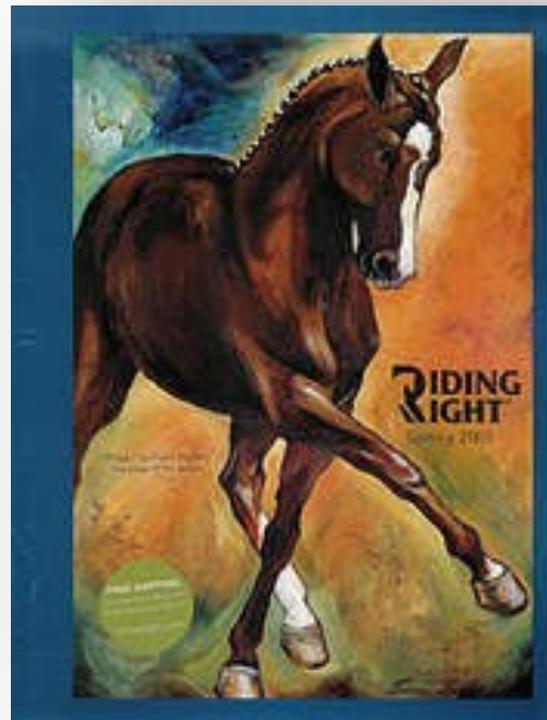


THE COLLECTION

The Monthly Newsletter of the Iowa Dressage and Combined Training Association

Inside this issue:

BOARD & CONTACT INFO	2
WHERE TO FIND FORMS	3
CALENDAR OF EVENTS	4
ROAD TO THE CHAMPIONSHIPS	7
MEMBERSHIP & HORSE NOMINATION LIST	12
EXERCISE OF THE MONTH	16
IN BRIEF	23



Special Points of Interest

- ◆ DIY Electrolyte Ice Cube Treats— pg. 9
- ◆ Suitable Summer Fruits for Horses— pg. 11
- ◆ Dressage at Tamarack II Show Results— pg. 15
- ◆ Improve Your Riding with Pilates— pg. 19



IaDCTA Board & Committee Information

BOARD MEMBERS

PRESIDENT

Robin Sprafka

rasprafka@aol.com

VICE PRESIDENT

Amanda Towery

amandatranquillo@yahoo.com

SECRETARY

Britni Taylor

Taylor.britni@gmail.com

TREASURER

Nena Denman

nkdenman@gmail.com

PJ Koehler

Pj_dressgebasics@aol.com

Amy Stoneking

iacowgirl@hotmail.com

Barb Zukowski

bluebam@netins.net

Melinda Antisdal

MGAJWF@aol.com

COMMITTEES

EDUCATION

PJ Koehler

Robin Sprafka

VOLUNTEER

Britni Taylor

Julie Moore

MEMBERSHIP

Nena Denman

FUNDRAISING

Sabrina Wright

Amanda Towery

Amy Stoneking

Britni Taylor

Barb Zukowski

NOMINATING

PJ Koehler (chair)

Robin Sprafka

Britni Taylor

Amy Stoneking

Amanda Towery

Nena Denman

Barb Zukowski

PUBLICITY/COMMUNICATIONS

Robin Sprafka

Katie Barrowcliff

SHOW

PJ Koehler

Carmen Pierce

AWARDS

Amy Stoneking

Amanda Towery

Sabrina Wright

Britni Taylor

Barb Zukowski

EVENTING LIAISON

Amanda Towery

YOUTH LIAISON

Camryn Norton

WEBSITE MANAGER

Rick Hildreth

middleriverranch@aol.com

COLLECTION EDITOR

Katie Barrowcliff

collectioneditor@hotmail.com

If you want to get involved in a committee, please contact one of the members listed!

PUBLISHING RATES for Clinics, Show Bills, & other ANNOUNCEMENTS

ANNOUNCEMENTS include clinics and shows. Member rates apply to clinics and shows sponsored by an individual IaDCTA member. Nonmember rates apply to clinics and shows sponsored by groups other than the IaDCTA.

CHANGE OF HAND is our classified advertising section. Each item is limited to a maximum of 20 words per month and each member is limited to 2 items per month.

CALENDAR OF EVENTS is our listing of local and regional events. It includes only the event name, date and contact information.

MARKETPLACE is our advertising for professionals and facilities. Submit any size listing for inclusion for the same rates as above. Ad placement will depend on size. A discount of \$10.00 per month applies to full page ads running for 6 consecutive months. Send all materials and announcements to:

Email: collectioneditor@hotmail.com

Mail: Katie Barrowcliff, 1330 44th St. Unit A, Marion, IA 52302

Please send payment for any submissions to Katie at the above address.

