



# Midwest Dressage Association

March 2023 Newsletter

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## The President's Paragraphs



This is my first time being President of anything, so I'm learning as I go. Come to find out, that's how it is with most of the board members of nonprofits. We're all volunteers, taking on an extracurricular assignment for a short time. Three to six years in the case of MDA.

It takes about one year for a new board member to get to know everyone and figure out how to get things done. Our second year, we take over as the Chair of some committee and learn how to run the current programs without hiccups. By our third year, we're finally getting confident to propose new ideas and directions. Then we have to decide if we want to sign up for a second term: three more years. Not an easy decision when you're balancing MDA responsibilities with a job, family and a serious horse addiction. The good news is that if we

take on a second term, we already have traction. We know a lot more than we did three years ago, and we've gained valuable tools and experiences.

Why dwell on the role of an MDA Board Member now? Just two months after the election? Because every year, the MDA Board of Directors requires the nominations of three to four General Members who are willing to join the Board. That's right! Every winter three to four Directors retire so new faces can join the team.

Any adult member of MDA can be nominated to the board. Send us a short bio and tell a few of your friends who are members to vote for you. You can email those to [info@midwestdressage.org](mailto:info@midwestdressage.org). If elected, you can join the Board with an agenda to invigorate a certain program/s. You can join with aspirations of being an officer, or even the President, someday. Or you can join hoping to work with an interesting and diverse group of dedicated dressage enthusiasts. The Board needs all types of representation from the membership. So, please, don't count yourself out! Volunteer at some of the upcoming MDA shows and programs. If you find that rewarding, take a turn on the Board. We can all benefit from your ideas and perspectives!

Best Regards,

Holly Zecchin  
President  
Midwest Dressage Association

## New Test Clinic Recap

The New Test Clinic at Albion College had a sellout crowd on March 11! The day began with a classroom session with dressage instructor and judge, Maryal Barnett. She discussed the changes to the 2023 dressage tests. Attendees then transitioned to the Nancy G. Held Equestrian Center to enjoy lunch and watch demonstration rides for the new Intro, Training, First, Second, Third, and Fourth Level tests.

Thank you to all who attended, and to our test demo riders and horses!



## Upcoming Events

### Morgenstern Farm Virtual Dressage Show Clinic

**April 29-30, 2023**

What better way to prepare for show season than to train and school your test with a professional coach on Saturday, and then ride a test to enter in a virtual

show on Sunday? Work with Marie DeWitt (USDF Gold Medal, specializing in starting young horses and training through Grand Prix) or Holly Zecchin (2021 & 2022 WDAA National Champion, specializing in Bitless dressage). The goal is to provide the experience of a real show with a real judge, and professional coaches preparing and supporting each rider through the whole experience in the fun environment of a clinic.

#### **The Clinic Format:**

Saturday will include a look at the purpose of your chosen test, a close review and explanation of the directives for each movement, and training and exercises that will enhance your scores.

Sunday you will perform your test while we video. You will plan to dress and prepare the same as an actual show with show clothes, clean tack and braids (as applies to your discipline). You must go online and enter a virtual show prior to the clinic ([virtualhorsesport.com](http://virtualhorsesport.com) for classical dressage or [spotlighthorsheshows.com](http://spotlighthorsheshows.com) for western dressage). You must submit your video yourself for your entry to be judged by a certified USDF/USEF judge. You will receive a score, comments and ribbons from the virtual show organizer, not Morgenstern Farm. We will guide you through this fun process! Tests that are supported include: Classical, Freestyle, Prix Caprilli, Western, Para, and Eventing.

Hosted by Morgenstern Farm, 3760 E Oakwood Road, Oxford MI

To reserve your spot, contact Marie DeWitt 248-840-0795 or Holly Zecchin 248-802-4809.

\$200 includes lessons both days and lunch;

\$230 includes a day stall both days;

\$250 includes an overnight stall for those who need one.

Auditors are welcomed and encouraged to attend at \$10/day.

## Training Tip: Counting Exercises for Rhythm & Suppleness

From Amelia Newcombe Dressage

Dressage trainer Amelia Newcombe has an exercise to help riders create and maintain a steady rhythm with their horse during trot and canter transitions. [Watch her YouTube video to learn how to ride the exercise.](#)



Hot Horse Helpers

Counting Exercise for Rhythm and Suppleness



Amelia Newcomb Dressage  
76.4K subscribers

Subscribe



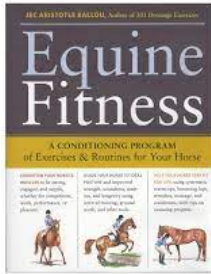
1K



Share



## Book Review



### ***Equine Fitness* by Jec Ballou**

*Review by Leah Melichar*

Jec Ballou presents information about equine fitness in an understandable format. The intent of the book is to increase your horse's conditioning. The author begins with information about nutrition, how the horse's muscles work, assessing your horse's fitness, and tips for conditioning horses of different ages. She provides specific exercises to help with conditioning, strength, warming up, cooling down, neck, stifle, and stretching. She also includes exercise routines focused on different goals, which give the reader a list of specific exercises to do to meet the goal. For example, there are routines focused on rehab, building fitness, and exercises for senior horses. The book also includes a set of cards for the exercises that you can easily remove from the book to take to the barn.

