



Midwest Dressage Association September 2016

The Biomechanics Of Balance In Dressage

by Nicola Smith

Being a good dressage rider requires an incredibly unique combination of the right sort of strength and lightness. It requires balance and alignment while at the same time flexibility within the normal functions of the human body. It needs the ability to be able to absorb the horse's movement correctly and allow the horse to shine beneath us.

It's not about being incredibly strong or being able to balance on a tightrope. It is about being balanced and aligned within our own bodies so that we don't block the horse below us. So that our tightnesses and weak areas aren't inhibiting our ability to train our horse and give it clear aids. We need to have proper flexibility and mobility within our hips, back and pelvis to be able to shock absorb the horse's movement and remain balanced upon the horse.

You see our bodies are designed to be evenly balanced on the left and the right, but it is our day to day habits and environment that we put our body into over the years that create certain areas in our body to become tight and restricted. This can be simply shown through putting too much weight into one sit bone in the saddle through to collapsing through the ribs on the opposite side.

Any restrictions within our body and in particular our body's pelvic function can affect the efficiency of your body's core control and therefore your ability to balance within the saddle. This can then be highlighted once you are truly asking the body to absorb the horse's movement efficiently in sitting trot.

So we need to create optimal balance within our bodies to be able to develop more core stability and control. So the key is to develop practices and habits within your day to day life that improve alignment, flexibility and strength. You need to install hab-

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The Midwest Dressage Association is a 501(c)3 not-for-profit

August 2016

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2016 MDA Board and Committees

Officers

President
Will Davis II
willdavis@aol.com

Vice President
Ingrid Baranski
ingridbaranski@gmail.com

Secretary
Lisa Machala
MichiganEquineTherapy@gmail.com

Treasurer
Lisa Pinkos Howle
mlphowle@gmail.com

Board Members

Julie Fleming
judgejulie33@aol.com

Allison Gaughan-McNab
FGFsporthorses@yahoo.com

Denise Gentile
dar-den@comcast.net

Tonya Grant
Tonyagrants@visualequestrian.com

Shawn Ragsdale
shawnragsdale@comcast.net

Barbra Reis
barb@midwestdressage.org

Beth Schaub
beschaub@frontier.com

Committees

The Board welcomes members to assist on these committees. Please contact the Committee Chairperson.

Awards - Beth Schaub
Banquet - Denise Gentile

Directory - Barbra Reis

Education

Barbra Reis/Ingrid Baranski

Historian - Will Davis

Membership

Julie Fleming/Allison McNab

Newsletter/Website- Barbra Reis

MDA Wearables

Tonya Grant/Allison McNab

Nominations

Ingrid Baranski/Tonya Grant

Denise Gentile

Professional Advisors

Shawn Ragsdale

Marketing & Sponsorship

-Lisa Machala

Video Library

- Will Davis

Classified Ads must be submitted to the newsletter editor via email and in Word format.

Advertisements must be submitted via email in either PDF or JPEG format.

Deadline for Advertising AND Classified ads is the 15th of the previous month. All ads MUST be prepaid prior to publication.

MDA Newsletter Advertising Rates

Advertising Submissions are due to the Newsletter Publisher by the 15th of the month preceding the publication date. Payment must be made in full prior to placement of the ad. All member rates reflect at 20% discount of retail price.

	1 month		3 Month Rate		6 month		12 Month	
	Retail	Member	Retail	Member	Retail	Member	Retail	Member
1/4 page	40.00	32.00	90.00	72.00	150.00	120.00	240.00	192.00
1/2 page	60.00	48.00	120.00	96.00	210.00	168.00	360.00	288.00
full page	90.00	72.00	150.00	120.00	390.00	312.00	660.00	528.00

Midwest Dressage Association

Dressage Boot Camp

October 1 & 2, 2016

Rattlewood Farms, Oxford, MI

What is a boot camp you ask?

