end award rules and details.

Single Membership includes registration for one horse for Year End Awards.

Primary Family member receives one horse registration.

Horse Name	Breed	Rider	Owner

\$10 for each additional competing horse. Also, \$10 for each additional horse per each additional family member.

Horse Name	Breed	Rider	Owner

Help KDA earn free money with the Kroger’s “Community Rewards” Program

Earning money for KDA is easier than ever! All you need is a Kroger Plus Card, then visit <https://www.kroger.com/communityrewards> and register your Kroger Plus Card (or log-in if you already have one). Once you have done this, go to the “Community” tab and enter ‘Kentucky Dressage Association’ to start earning for KDA. You can also download e-coupons and manage prescriptions from this website.

Donate to the KDA Volunteer Fund

Proceeds from this collection will provide the opportunity for KDA full time volunteers to attend our annual banquet. These special people donate long hours and work behind the scenes to make our shows run smoothly!

Did someone refer you to KDA? Please provide their name: _____.

Recruit a new member for volunteer hours! Check opportunities for amassing volunteer hours through our website:

www.kentuckydressageassociation.com/volunteers

<input type="checkbox"/> I want to be added to any other postal mailings.	<input type="checkbox"/> I want my contact info shared with other KDA members.
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