



# *Extensions*

*Monthly Newsletter published by*

**The Connecticut Dressage & Combined Training Association, Inc.**  
**June 2009**

## **USDF Instructors Certification Workshop: ~From a P.I.'s Perspective~**

**By Jennifer D. Ford, P.I.**

No, P.I. doesn't mean Private Investigator. In my case it means a USDF Participating Instructor. "What is a USDF Participating Instructor?", you might ask. A P.I., in Dressage terms, is someone who aspires to become a USDF Certified Instructor. In doing so, you must apply and, if accepted, participate in three workshops: Lungeing, Riding and Teaching. Once you have successfully completed those workshops, you begin preparation for a Pre-Certification or Mock Testing. If that goes well, you apply to take the Certification. Becoming a USDF Certified Instructor is a long, expensive and hugely educational process. Here are some of my experiences from the three workshops I've attended.

### **Part I – The Riding Workshop – March 2008**

I attended my first workshop in Long Island at Blue Ribbon Farms in March of 2008. This workshop was the riding workshop and was taught by Melanie Tenney. If you don't know Melanie, she is a wonderful, encouraging teacher and very knowledgeable. I learned so much from her during this workshop. The format for the riding workshop on the first day is a morning lecture, then a demo-ride, the P.I.s then ride their familiar horse and on the second day, the same format, but this time you ride an unfamiliar horse

During your ride, you do the following: 1) tack and safety check, 2) warm-up the horse for 15 minutes – walk, trot, canter in both directions, 3) discuss the horse with the workshop leader, what is the horse's stiff side, hollow side, horse's weaknesses, strengths etc. 4) discuss what exercises you are going to do to improve the horse, 5) demonstrate and put into action the exercises you discussed, 6) give another evaluation to the workshop leader about whether or not you made any improvements in the horse.

Keep in mind that this all takes place in a 45-minute session, in front of all the other P.I.s and all the auditors. Quite an intimidating scenario, if I say so myself.

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## CDCTA Board of Directors

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**Sunshine Fund** Kristin Elliott Leas  
[EquineInsight@gmail.com](mailto:EquineInsight@gmail.com) 860-510-2262

## 2009 Activities Calendar

### July

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**19** - CDCTA Schooling 2-phase at Mystic Valley Hunt Club. Contact Donna Legere: [bandit@99main.com](mailto:bandit@99main.com)

**25 & 26** - Riding Workshop Training with: Vicki Hammers-O'Neil (USDF Instructor Certification Faculty) Ann Guptill (USDF Instructor Certification Faculty). Contact: Jennifer Ford [jdford@optonline.net](mailto:jdford@optonline.net)

### August

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**22 & 23** - Sally Cousins stadium and cross country clinic at Town Hill Farm. Contact Beth Libby [bether11@mac.com](mailto:bether11@mac.com).

### October

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**4** - Recognized dressage show at Carbery Fields in Lebanon, CT. Contact: Elizabeth McCosh-Lilie [emccosh@snet.net](mailto:emccosh@snet.net), secretary: Chris Curcio ([Ccurcio@covantaenergy.com](mailto:Ccurcio@covantaenergy.com)).

**CDCTA Board Meetings are the third Tuesday of the month.  
They are held at the DeKoven House in Middletown at 7:30 p.m.  
All members are welcome.**



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At the end of each session, you receive a Participant Evaluation Form which has been filled out by the workshop leader. Your performance is rated by (E) Excellent, (G) Good, A (Average), (M) Marginal, (U) Unacceptable. You are rated on your tack/safety check, participant turnout, rider's seat and position, rider's effectiveness, correct/classical methods, demonstration of objectives. You are also rated on your discussion with the faculty examiner; how accurately you assessed the horse's strong/weak points and how appropriate your prescription for horse's future schooling was.


My own experience during the riding workshop was a positive one, although I discovered that I am quite hard on myself. I rode two very different horses, who were also very different from the typical horses I ride (smaller sized horses, OTTB, and re-training/project horses). Since I haven't owned a horse for several years, both of my rides were on unfamiliar horses.

On Day 1, I rode a big, beautiful Friesian-cross who had experience through First level, but was known as somewhat of a tough ride. Luckily I was able to get to know him with a quick ride the night before the workshop, otherwise I would have been in for a big surprise. He balked, kicked out, and had no desire to go forward. It took quite a while to have a rideable horse and I still had to work really hard.

The second horse I rode was a very tall and long Palomino Warmblood who had been shown through Fourth level. He was more of a schoolmaster type, however, my 5'3" , post-children frame is just not used to riding these big-moving, Warmblood horses. I did fine on him, but was disappointed with my performance.