Well this will be a weekend packed with all things Dressage!
Participants will arrive Friday evening to settle in and get their schedules.
Weekend participants will be working in groups of two, three or four in
mounted and unmounted sessions.

Session Topics:

Correct rider position

Every thing lateral

Mind – body- spirit

Ask the Vet

Lunging

Am I insured? Do I need it?

Improving my Test Scores

MDA is very pleased to offer this fun educational weekend thanks to several highly qualified equine professional trainers, instructors and business owners from around southeastern Michigan donating their time for the weekend.

Cost is \$100.00 includes all sessions, lunch both days and stabling.
Pre-registration is required. Limited RV hook ups available for \$30.00 per night.
Registration forms may be found on the MDA website

Closing date is September 1, 2016

This event is open to MDA Members only!

Midwest Dressage Association

Dressage Boot Camp

October 1 & 2, 2016

Closing date September 15, 2016

Riders Name _____ Date of Birth _____
Address _____ City _____
State _____ Zip _____ Phone#_(_____) _____
Email: _____@_____

Name of Horse _____ Age _____ Sex _____

Brief History:

Please provide a description of your riding level and abilities. What are your strengths and weakness?

Tell us about your horse, his/her show experience, training level and or issues.

Mail completed form and check
made out to *Midwest Dressage Association for \$100.00* to:
Will Davis, 9518 Brookway Court, Goodrich, MI 48438

2016
Midwest Dressage Association

Annual Awards Banquet
The Buhl Estate at Addison Oaks

1480 W. Romeo Rd., Leonard, MI 48367

Sunday, November 20, 2016

11:30 a.m. doors open

lunch will be served at 12:00

Cash bar

The beautiful, historic Buhl Estate has the look and feel of a European country club. Come enjoy a beverage by one of the working fireplaces. Mimosa's and Bloody Mary's available.

Our guest speaker will be Sydney Collier, the talented Para-Equestrian, sharing with us her competing at the 2016 Olympics in Rio. Sydney is also the 2014 Jr. Equestrian of the year.

Sydney's service dog Journey will also be attending.

This year we are having "The Battle of the Baskets", to be auctioned at the banquet. This is our challenge to you! Each barn should pick a theme. We expect this to be very competitive.

You may bring the basket to the banquet or contact Denise,
(586) 463-7741 and it will be picked up.

\$30.00 per person or reserve a table for 10 for \$300.00

Send your check made payable to the MDA with the names of the people in your party to
Denise Gentile, 38249 Leshia, Clinton Township, MI. 48036

If you have questions call Denise at (586) 463-7741

Name _____ MDA # _____

Address _____

City _____ State _____ Zip _____

Phone # _____ Email _____

Additional names _____

Amount enclosed _____

MDA Board of Directors
July 5, 2016
White Horse Inn Metamora,MI
6:30 pm

In attendance: Will Davis, Barb Reis, Julie Fleming, Lisa Howle, Ingrid Baranski, Shawn Ozkar Ragsdale, Beth Schaub, Lisa Machala, Tonya Grant, Allison McNab.

Call to order 6:35 pm

President's Opening Remarks: no opening remarks

Secretary's Report

No corrections were offered from the floor. Motion made by Ingrid Baranski to approve June minutes as submitted by the Secretary. Motion seconded by Lisa Howle. Passed by voice vote. No objections.

Treasurer's Report

June files were sent by Treasurer to BOD members.

Beginning Balance June 1

Ending Balance June 30

Bank has recovered the two bounced checks.

Square is active on the account.