## MDA Redbook Trivia

Each newsletter, we'll feature a question based on the [MDA Redbook](#). Do you know the answer to this month's question?

***Who is the model horse for the MDA logo? Who did he belong to?***

The answer to this question will be included in the April MDA newsletter.



## MDA Member Profile

This year we are featuring member profiles in each MDA newsletter. [Complete the MDA Member Profile Form](#) to be included in a future newsletter.

## Jennifer Beyer

Our profile this month features Jennifer Beyer, MDA's Secretary. Jennifer also manages the MDA website and social media platforms.



**Rider Status:** Open/Professional

**What do you enjoy most about dressage?** The process of helping horses become more balanced and confident in their work!

**What discipline do you show?** English

**What breed of horse do you own?** Morgan/Friesian Cross

**What is your horse's name?** Breslin

**Why are you an MDA member?** I coach para-equestrians at [Therapeutic Riding, Inc.](#) in Ann Arbor. I became an MDA member to help connect riders with disabilities to the dressage & horse community in the area!

## About MDA

### About

The Midwest Dressage Association (MDA) Inc, founded in 1969, is a charter group member of the United States Dressage Federation (USDF). MDA is an organization whose purpose is to promote and encourage a high standard of accomplishment in dressage in the general area of the midwestern United States, primarily through educational programs. MDA welcomes all horse enthusiasts, whether they ride or not, to be members. We are one of the largest Group Member Organizations (GMOs) in Region 2. We are strictly a volunteer run organization headed by an eleven member Board of Directors. We hold monthly Board meetings which are open to everyone. Our committees, chaired by Board members, welcome all MDA members to participate. Volunteers are a very valuable resource to MDA as it takes a whole stable of workers to ensure that our shows and events remain successful.

### Contact Us

[Our Website](#)

[Contact Us](#)

[MDA Board of Directors and Committees](#)

[Find Us on Facebook](#)

### 2023 Recognized & Schooling Shows

Additional 2023 recognized and schooling shows will be included in future newsletters.

Information about MDA's Competitive Programs for shows can be found in our [2023 Redbook](#).

### Schooling Shows

[Aberdeen Farm](#)

May 20

June 24

July 29 and 30

August 27

September 17

\*September 30

East Creek Stables at [Hunter's Run Farm](#)

June 4  
July 30  
August 27  
September 17

Great Lakes Dressage Club

September 17

[Woodbine Farms](#)

May 21  
June 4  
June 25  
July 9  
July 23  
Aug 20

[Wyn Farm](#)

May 6 & 7  
June 10 & 11  
July 15 & 16  
August 12 & 13  
September 9 & 10

**Barn Directory**

Aberdeen Farm  
3500 7 Mile Road  
South Lyon, MI 48178  
Contact Donna Donaldson 248-347-4411  
[www.aberdeenfarm.weebly.com](http://www.aberdeenfarm.weebly.com)  
Lessons and training  
Arena rental by the hour indoor and outdoor  
MDA and USDF participating schooling shows  
Available for clinics

Brek-n-Ridge

Andrew Figures

7359 S Lake Shore Dr,

Harbor Springs, MI 49740

231-242-0012

Boarding, lessons, Clinics, Rehab, Training

Freestyle Farm

Erin Miles

1730 N Oxford rd.

Oxford Mi 48371

248-326-5885

We are a full care boarding facility for dressage riders. We offer lessons, showing (schooling and recognized) and clinics. Our facility offers rolling green pastures, trails, indoor and outdoor arena and oversized stalls. Stalls cleaned and fresh water daily.

Grain twice a day, hay fed 3 times a day.

Find us on Facebook and Freestyle Farm

Kathy Card

4364 S. Mackinaw Rd

Bay City, MI 48706

989-239-9363

Boarding, Training for horse and rider, Hunt seat, Jumping, Dressage, Western

Rivendell Stables

Linda Cooper

11555 W Grand River Avenue

Lowell, MI 49331

(616) 897.8976

<http://www.rivendellstable.com>

Boarding Lessons Training

Dressage, Eventing, and Show Jumping

Royal K Riding Center, Kate Westfall

17026 J Drive North,

Marshall, MI 49068

616-706-5049

I offer boarding, lessons and training.

Sue Hughes  
8788 Joy Road,  
Plymouth, Michigan 48170.

234-604-2439

email [prideandjoyfarm@yahoo.com](mailto:prideandjoyfarm@yahoo.com)

No Boarding, Trailer in for lessons or will travel to clients. r judge in English Dressage  
R judge in Western dressage. Enjoys giving clinics from the very beginning through  
third level English and 5th level Western. Youngster clients 12 year of age. No limit  
above that.

## **Classifieds**

MDA members may place classified ads in our monthly newsletter. Email  
[leah@midwestdressage.org](mailto:leah@midwestdressage.org) to place an ad.