I learned that I really need to work on becoming more secure in my seat. A positive that I came away with was a the ability to ride a strange horse for the first time and confidently evaluate it, learn how to improve it and come up with appropriate training exercises.

I definitely have become a much more confident rider since the riding workshop and continue working on my seat issues with lots of stretches, leg exercises and strengthening exercises.

The Riding Workshop was such a great experience, thanks to Melanie Tenney, Blue Ribbon Farms and all the great people I met during our stay. The weather could have cooperated with us a little better as we were FREEZING for the ENTIRE weekend, but we kept warm with blankets, coolers, etc. Next Month: Part II – Lungeing Workshop – September 2008 – warm weather at last.... 



For more information on the USDF Instructor Certification Program:  
<http://www.usdf.org/education/instructor-certification/index.asp>



## CDCTA Schooling Show at Mystic Valley Hunt Club

On Sunday, July 19<sup>th</sup>, the CDCTA will be holding its summer Dressage and Combined Test Schooling Show at Mystic Valley Hunt Club. This is a beautiful facility that offers riders a great opportunity to compete. We will run the dressage ring, while at the same time run the stadium jump course. This allows us to include more riders in the show.

CDCTA dressage scores can be used for qualifying for year-end awards in several programs. First, of course, is that they qualify for CDCTA year-end awards. The scores also qualify for Connecticut Dressage Association (CDA) awards and for Northeast Regional Adult Amateur Dressage Championships (NRADC).

There will be a food concession on the grounds during the show and there will be a photographer to capture those great moments during your ride. Mystic Valley Hunt Club will make stalls available for day use at \$35 per stall. There is ample parking available for riders and spectators.

For those combined test riders who are looking for something extra, you can also schedule a cross-country lesson on the day of the show. Ann Bowie, who teaches at MVHC, has made time available for lessons on the MVHC cross-country course. The fee for the cross-country lesson is \$55, payable to MVHC. Where else in this economy could you truck your horse in once and schedule a great day of competition and schooling at an affordable price.

CDCTA appreciates MVHC for making their beautiful facility available to us for the July show. Those wonderful breezes coming off the Connecticut shores will make this the best place to compete during the heat of the summer. Registration opens June 8, 2009, so get your registration form, your Coggins Test and Rabies, ready to mail off. We hope to make this a great summer show.

Oh, by the way, those of you who won't be able to ride that day, we will need volunteers! **U**

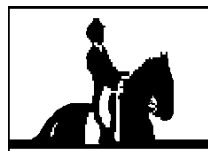
### CDCTA Looking for a New Rider for Ernie!

By: Sue Wierzbicki

Years ago former Board Member Mary Schmitt, upon her untimely death from cancer, donated her horse Ernie to the CDCTA. Her purpose was to give a deserving young rider the opportunity to further their abilities and have a chance to compete at a level they may never have achieved otherwise.

Every three years, the Ernie Committee gets together to choose a new rider. That time is fast approaching and we wish to encourage all riders who qualify to submit an application for consideration. The requirements to apply for Ernie are as follows: the rider must be 21 years of age or younger, must be a member of the CDCTA, must be willing to volunteer at various CDCTA events held throughout the lease period, must be willing to submit written updates and photos upon request of the Ernie committee, and must live in Connecticut.

Keep your eyes open for the application form that will soon be available in the CDCTA newsletter and online at [www.CDCTAonline.com](http://www.CDCTAonline.com). If you have any questions regarding Ernie or the application process, please feel free to call Sue Wierzbicki at (203) 809-2234 or by e-mail at [SUSIELL@HOTMAIL.COM](mailto:SUSIELL@HOTMAIL.COM) **U**



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## CDCTA Schooling Dressage and Combined Test

July 19, 2009

Mystic Valley Hunt Club 645 Long Cove Rd Gales Ferry, Ct

Judge: Kari Allen (L)

This show will count as a qualifier for the Northeast Regional Amateur Adult Championships.

Secretary: Selby Wajcs  
18 Charlie Circle  
South Windsor, CT 06074  
sbwajcs@cox.net

Organizer: Donna Legere  
860-642-4418  
bandit@99main.com

### Class List:

#### Dressage:

USDF 2007 Introductory Tests A-B  
USEF 2007 Training Level 1-4  
USEF 2007 First Level 1-4  
USEF 2007 Second Level and above (state test to be ridden)

#### Combined Test:

Walk-Trot/cross rails – 18” (USDF WT test 2)  
Elementary – 2’ (Beginner Novice Test A)  
Beginner Novice – 2’6” (Beginner Novice Test A)  
Novice – 2’11” (Novice Test B)  
Training – 3’3” (Training Test B)

**Fees:** Dressage: \$25 – CDCTA member; \$30 – non-CDCTA member per Test  
Combined Test: \$50 – CDCTA member; \$55 – non-CDCTA member per Test

**Checks payable to:** CDCTA (No refunds after closing date - one week prior to show)  
Limited stalls available through MVHC @\$35 Cross Country lessons available during the day. Fee is \$55 Checks payable to MVHC. Sign up with your show entry and you will receive a XC lesson time.