Allison McNab moved to approve Treasurer's report as submitted. Motion seconded by Julie Fleming. Passed by majority voice vote no objections

Committee Reports:

○ **Education**

- Proposed Fall Boot Camp Oct 1-2 - Dates locked. Approaching. Will have full list by Aug meeting. Member only. Post on FB and web site. New registration forms will be posted on web site. New Members may join to be able to attend clinic.
- Proposal for **Professional's Clinic** Oct mid week. Yvonne Barteau. Waiting for exact dates. For professionals only. Advertised to the area professionals. Closed to auditing. Mid week. Cost \$375 for weekend. Owners can audit for their horse's ride only. Motion made by Alison McNab accept the proposal as outlined above for a professionals dressage clinic. Motion was seconded Julie Fleming. No votes: Lisa Howle and Tonya Grant. Motion passed.
- 2017 Clinician - Discussion to offer symposium style clinic. Ideas for clinicians – Terry Gallo – do a freesyle in spring – Ingrid to reach out to Terry and Maryal Barnett for judging clinic. Find out what Terry requires for judges clinic.
- Symposium clinic – cheap to ride in it. Who? Debbie McDonald. Most

famous Laura Graves. Make a wish list. Give to Tonya / Carol \$2000/day.
Ingrid, Will, Tonya.

- **Membership** 279 total. 153 AA, 32 Jr, 91 Pro 3 Life. WE ARE UP!!!
- Video library – no report
- **Professionals Advisory** – we need to recognize the pros who worked the spring boot camp. Shawn, Cheryl, Barb S, Tonya, Erin Bisco, Libby – advantage equine (insurance) victory trailer safety. Unclear whether this was assigned to anyone for follow up.
- **Newsletter/ Website** – June was the first month of the electronic newsletter. There was no June newsletter. June and July newsletters are combined. Combined edition was released today. Currently members receive an email advising them that the current newsletter is available on the website and it has a hot link to the member's area in the site. Suggestion was made to place the pdf for current newsletter into the email for the members so that those who do not want to connect to the site have easy access to the pdf from the email.
- **Marketing /Sponsorship**
 - Amazon Smile Program – MDA now has account where Amazon shoppers can designate MDA as their preferred charity. A small percentage of eligible sales will go directly to MDA. Lisa Machala committed to creating a tutorial with screen shots showing how to do this. Will bring to next meeting.
 - Web site advertising – page with links? Bring proposal in August.
 - Tribute Feed Program – continuing to collect labels. Volume is down from last year.
 - Sponsorship / web advertising – Will bring a proposal to meeting.
- **Wearables / MDA Store** – Square re-ordered. Allison report - \$832 in wearables and embroidery were purchased through Lakeside Saddlery / Embroidery Impressions. Lisa Howle moved to approve purchase. Seconded by Ingrid Baranski. Approved by voice vote. One abstain vote Discussion about providing and MDA Year end award jacket. Like Laurie Moore Dressage. Discussion about options of where to do embroidery now that Lakeside Saddlery is closing in the Fall. No final decision made on purchase of jackets for YE Awards.
-
- **Volunteers** – no report
- **Nominations** – 2 possible nominees for board need 1 more.
- **Banquet** – Denise is talking to Sydney as speaker. We have no confirmation. Group agreed informally that we do not want a speaker who is representing a product or service. Topic needs to be relevant to audience, educational or inspirational.
- Historian – no report
- **YE Awards** – Allison McNab wants to sponsor an OTTB perpetual award. Discussion on this. We have no breed recognition within MDA awards. Develop award criteria, sponsored. Allison and Beth need to get together to finalize. Does not require board approval.
- Recommendation that we offer a web page with rankings of riders points year to date. Discussion of how to implement this. In HJAM there is a page like this. Show managers send in show scores to HJAM. No decision made on whether to proceed with recom-

mendation.

OLD BUSINESS

1. Ability to take credit card payments (need this for wearables, membership, etc...)
In person / by mail / On line
Square
2. By Law Changes for 2017 – will have proposal to share in August
3. Determine MDA's 2017 plans for 'approved shows' rules for year end awards / Assign Committee with parameters and deadlines? **FOLLOW UP FOR MDA BOD: GO TO WEB SITES. Glass Ed and ADA and see how they handle year end awards.**

NEW BUSINESS - none

Next meeting August 2nd Comeback Inn 7 pm Milford MI

Julie Fleming moves adjourn – seconded by Alison McNab.
Meeting adjourned at 8:02 pm

Meeting Minutes respectfully submitted,

Lisa Machala
MDA Secretary

Approved as revised here by unanimous vote of MDA board of directors at August meeting.