Materials are due by the 25th of each month and will not be printed until payment is received.

	Members	Nonmembers
Full Page	\$30.00	\$45.00
Half Page	\$25.00	\$35.00
Quarter Page	\$10.00	\$25.00
Business Card	\$7.00	\$15.00
Change of Hand	Free	\$5.00
Calendar of Events	Free	\$5.00
Marketplace	\$30.00	\$30.00
E-mail Blast	\$10.00	\$10.00



The following forms can be found
on the IaDCTA website
(www.iadcta.org):

- * Show Recognition Contract
 - * Membership Form
- * Betsy Coester Guidelines and Application
 - * Year-End Award Guidelines
 - * Sponsorship Form

*IaDCTA is a USDF
Group Member
Organization (GMO),
and all members are
automatically USDF
Group Members
(GMs). For USDF
Participating
Membership,
members must apply
directly to USDF.*

We're Online:

www.iadcta.org or

**visit our Facebook
page**



NEXT BOARD MEETING:

After the horse show at
Middle River Ranch
on August 12, 2017

Everyone is invited & encouraged to
attend!!

August 2017

MLEC Fantasy III Aug, 26-27, 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12 Dressage at Tamarack; Tamarack Stables, Anamosa, IA MRR/Dressage Basics Schooling Show; Middle River Ranch, Winterset, IA
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9 MRR/DB Dressage Schooling Show, Winterset, IA
10	11	12	13	14	15	16
17	18	19	20	21	22	23 MLEC Fantasy Finale, Cummings, IA
24 MLEC Fantasy Finale, Cummings, IA	25	26	27	28	29	30

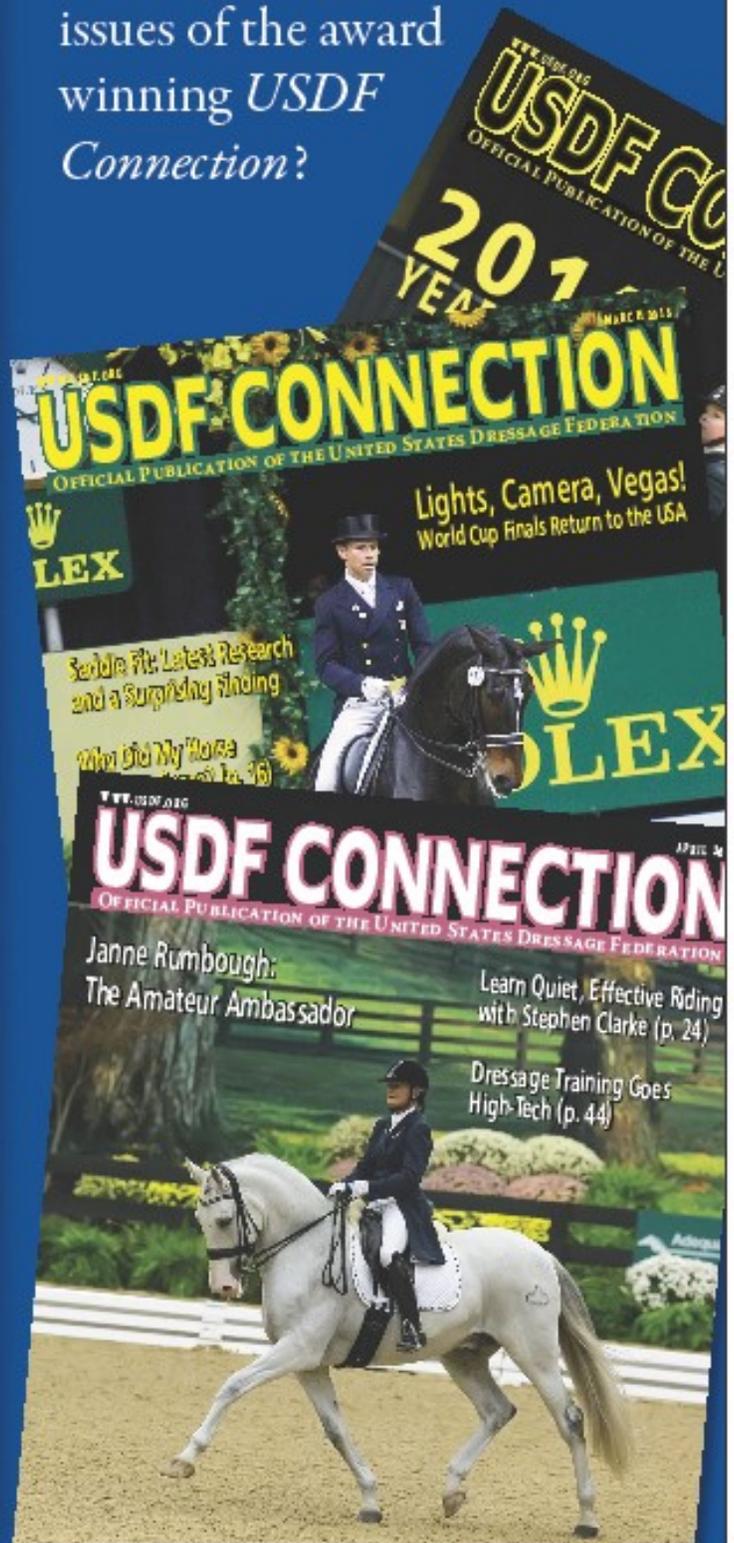
Did you know that as a member...