**Awards:** Up to six ribbons awarded in each class.

High Point Award Dressage: CDCTA Adult/CDCTA Junior/Non-CDCTA Member

Low Point Award Combined Test: CDCTA Adult/CDCTA Junior/Non-CDCTA Member

**Rules:** Current negative Coggins and Rabies vaccination certification are mandatory and must accompany entry. All competitors must wear hard hats. Classes may be combined, split, or canceled at the discretion of management. Family pets not allowed on the premises. Please treat the grounds as you would your own property. Place all trash in designated containers; no alcohol, please.

**Times:** Times will be posted on the CDCTA Website ([www.cdctaonline.com](http://www.cdctaonline.com)) or email sbwajcs@cox.net to have the schedule emailed to you.

**Directions:** See [mysticvalleyhuntclub.com](http://mysticvalleyhuntclub.com) and click on Information then directions

Concession stand will be open and photographer on site



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**CDCTA Schooling Dressage and Combined Test  
July 19,2009, Mystic Valley Hunt Club 645 Long Cove Rd Gales Ferry, CT**

Exhibitor \_\_\_\_\_

Street Address \_\_\_\_\_

Town/State \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Horse Name \_\_\_\_\_

Dressage Test(s) \_\_\_\_\_

Combined Test \_\_\_\_\_

X/C Lesson (a separate check is needed made out to MVHC) Novice\_\_\_\_ Beg Novice\_\_\_\_\_

One horse/rider per entry form

Class fees must accompany entry. Copy of negative Coggins and Rabies certificate must be sent or presented at the show.

This show is run in accordance with USEA/USEF rules. Management reserves the right to combine or cancel classes as deemed necessary.

Class Fees: Dressage test - \$25 – CDCTA member; \$30 – non-CDCTA member per test

Combined Test- \$50 – CDCTA member; \$55 – non-CDCTA member per test

Make checks payable to: CDCTA

Opening Date: June 8,2009 Closing Date: July 13,2009

No telephone entries, please.

Times will be posted the Friday prior to the show on our website ([www.cdctaonline.com](http://www.cdctaonline.com)) or contact [sbwajcs@cox.net](mailto:sbwajcs@cox.net) to have schedule emailed to you on Friday, July 17,2009

Mail entries to:

Selby Wajcs

18 Charlie Circle

South Windsor, CT 06074

Sign the Release of Liability form. Unsigned entries will NOT be accepted.



## RELEASE OF LIABILITY

READ AND UNDERSTAND THIS BEFORE YOU SIGN IT!

In consideration for \_\_\_\_\_ (the "Rider") being permitted to participate in a horse show sponsored or organized by The Connecticut Dressage and Combined Training Association, Inc. ("CDCTA") on July 19, 2009 at Mystic Valley Hunt Club, Gales Ferry, Connecticut, the Rider and his/her parents (if Rider is under 18 years of age) agree that CDCTA, Mystic Valley Hunt Club, the judges(s), and their agents, members, volunteers and assistants shall not be liable for, and agree to hold them harmless from, any accident, personal injury, death or property damage that may be sustained by any person or entity, including without limitation the Rider, as a result in whole or in part from the Rider's participation in the show. This agreement is binding on the Rider and his/her parents whether or not said accident, personal injury, death or property damage is due in whole or in part to the negligence of CDCTA, Mystic Valley Hunt Club, the judge(s) or any of their agents, members, volunteers or assistants. The Rider and his/her parents (if Rider is under 18 years of age) agree to defend and indemnify CDCTA, Mystic Valley Hunt Club, the judge(s) and their agents, members, volunteers and assistants for any claims, demands, or suits arising from the Rider's participation in the show, including without limitation those arising in whole or in part from the negligence of CDCTA, Mystic Valley Hunt Club, the judge(s) or their agents, members, volunteers or assistants.

This release is signed on \_\_\_\_\_, 2009.

RIDER SIGNATURE or RIDER'S PARENT (IF RIDER IS LESS THAT 18 YEARS OLD)



**The Connecticut Dressage & Combined Training Association, Inc.  
Scholarship Application**

Name: \_\_\_\_\_ Junior/Adult: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

1. Are you an Amateur? \_\_\_\_\_ Professional? \_\_\_\_\_

2. How many years have you been a CDCTA member? \_\_\_\_\_

**Note:** An applicant must be a CDCTA member for at least two (2) years. Further, if one receives a CDCTA scholarship, one must wait two (2) years before applying again.