Midwest Dressage Association Professionals Grant Program

This Grant program has been established to assist those who are professional members of the Midwest Dressage Association meeting the following requirements in furthering their education in the following area's teaching, training, and judging.

The MDA board of directors shall set aside from the general fund the sum of \$1,500.00 (three grants of \$500 each) at the beginning of each calendar year for the sole purpose of being awarded in the form of Qualified Grant Money to those Applicants meeting the following requirements:

A minimum of 2 years consecutive membership (in good standing) with the Midwest Dressage Association

4 hours of volunteer time documented with the MDA within the 12 months preceding the filing of a grant application

A letter of recommendation from one student

A letter of recommendation from a professional horseperson - (Trainer, Instructor or Judge)

Approved educational opportunities would include the following:

All clinics, seminars, and educational programs offered and or sponsored by the following Midwest Dressage Association, the United States Dressage Federation, United States Equestrian Federation. And those educational opportunities brought before and approved by the MDA Board of directors on a case by case basis.

Maximum grant to be awarded to any one person shall be limited to \$500.00

* Board may approve any grant request for less than the applied for amount.

No one person can receive more than one grant per calendar year.

Should said recipient fail to attend specified event all grant moneys are to be refunded to Midwest Dressage Association within 30 days after the date said event.

Additional funds may be placed and or added to the Professional Grant Fund through donations, fund raisers, etc.

- Terms & Conditions subject to change on an annual basis.

Midwest Dressage Professional Grant Work Sheet

Applicant Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone # _____ E-Mail: _____

Membership Years: _____

Volunteer Hours: _____ Event: _____ Date: _____

A letter of Recommendation from Student

Students contact information Name _____

Contact # _____

A letter of recommendation from a professional Horseperson

(Trainer- Instructor or Judge)

Sponsors Name: _____

Contact #: _____

Event Date: _____

Event Location: _____

Please describe the educational event:

How does this event help you achieve your riding goals?

- All requests should be filed 60 days prior to the event date, to ensure the MDA Board has time to review requests. Thank you.

Please Mail completed work sheets / requests to:

Will Davis II
9518 Brookway Ct.
Goodrich, MI 48438

Contact # 810 287 2011

MIDWEST DRESSAGE ASSOCIATION ESSAY CONTEST

This essay contest is open to all current MDA members.

One \$50.00 cash prize will be awarded to one winner in each of the following categories.

Jr./Young rider

Adult Amateurs

Professional Members

All submitted essays will be published in the MDA Newsletter.

Winners will be announced and awarded at the 2016 MDA Awards Banquet.

Essay Guidelines:

Submissions may be made Dec 1- 2015 through Nov 1, 2016

Essay Topic:

How Has Your Relationship with Horses Shaped Your Life?

Judging Criteria:

Originality, Creativity, Correct use of language, vocabulary, structure and spelling.
Appropriateness to essay topic

The Judge:

Is an established horse person who has worked with a broad range of ages, types and styles of horses, but has been mainly concentrated in the world of Dressage.
In addition to being highly respected in the dressage community, they are well spoken and well written.

Submitting an Essay:

you may E-mail to Barb Reis at barb@midwestdressage.com
or mail a hard copy to
Barb Reis
490 Rissman Lane
Ortonville, MI. 48462

MIDWEST DRESSAGE ASSOCIATION
2016 YEAR-END AWARDS RIDER REPORT FORM
SCHOOLING SHOWS
Due BY OCTOBER 1, 2016

NAME: _____ MDA# _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: (day) _____ (evening) _____

EMAIL ADDRESS: _____

HORSE'S NAME: _____

LEVEL (Intro, Nov. Horse, Nov Rider, Training, 1st, 2nd.) _____ (ONE LEVEL PER FORM)

DIVISION: OPEN Jr/Yg Rider Adult Amateur

Show name Date % age Judge

PLEASE SUBMIT THE **THREE HIGHEST SCORES** FROM 3 DIFFERENT JUDGES, FROM 3 DIFFERENT SHOWS. ONE SCORE MUST BE FROM THE HIGHEST TEST OF THE LEVEL. **THIS ALSO INCLUDES THE INTRO., NOVICE RIDER & NOVICE HORSE DIVISIONS.** SCORES MUST BE DATED BETWEEN OCTOBER 1, 2015 THROUGH SEPTEMBER 30, 2016.