...you will receive complimentary issues of the award winning *USDF Connection*?



GMO
GROUP MEMBER ORGANIZATION
USDF

YOUR CONNECTION TO THE LOCAL DRESSAGE COMMUNITY



Iowa Dressage and Combined Training Association's 2017 Road to the Championships

April 22-23, 2017- Laura Rietveld Eventing Spring Show; Leighton, IA

May 6-7, 2017- Fantasy I; MLEC, Cummings, IA

May 27-28, 2017- Iowa Arabian Mayflower Dressage & Sport Horse Show; IA State Fairgrounds, Des Moines, IA

May 28, 2017- Catalpa Corner Spring Show; North Liberty, IA

June 10, 2017- - Dressage at Tamarack; Tamarack Stables; Anamosa, IA

June 10-11, 2017- Maffitt Lake Dressage Classic I & II; MLEC, Cummings, IA

June 17, 2017- MRR/Dressage Basics; Middle River Ranch; Winterset, IA

June 24-25, 2017- Fantasy II; MLEC, Cummings, IA

July 8, 2017- - Dressage at Tamarack; Tamarack Stables; Anamosa, IA

July 22-23, 2017- Fantasy III; MLEC, Cummings, IA

July 29-30, 2017- Two Rivers Dressage Classic I & II; MLEC, Cummings, IA

August 12, 2017- Dressage at Tamarack; Tamarack Stables; Anamosa, IA

August 12, 2017- MRR/Dressage Basics; Middle River Ranch; Winterset, IA

September 9, 2017- MRR/Dressage Basics; Middle River Ranch; Winterset, IA

September 23-24, 2017-Fantasy Finale; MLEC, Cummings, IA

Championship Shows

September 23, 2017- COMBINED TRAINING AND EVENTING CHAMPIONSHIPS; Middle River Ranch; Winterset, IA

October 21-22, 2017- DRESSAGE CHAMPIONSHIPS; Ellsworth Community College; Iowa Falls, IA

Nominating Your Horse

If you have not nominated the horse that you want to show this year, you can do so by going to www.iadcta.org and clicking on the link on the homepage. The nomination fee is \$10.00, and along with 7 hours of volunteer time, you will be eligible for year end awards. You will not be able to use any scores from an IADCTA recognized show received prior to nominating your horse. If you have already nominated your horse when you renewed your membership or signed up as a new member, you are good to go. Any questions, contact Richard Hildreth at 515-205-2249 or MiddleRiver-Ranch@aol.com.

DIY ELECTROLYTE ICE CUBE TREATS FOR HORSES



Depending on your climate, you may need to supplement your horse with electrolytes. If you are lucky, your horse will love the supplements you buy, but some horses are not tremendously excited about the flavor or texture or both. We have some suggestions how to make your very own DIY Electrolyte Ice Cube Treats for Horses.

Electrolytes are not cheap and are not always the best solution for supplementing your hot horse. If you are looking for alternatives, we got some suggestions. There are some yummy treats you can make for your horse. They are much tastier and you get two benefits, or three. You supply the electrolytes, you give a tummy treat and you hydrate your horse.

Only the sky is the limit. Experiment with different tastes, fruits, veggies and ways to make those treats.

One of our favorites are the ice cube options. You can simply take a tasty treat such as an apple, cut it up in pieces, place the fruit pieces in an ice cube tray (you may find trays for bigger than standard ice cubes or use cookie or candy forms), add water and freeze.



How about cutting up some of your horse's favorite veggies? Cut into pieces and freeze in tray with some added water. Looks and tastes delicious.



Another option is to mash up veggies or fruit to baby food consistency, fill your trays and freeze. These are some favorite treats your horses will surely enjoy.



Next, you can try juicing. Same concept. Fill your juice into trays and freeze. The same can be done with sports drinks, electrolytes or water with added sports drink mixture (cheaper).