PLEASE PRINT NEATLY! FORMS DUE BY OCTOBER 1, 2016

FOR EACH SCORE SUBMITTED YOU SHOULD INCLUDE A COPY OF THE FRONT OF THE TEST AND THE SCORE TAPE/SHEET. ALSO INCLUDE A **COPY OF YOUR MDA MEMBERSHIP CARD.**

IF YOU WON AN AWARD AND IT WAS FOR YOU, WHAT SIZE WOULD IT BE? (M F)
S M L XL

IF YOU WON AN AWARD AND IT WAS FOR YOUR HORSE, WHAT SIZE WOULD IT BE? _____ Example: 72" small horse

SUBMIT COMPLETED FORM TO:
MDA SCHOOLING SHOW AWARDS
C/O BETH SCHAUB
2415 LYONS ROAD
OWOSSO, MI 48867

The Midwest Dressage Association &



Are joining together in a Partners Program

The Midwest Dressage is participating in the fund raising program developed by Tribute Feeds. To get involved collect Tribute proofs of purchase from Tribute feed bags and mail them to us. We will receive:

- \$.25 for each bag proof of purchase
- \$10 for each ton of bulk feed purchased



Please forward your Tribute Horse Feed proof of purchase (off of the bags) or photocopies of invoices for bulk Tribute purchases. If you are submitting photocopied invoices, please black out any sensitive information like name, phone, and credit card info.

Submit proof of purchase tags to:

Midwest Dressage Association
C/O Michigan Equine Therapy
29193 Northwestern Hwy #540
Southfield MI 48034

MIDWEST DRESSAGE ASSOCIATION
2016 YEAR-END AWARDS RIDER REPORT FORM
RECOGNIZED SHOWS
DUE BY OCTOBER 1, 2016

NAME: _____ MDA# _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: (day) _____ (evening) _____

EMAIL ADDRESS: _____

HORSE'S NAME: _____

LEVEL (Intro, Training, 1st, 2nd.) _____ (ONE LEVEL PER FORM)

DIVISION: OPEN Jr/Yg Rider Adult Amateur

Show name	Date	%	Judge

PLEASE SUBMIT THE **THREE HIGHEST SCORES** FROM **3 DIFFERENT JUDGES**, FROM **3 DIFFERENT SHOWS**. ONE SCORE MUST BE FROM THE HIGHEST TEST OF THE LEVEL. THIS ALSO INCLUDES THE INTRO. DIVISION. SCORES MUST BE DATED BETWEEN OCTOBER 1, 2015 THROUGH SEPTEMBER 30, 2016.

PLEASE PRINT NEATLY!

FOR EACH SCORE SUBMITTED YOU SHOULD INCLUDE A COPY OF THE FRONT OF THE TEST AND THE SCORE TAPE/SHEET OR A PRINTOFF OF THE USDF SCORE LISTING. ALSO INCLUDE A **COPY OF YOUR MDA MEMBERSHIP CARD.**

IF YOU WON AN AWARD AND IT WAS FOR YOU, WHAT SIZE WOULD IT BE? (M F)
S M L XL

IF YOU WON AN AWARD AND IT WAS FOR YOUR HORSE, WHAT SIZE WOULD IT BE? _____ Example: 72" small horse

SUBMIT COMPLETED FORM TO:
MDA SCHOOLING SHOW AWARDS
C/O BETH SCHAUB
2415 LYONS ROAD
OWOSSO, MI 48867

Support the Midwest Dressage Association by shopping at AmazonSmile.com

What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from nearly one million organizations to support.