If you want to get really fancy, you can make some popsicles with any of the options from above. This option is great because the treats are bigger. Just don't use the stick, only the form.

A list of suitable summer fruits for horses



Inexpensive and animal preferred

Slice fresh fruit into bite-sized chunks for inexpensive and tasty summer horse treats.

Summer also means a plethora of fresh fruits that horses enjoy. Here is a list of acceptable fruits for horses. Keep in mind that mass quantities of anything is not healthy nor should it take the place of a balanced diet.

Apples, Apricots
Bananas, Beets, Blackberries, Blueberries
Carrots, Celery, Cherries, Coconut, Corn
Dates
Figs
Grapes, Grapefruit
Lettuce
Mango
Orange
Peach, Pear, Pineapple, Plums, Pumpkins
Raisins
Watermelon

You can make a fruit salad and freeze it in a horse bucket. Once frozen, empty from the bucket, and place in a deep feeding pan. Let the horses lick and chew their way through the "Bucket Popsicle". Or you can simply place a small amount of the fruit salad in the feeding pan and let them eat it. You can buy a large watermelon, cut it into strips (rind included), and place it in ground pans and let them munch away.

Members and Horse Nominations 2017

Updated 7/13/2017

*Rookie- First year of IaDCTA or USDF GMO membership

Junior Member

Numbers are supplied to the best of current knowledge

Member	IaDCTA #	USDF #	Horse Nomination
05/02/17 Amanda Ahrens*	10502	216224	
05/07/17 Rhea Allen	10411	201898	05/07/17 Faith Bar Dee 05/07/17 Super Scotch Mollee
12/16/16 Linda Anderson	10476	153204	
12/01/16 Melinda Antisdell	10189	43022	
04/27/17 Natasha Arritt*	10500	215857	
04/23/17 Mandy Aschoff*	10415	215855	04/23/17 Friendly Glide/TB
04/25/17 Connie Avis	10236	179292	04/25/17 Nys Fane Hoogheland
12/01/16 Nicole Ayers	10469	211669	05/31/17 Never Rule Me Out
01/08/17 Danielle Baker	10334	190130	01/08/17 Mystique
01/06/17 Katie Barrowcliff	10338	179287	
02/11/17 Samantha Bell	10455	210198	02/11/17 Tex
05/29/17 Cate Brown*#	10507	216698	05/29/17 Babe
12/01/16 Kathryn Butterfield#	10435	209722	12/14/16 Buck
12/03/16 Amy Cone*	10475	209722	
05/01/17 Diana Coughlin	10501	164182	
02/20/17 Debi Crews*	10482	214558	
02/20/17 Gary Crews*	10503	family	
12/01/16 Mary Curran	10108	17057	
12/01/16 Nena Denman	10111	7624	
03/12/17 Kelly Derry*	10493	215229	03/12/17 Oklahoma
12/01/16 Deb De Vries	10110	39149	
03/30/17 Lauren Doty#*	10496	215746	03/30/17 Boy Blue
05/29/17 Julia Dudgeon	10508	216699	
12/01/16 Rhiannon Dudley-Lucas	10360	43389	12/01/16 Built to Win
12/01/16 Mala Erickson	10413	167003	
04/18/17 Amanda Fales-Williams	10497	193849	04/18/17 Huckleberry Finn
12/01/16 Carmela Feldman	10325	177741	
12/01/16 Leonard Foley	10167	family	
12/01/16 Molly Foley	10168	family	12/01/16 Athaena*M*/ATA
12/01/16 Patricia Foley	10169	12072	12/01/16 Aragonn/ATA 07/03/17 Athaena "M"/ATA
12/31/16 Pamela Gillam	10436	209724	
01/23/17 Sharon Greif	10480	190138	
05/15/17 Kate (Katherine) Halstrum#*	10505	216483	05/15/17 Bob 05/27/17 George
02/20/17 Judy Hand*	10483	214559	
02/20/17 Mary Hanson	10484	161944	02/20/17 Cat 02/20/17 Mouse
12/01/16 Jane Heck	10258	164175	

02/02/17 Sharon Scandrett Hibdon	10440	176846	
12/01/16 Richard Hildreth	10468	family	
04/26/17 Libby Hott	10343	family	
04/26/17 Timmy Hott	10342	191269	
01/08/17 Deborah K. Johnson	10329	177713	01/08/17 H. Eros
01/02/17 Loline Johnson	10160	42920	01/02/17 Vienna
07/08/17 Hannah Jungling	204089	10444	07/08/17 Ghiradelli 07/08/17 Bella Noche
04/26/17 Alyson Kalsem#	10499	183079	04/26/17 Cufflinks
02/27/17 Daniele Kalsem	10488	183080	04/25/17 Luvabull Heiress/TB TIPP
02/27/17 Michele Kalsem	10487	42849	04/25/17 Mr. Pappagiorgio/TBTIPP
01/08/17 Kelly Kaut	10478	192567	01/08/17 Magic Victory
12/01/16 Pamela Koehler	10176	5260	01/08/17 This Magic Moment 01/08/17 Taking Chances
12/01/16 Tom Koehler	10177	family	01/08/17 Rowdy Yates 01/08/17 ThreezaCharm
03/30/17 Elizabeth Kraayenbrink*	10471	215854	04/30/17 Nothing Artificial/AQHA
06/16/17 Julie Kuhle	10130	43616	06/16/16 Orion
02/20/17 Carol Linnan	10131	59959	01/13/17 Forbes Gunner
06/13/17 Meaghan Marinovich*	10510	216704	
05/22/17 Noelle McClain	10504	216484	05/22/17 Blitz
05/29/17 Maleah McGrew*#	10509	216703	05/29/17 Dottie
03/08/17 Paula Meyer	10135	45060	03/08/17 Bravissimo
02/15/17 Elizabeth Miller*	10481	214560	
01/17/17 Jennifer Moore*	10479	213961	
02/10/17 Julie Moore	10211	174914	05/18/17 Sweet Chief
05/29/17 Katie Mulbrook#	10465	216702	05/28/17 Horizon
02/01/17 Camryn Norton#	10448	185025	02/01/17 Coyote's Royal Gal
02/01/17 Lyndon Norton#	10449	family	02/01 17 Hannah Montana
01/19/17 Tracy O'Dell	10437	73994	
02/02/17 Lindsay O'Regan*	10489	215228	
03/12/17 Connie Otto	10492	176238	03/12/17 Panoramic
12/01/16 Lois Pienkos	10430	26700	06/20/17 O'Shamu Moon
02/20/17 Carmen Pierce*	10485	214562	02/20/17 Addie's Edge
01/08/17 Katie Poling*	10477	214259	
01/01/17 Deb Pulver	10145	43687	
05/18/17 Autumn Rathjens#*	10464	216485	05/18/17 Stage Skips Encore
03/17/17 Laura Rietveld*	10495	132117	
12/04/16 Catherine Ross-Garron	10422	206061	
05/23/17 Sherrill Scott	10310	164176	05/23/17 Bonnie Lass
12/01/16 Robin Sprafka	10467	120147	04/26/17 Arthur
02/11/17 Carie Steinkamp*	10486	214564	02/11/17 Tempo Five
11/28/16 Camie Stockhausen	10154	30347	
01/08/17 Amy Stoneking	10459	210199	01/08/17 JP Shot of Whiskey
01/05/17 Heather Swarinski	10439	102379	04/26/17 WRA Maverick Ace 04/26/17 WRA Striken Gold
11/30/16 Tamara Swor*	10474	67335	

03/16/17 Trudy Tatum	10157	39202	
01/08/17 Britni Taylor	10457	210200	01/08/17 Italian Monarch
12/15/16 Amanda Towery	10451	204621	01/08/17 Lady Kee 01/08/17 Loki's Got Tricks
01/08/17 Alyvia Tranquillo (Towery)	10452	family	01/08/17 Dakota
03/12/17 Sally Tracy*	10494	215226	03/12/17 WildwycheBannedinBoston
12/11/16 Derith Vogt	10309	114270	01/08/17 Carolyn's Courage/TBTIP 04/26/17 Helen Poco Blackburn
12/01/16 Meredith Watters	10161	8879	
03/12/17 Tristen Wigg #	10377	195620	03/12/17 Aba Daba Go 03/12/17 Cricket
04/18/17 Laurel Williams#	10498	193848	04/18/17 Huckleberry Finn
07/05/17 Katherine Wilson	119684	10252	07/05/17 Walmondo OSF
01/08/17 Heather Wilson-Roller	10472	105177	01/08/17 Moon 01/08/17 Leah 01/08/17 Bonnie
03/02/17 Sabrina Wright	10352	192566	03/02/17 Swedish Dala 03/02/17 Mattie
02/11/17 Lou Ann Wulf	10380	42836	02/11/17 Busy Kitty 02/11/17 Zoom Zoom
12/01/16 Barbara Zukowski	10166	16104	