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

Which products on AmazonSmile are eligible for charitable donations?

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

How do I select a charitable organization to support when shopping on AmazonSmile?

On your first visit to AmazonSmile (smile.amazon.com), you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

Can I change my charity?

Yes, you can change your charity any time. Your AmazonSmile purchases after the change count towards your newly selected charity. To change your charity, sign in to smile.amazon.com on your desktop or mobile phone browser and simply select "Change your Charity" in "Your Account."

What charities can I choose from?

You can choose from almost one million eligible 501(c)(3) public charitable organizations.

What if my selected charity does not register to participate in the AmazonSmile program or becomes ineligible?

If an organization does not register to participate or becomes ineligible, you will have a chance to select a different organization and we will reallocate the donations accrued to other organizations receiving donations.

How much of my purchase does Amazon donate?

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. The purchase price is the amount paid for the item minus any rebates and excluding shipping & handling, gift-wrapping fees, taxes, or service charges. From time to time, we may offer special, limited time promotions that increase the donation amount on one or more products or services or provide for additional donations to charitable organizations. Special terms and restrictions may apply. Please see the relevant promotion for complete details.

Classified Ads

MDA Member
2 issues - FREE - 60 words
or less: -
\$10.00 - 60- 80 words
Non-member/ per 2 issues
\$20.00: - 60 words or less

Free member ads will run for
two issues only.

One free ad per member at
a time.

Submit Ad and payment by
15th of the month.

Website posting included.

Free Stable Listings: include
contact info, city and three
lines. Ads subject to editing.

Newsletter/Website Editor:
Barbra Reis
barb@midwestdressage.org
or 248-670-9031

Check payable to MDA
and send to:
Barbra Reis, 490 Rissman
Lane, Ortonville, MI 48462

Email ad to:
blondmane@gmail.com

Horses for Sale or Lease

Help Wanted

Your Ad Here!

Instruction and Training

Your Ad Here!

Tack for Sale

Stable Listings

Blue Water Farm
Pam Atkinson
5917 Curtis Road
Bridgeport, MI 48722
989-777-7471

Training to GP, Lessons,
Trailer in/School horses

Brilliant Reflection Farm
Brian & Barbra Reis
490 Rissman Lane
Ortonville, MI 48462
248-670-9031

blondmane@yahoo.com
www.brilliantreflectionfarm.
com

Lessons, Boarding,
Rehab for equine, Schooling
Shows, Turnout, Indoor/Out-
door arenas.

High Point Farm
Alison Allen
2394 Noble Road
Oxford, MI
248-410-0684
www.highpointdressage.com

All day turnout and quality
feed, stalls cleaned daily
Lesson plans available

Deisig Dressage
Janelle Deisig
7330 E. Curtis Road
Frankenmuth, MI 48734
989-598-6850
Janelledeisig@yahoo.com
www.deisigdressage.com

Dressage training, sales,
trailer in lessons

Far Gone Farm
Allison Gaughan-McNab
9923 Sharon Hollow Road
Manchester, MI 48158
734-276-8967
fgfsporhorses@yahoo.com

Boarding, Lessons Training,
Breeding, Sales

Freestyle Farm
Lisa Caloia BHS AI
1730 N. Oxford Rd.
Oxford, MI 48371
248-462-2949

Boarding, Lessons, Clinics
Oversized stalls, large grass
pastures, indoor and outdoor
arenas, heated groom room,
climate controlled observa-
tion room.

Lone Willow Farms
Ingrid Baranski
5781 Hessen Road
Casco, MI 48064
586-306-6275
www.lonewillowfarms.net

Reflection Arabians
Jim & Nancy Lapeer
3332 Lake George Road
Dryden, MI

Sky High Farm
1759 Smith Road
Lapeer, MI. 48446
248-890-2426
jenmaull@yahoo.com
http://skyhighfarm.vpweb.
com.

Boarding & Dressage Train-
ing

Summerwood
Teah Weyers Bankes
3589 Fenton Road
Hartland, MI 48353
248-887-3819 or 248-408-
7842.

Training - GP dressage.
Work with pony clubbers.

The Levy Farm
Shawn Ozker Ragsdale
2915 Casey Rd, Metamora,
MI 48455
248 318 0725
Training/ Lessons/Clinics,
Novice- FEI

Visual Equestrian LLC
Tonya & Carole Grant
5390 Pleasant Hill Drive
Fenton, Michigan 48430
248-219-0410

Dressage training, Sale
horses and ponies, Pony
program, Clinics ,Trailer in
lessons welcome

Will Davis Training Center
@Rattlewood Farms
Oxford, MI
810-287-2011

Boarding, Training, Lessons,
Clinics with international
trainers, home to MidMichigan
Dressage shows

Calendar of Events

September 2016

3-4 - MidMichigan Dressage Schooling Shows at Rattlewood Farms, Oxford, MI. <http://midmichigandressage.webs.com/>

10-11 - Wyn Farm Dressage Schooling Show. All prize lists and entry forms can be found at <http://www.wynfarm.com/showing.html> . 3100 Noble Road Williamston, MI 48895, Contact Person: Ilaria Elli (734-883-4500)

11 - Dressage Schooling Show at Rattle Run Farms, 7103 Gratiot Ave, St. Clair, Mi 48079, 810-367-6471, email: rattlerunfarms@gmail.com. All paper work and info is on web site: www.rattlerunfarms.com

Sept 14-15: George Williams clinic at Southview Farm. Auditors welcome. More information at www.sandytulldressage.com or contact Sandy at 810-397-0387 or ftull01@comcast.net

15 - GOV and Foal German Oldenbug Inspection at Visual Equestrian, Fenton, MI. For more information contact visualequestrian@gmail.com.

18 -Woodbine Dressage Summer Series, 9976 Liberty Rd. Chelsea, MI. Intro through Second Level plus Test of Choice and Western Dressage. Three show arenas (2 Large, 1 Small). Champion and Reserve awarded at each show (for each level) and Year End Awards Dinner in October. For more information please go to www.woodbinefarms.com or call 502-314-3411.

24 - Summer Series Dressage Schooling Show at BRF in Ortonville. Intro thru Second Level and Test of Choice. Visit www.summerseriesdressage.com for a Prize List and enter online at www.Horseshowoffice.com

28 -Will Davis Training Center will be hosting the ISR Oldenburg inspection at Rattlewood Farms, Oxford, MI. Contact Will at 810-287-2011.

October 2016

1 & 2 - MDA Fall Boot Camp. Contact Will at 810-287-2011.

8 & 9- Lauren Sprieser clinic at Southview Farm. Only two riding slots left! Auditors welcome. More information at www.sandytulldressage.com or contact Sandy at 810-397-0387 or ftull01@comcast.net

9 - Dressage Schooling Show at Rattle Run Farms, 7103 Gratiot Ave, St. Clair, Mi 48079, 810-367-6471, email: rattlerunfarms@gmail.com. All paper work and info is on web site: www.rattlerunfarms.com

16 - Justamere Equestrian Center schooling shows, Contact Kathy Biondo at 586-489-3020, kathysday@wideopenwest.com, www.justamere.info

22 & 23- George Williams clinic at Southview Farm. Auditors welcome. More information at www.sandytulldressage.com or contact Sandy at 810-397-0387 or ftull01@comcast.net

22-23- Musical Freestyle Design Clinic with Karen Robinson of Applause Dressage at Pepper Ridge Equestrian Center, Holly, MI. www.michigandressageclinics.com, www.greatlakesdressageclub.org & GLDC Facebook. Contact Gail Anderson 810.229.2694.