Dressage at Tamarack II Show Results

RIDER	HORSE	DIVISION	LEVEL	TEST	SCORE
SPORT HORSE CLASS					
Michelle Blackler	Bliss Oak Celestine	OPEN	IN HAND	SPORT HORSE	80.4
Hannah Jungling	Bella	OPEN	IN HAND	SPORT HORSE	79.3
Melissa Hofmeister	Spyder	AA	IN HAND	SPORT HORSE	79.8
Derith Vogt	Helen	Vintage	IN HAND	SPORT HORSE	74.8
INTRO A					
Julia Dugneon	Dottie	Under 14	Intro	A	73.125
Maleah McGrew	Dottie	Under 14	Intro	A	69.6875
Cate Brown	Babe	Under 14	Intro	A	69.06
Autum Rathjens	Stage Skip's Encore	Under 14	Intro	A	67.1875
INTRO B					
Maleah McGrew	Dottie	Under 14	Intro	B	71.25
Julia Dugneon	Dottie	Under 14	Intro	B	69.0625
Autum Rathjens	Stage Skip's Encore	Under 14	Intro	B	67.5
Cate Brown	Babe	Under 14	Intro	B	64.06
Katie Mulbrook	Horizon	JR/YR	Intro	B	69.687
Kathryn Butterfield	Buck	JR/YR	Intro	B	67.81
INTRO C					
Emma Frimml-Morgan	Borias	AA	Intro	C	68.5
Megan Denny	Loud Bridge Louis	AA	Intro	C	67.775
Madison Givens	Pinch of Spice	AA	Intro	C	59
Sandra Ross	Jake	AA	Intro	C	58.5
Hannah Jungling	Jake	OPEN	Intro	C	69
TRAINING 1					
Megan Denny	Loud Bridge Louis	AA	Training	1	66.739
Justin Bisinger	Nigel	AA	Training	1	56.73
Madison Givens	Pinch of Spice	AA	Training	1	55
Kathryn Butterfield	Buck	JR/YR	Training	1	67.17
Katie Mulbrook	Horizon	JR/YR	Training	1	64.34
TRAINING 2					
Lou Ann Wulf	Soul Delight WRF	OPEN	Training	2	67.08
Sydney Burlage	Tuc	JR/YR	Training	2	63.65
Kathryn Butterfield	Buck	JR/YR	Training	2	63.07
Katie Mulbrook	Horizon	JR/YR	Training	2	62.88
TRAINING 3					
Derith Vogt	Carolyn's Courage	Vintage	Training	3	72.27
Kelsey Jenkins	Rio Chama	AA	Training	3	72.95
Jane Heck	Darius	AA	Training	3	68.63
Amy Cone	Al Ibriz	AA	Training	3	63.18
Lou Ann Wulf	Quickerthanliquor WRF	OPEN	Training	3	64.43
Lou Ann Wulf	Soul Delight WRF	OPEN	Training	3	64.09
Kathryn Butterfield	Buck	JR/YR	Training	3	65
Katie Mulbrook	Horizon	JR/YR	Training	3	61.36
FIRST 1					
Kelsey Jenkins	Rio Chama	AA	First	1	64.62
Jane Heck	Darius	AA	First	1	66.48
Lou Ann Wulf	Quickerthanliquor WRF	OPEN	First	1	64.81
FIRST 2					
Derith Vogt	Carolyn's Courage	Vintage	First	2	66.87
FIRST 3					
Amy Cone	Al Ibriz	AA	First	3	62.5
SECOND					
Lou Ann Wulf	Busy Kitty WRF	OPEN	Second	3	61.46
THIRD					
Lou Ann Wulf	Busy Kitty WRF	OPEN	Third	1	64.8484
USEA TRAINING					
Elle Choate	Paddrick	JR/YR	USEA Training	A	66.42
FREESTYLE					
Lois Pienkos	O'Shamus Moon	AA	First	FREESTYLE	66.9

Turns on the Square B

Benefit: This exercise is similar to the previous one. It can be done in conjunction with it or alone.

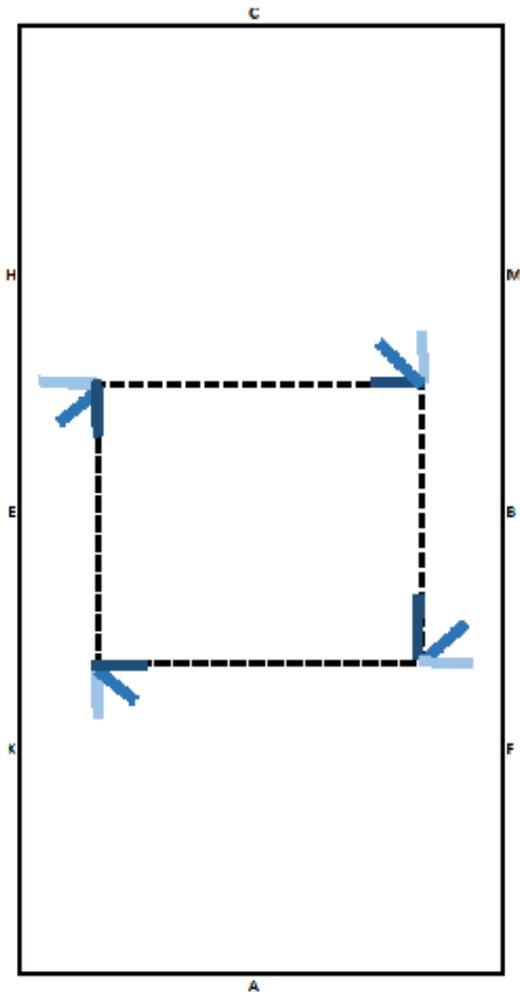
How do I ride this?