29 - Summer Series Dressage Schooling Show at BRF in Ortonville. Intro thru Second Level and Test of Choice. Visit www.summerseriesdressage.com for a Prize List and enter online at www.Horseshowoffice.com

29 - Tack Sale at Brilliant Reflection Farm, Ortonville, MI. \$10 for a table. Call 248-670-9031

November 2016

20 - MDA Annual Awards Banquet, Addison Oaks County Park, 11:30am - 4:30pm. See flyer in newsletter for more information.

Continued from Page 1

its that enhance the building blocks of good basic function and to develop proper strength around them. Optimizing the normal function of the human body instead of inhibiting it.

Start to pay attention to the positions you put your body into each and every day. Do you sit at your desk square, can you stand more, be aware of how you sit when you drive. Imbalances, flexibility issues and range of motion around normal hip motion can block the horses movement. When we sit all day we only encourage this behavior more. So look at ways to break up your sitting, can you spend 50% of your day standing or moving.

Look at ways to bring more mobility and flexibility into the body to help encourage normal range of motion. Its not that we need to be super flexible as riders, or be able to run marathons its just that you need to have healthy functioning evenly balanced hips with normal range of motion and a good level of fitness. So this requires some time put aside to care for your body off your horse.

The Dressage Foundation... *Making a Difference in the Dressage Community!*

Grants and scholarships are available for young riders, adult amateurs, instructors, trainers, groups, and more.

You can make a difference by helping us support dressage-related education across the country!

Dressage camp hosted by the Southwest Chapter of Virginia Dressage Assoc. Funding provided by The Dressage Foundation.



Visit www.dressagefoundation.org or call (402) 434-8585 to donate or learn more about available funding.

1314 'O' Street, Suite 305, Lincoln, NE 68508

Email: info@dressagefoundation.org

Donations of all sizes are greatly appreciated!





Midwest Dressage Association

Membership application

December 1, 2015—November 30, 2016

Membership Information: Renewal (MDA #): _____ New Member : _____

Name: _____ Date of Birth _____

Farm/Business Name: _____

Street: _____ City: _____ State: _____

Zip: _____ Phone: _____ Email: _____

Rider Status: Open Adult Amateur Junior/Young Rider (*Must be under 21 as of 12/1/2015*)

If a rider status is not selected, applicant will be considered as Open for all MDA purposes including year end awards. Adult Amateur status is limited to riders who meet the guidelines of USEF GR808.

Family Memberships: *Only the primary member will receive monthly newsletters and yearly directories.*

Name: _____ Date of Birth _____

Phone: _____ Email: _____

Rider Status: Open Adult Amateur Junior/Young Rider (*Must be under 21 as of 12/1/2015*)

Name: _____ Date of Birth _____

Phone: _____ Email: _____

Rider Status: Open Adult Amateur Junior/Young Rider (*Must be under 21 as of 12/1/2015*)

I would like to be listed in the MDA Directory with the following services:

Boarding Facility Training Facility Trainer (will travel) Judge Other: _____

Member these services apply to: _____

I DO NOT want my information printed in the MDA Directory

*All Members receive a membership card and lapel pin, monthly newsletters, a yearly directory, and a group membership to United States Dressage Foundation (USDF) for the membership year. **The effective date of membership is the postmarked date of the application.** MDA is not responsible for late, delayed, or misdirected mail. Please allow three weeks for processing of MDA application and USDF group membership.*

TOTALS: Adult Amateur/Open (\$51) \$ _____

Junior (\$41) \$ _____

Family Members (\$21 X _____) \$ _____

Non US Mailing address (add'l \$15) \$ _____

For Questions, please contact: Julie Fleming

membership@midwestdressage.org

I would like to donate to: (tax deductible) Please indicate amt.

Office Use Only:
PM: _____ CK: _____
AMT: _____

MDA Annual Awards \$ _____

MDA Educational Clinics \$ _____

TOTAL PAID: \$ _____

Please make checks payable to **MDA** and send to Julie Fleming, 9480 W. Grand River Rd., Fowlerville, MI 48836