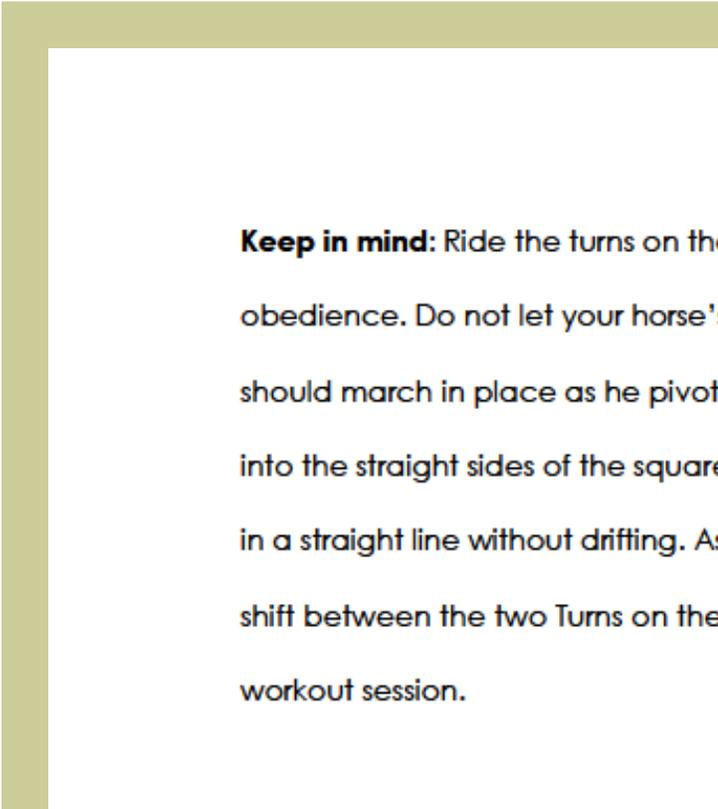
1. Begin in working walk around a 15-meter square.
2. At each corner, come to a balanced halt.
3. To make the corner, ride a quarter turn on the forehand.
4. Ride to the next corner.
5. Repeat the quarter turn on the forehand at every corner.
6. Practice in both directions. When the exercise is confirmed at the walk, ride the same pattern in trot.

Key

Working walk 

$\frac{1}{4}$ turn on forehand 





Keep in mind: Ride the turns on the forehand with attention to obedience. Do not let your horse's front legs creep forward: they should march in place as he pivots. When coming out of the turn into the straight sides of the square, make sure that your horse moves in a straight line without drifting. As your horse advances, it is useful to shift between the two Turns on the Square exercises during the same workout session.



Have an exercise you like to do with your horse? Send it to collectioneditor@hotmail.com and be a part the Collection!

Improve Your Riding with Pilates

By Katie Barrowcliff

Do you ever get frustrated that your horse won't respond to your commands properly? Or do you have trouble keeping a stable seat? How about feeling unusually sore and tired after riding?

Our bodies can become imbalanced over time, based on our physiology, posture, and lifestyle. Other types of exercise, the amount (and quality) of sitting at work, and how you move in general can directly affect how you function on your horse. Rounded shoulders, tightness and curving in the lower back, along with tight hamstrings are the results of these asymmetries that affect our movement and alignment.

If only there was a way to fix these issues. Oh, dear rider, but there is. How about Pilates?

"Pilates? What's that? How could that possibly help me?" you ask. We expect our horses to be fit and able to do the work necessary for dressage, but what about ourselves? Shouldn't we try to get in shape, so we can help them without getting tired?

Choosing Pilates as an exercise program can benefit in many ways. Overall, the exercises are designed to increase your body awareness and improve your balance, flexibility and strength. Other benefits, in general, include:

- Lengthening the spine and strengthening the core to stabilize the body during movement.
- Strengthening the abdominals.
- Increasing leg and body length.
- Increasing hip independence.

Specific benefits for riders include:

- Creating a deeper seat and enhancing the suppleness of the lower back.
- Improving posture to help deepen the seat in the saddle.
- Avoiding collapsing and bouncing in the saddle.
- Being able to better absorb a horse's movement.
- Maintaining a neutral pelvis to follow horse's movements easier.
- Helping clarify aids and being able to hold jumping form.
- Having the ability to freely and gently move arms and legs around a stable base.
- Increasing comfort during and after your ride.

-
- And best of all, having your horse respond to your commands and being confident in your ability with a more trusting riding relationship.

Here are five ways how doing Pilates can improve your riding:

1. **Relaxation:** Being aware of tension and knowing how to release it is an important part of Pilates practice. Riding without tension can ensure that you will be in tune with your horse and can communicate clearly with him
2. **Alignment:** Pilates aims to align your body correctly so all the systems within it can function properly. In order to communicate clearly with your horse, you need to be aligned correctly in the saddle.
3. **Breathing:** Much of Pilates practice focuses on breath and using a breathing method to strengthen the abdominals and energize the body. Using proper breathing while riding can help ensure you move with your horse.
4. **Focus and Precision:** By isolating sections of your body while riding, you can learn to independently apply your aids and learn good timing while maintaining a proper position in the saddle. Pilates does this by teaching you to focus on the different body parts to gain the maximum benefit from the exercises.
5. **Control and Stamina:** In order to influence your horse's balance and movement, you need to be able to maintain your position without thinking about it and have control over your body. This can be accomplished through Pilates by learning to be aware of muscle control and building muscle endurance.

Try the following exercises at home for a few days and see if you can feel a difference.

"The muscles around your pelvis and hip joints can go into low-grade spasm as a protective mechanism, wreaking havoc with your riding position," says Pilate's expert Lindsay Wilcox-Reid. "You may not even be aware of this, yet the far-reaching effects through your back and shoulders can cause twisting, tilting and an inability to maintain an elastic contact. These preparatory exercises are designed to be used before starting Pilates to 'normalize' your fundamental pelvic and spinal mechanics. For each exercise, sit in a seat or chair with your legs hip-width apart."



For the glutes: "Lift your knee up towards your chest and clasp your hands behind your thigh to support the weight (pictured left). Using only

20% of your maximum possible effort, press your thigh downwards into your hands without allowing your hands to be moved. Hold for 20 seconds. Let the leg go and place your foot on the floor for a few seconds, before repeating three times. Then complete the four sets with your other leg.”

For the piriformis muscles (at the side of your hips): “Cross your left ankle over your right thigh, just above your knee, and place your hand on your left knee (pictured below). Using only 20% of your maximum possible effort, press your ankle into your thigh and simultaneously push your knee upwards into your hand — without allowing your hand to be moved. Hold for 20 seconds. Release the pressure, uncross your leg and gently wiggle it for a few seconds before returning to the starting position to repeat another three times. Now cross your right ankle over your left thigh and repeat all four sets.”



Are you curious now? If your curiosity is piqued, and you want to improve your riding, fitness level, and relationship with your horse, contact IaDCTA member Deb Pulver at 515-240-5843 or debpulver27@gmail.com. She is trying to get a Pilates program together for riders and their horses. Kerry Picken has a programs that she uses for students of Scott Hassler and Michael Klimke. While not a trainer for horses, she can help fix any problems you have on your horse. Lessons are \$150 and includes an on the ground group Pilates lesson in the morning with individual lessons on your horse in the afternoon. If you have at least 4 people she can come to your barn and can do up to 8 lessons a day. Check Kerry out at www.centergy3.com.

Or pick up a DVD from the store or your local library, grab some friends, and explore the benefits of Pilates on your own. After all, you have nothing to lose and tons to gain.

Become a member today and stay connected with your local dressage community!

By joining, you also gain full access to an extensive online database dedicated to dressage education.



YOUR CONNECTION TO THE LOCAL DRESSAGE COMMUNITY



laDCTA Mission Statement:

To encourage & support interest in dressage & combined training by providing:

- ◇ Educational Opportunities
- ◇ Competitions
- ◇ Information
- ◇ Acting as liaison with USDF & USEA
- ◇ Marketing of all laDCTA activities throughout the state & region.

In Brief

Letters to the Board— laDCTA is welcoming its *Collection* readers to submit any concerns or kudos to collectioneditor@hotmail.com.

Change of Hand— Due to members not notifying editor when items sell, all items will run for two months and then be removed unless member notifies *Collection* editor.

laDCTA and The Collection do not accept responsibility for statements or claims made by advertising placed in this publication. Signed articles represent the opinions of the writer and not necessarily those of the publication or laDCTA.