3. Do you train primarily in  Dressage or  Combined Training or  both?

At what Level? \_\_\_\_\_

Do you compete? \_\_\_\_\_ Judge? \_\_\_\_\_

Please answer each of the following questions with a succinct essay:

4. What volunteer work have you done for CDCTA? \_\_\_\_\_

5. Please describe your riding, instructing or judging career and your short and long term goals.

6. Describe the clinic/workshop/seminar you plan to attend using this scholarship.

7. What will be your cost to attend? Please include all fees for program/plan of instruction. Note, the scholarship cannot include travel/transport expenses, stabling.

8. Describe how the scholarship will help you attain your stated goals.

9. How will you take what you hope to learn and share it with other CDCTA members?

10. Include 2 letters of recommendation: one of the letters must be from someone who knows you as an equestrian and one must be from a CDCTA member.

**Deadlines are March 31st, June 30<sup>th</sup>, September 30<sup>th</sup> and December 31<sup>st</sup>.**

Mail application and letters to:

Donna Legere  
113 Pond Road  
North Franklin, CT 06254  
Telephone: 860-642-4418  
E-mail: bandit@99main.com



## USDF INSTRUCTOR CERTIFICATION~~2009 WORKSHOPS

July 25 &26 Riding Workshop Training with: Vicki Hammers-O'Neil (USDF Instructor Certification Faculty) Ann Guptill (USDF Instructor Certification Faculty) VOLUNTEERS NEEDED

### **BRAGGIN' RIGHTS**

**Brad Turley** and Ratzl won the Training Rider division at the Florida International event in Ocala FL April 16-19 with a score of 38.2

**Stefanie Shea** on Ernie came in fifth in Training at King Oak with a score of 44.5

**Jennifer Ford** is pleased to announce that she has been appointed the coach of Post University's Intercollegiate Dressage Team

**Karen Norton** on Maxem won BNH at King Oak Horse Trials with a score of 32.6% and Valinor Horse Trials with a score of 33.5%. Maxem was fifth at Mystic Valley HT in OBN. Lexxus was 4th at Mystic Valley Horse Trials in BNR at her very first recognized event

**Deb Pereira** on Whippoorwill Perseus placed second in Training 2 with a score of 61.42% at Mystic Valley

**Chris Curcio** on Shine won A/A First Level, Test 1 with a score of 66.33% at Mystic Valley

**Laurie Davis Sigfridson** on Montgomery won Fourth Level, Test 3 with a score of 58.53% at Mystic Valley

Please send *your* braggin' rights to [berelsonj@yahoo.com](mailto:berelsonj@yahoo.com)



## CDCTA Board Member Profile

**NAME:** Selby Wajcs

**CDCTA POSITION:** Membership Chair and Volunteer Coordinator

**JOINED CDCTA:** Good question! Probably 6 years ago or so

**TOWN:** I live in South Windsor while Sterling boards in West Suffield

**HORSE:** Sterling, a 13 year old 16.2 H dark bay Hanoverian/TB mare with an attitude! She loves the wide open spaces of cross country, as do I. She does have some issues with dressage that we are working hard on overcoming.

**RIDING DISCIPLINE:** Eventing. I began riding around age 10 and was a member of the Glastonbury Pony Club. I rode throughout college but after graduating I stopped, not enough time nor money. I started to ride again when my son, Karl decided he wanted to take riding lessons. Once he got past the beginner stage, we enjoyed taking semi-private lessons together. He caught the eventing bug and wanted to start competing. Since I had enjoyed Pony Club rallies in my younger years, I was happy to help him to do so. I also compete occasionally, the most recent on April 25 at the Babcock Hill Combined Test where I was Reserve Champion in the Beginner Novice division. I'm planning on competing more now that Sterling (aka "Miss Pissy") has decided that she likes her new open stock trailer much better than her old Kingston!

**RIDING GOALS:** Right now, I'm working on improving my dressage scores so I can move up to Novice and then eventually Training level.

**OCCUPATION/HOME LIFE:** For the past 30 years I've worked at the Cancer Center at St. Francis Hospital. After earning my BS in Biology at Bates College and receiving Medical Technology training at Yale-New Haven Hospital, I became a registered Medical Technologist. I now take care of insurance issues for patients and other duties as assigned. My work day ends at 1:30pm which allows me to go ride Sterling. I've been married for 30 years to Fred (chief horse holder and photographer) and have two sons, Jeff, who designs video games in California and Karl, who also rides and is a senior at Worcester Poly Tech.



*Selby and Sterling*

**HOBBIES OR OTHER INTERESTS:** I am an avid gardener and quilter. I love to sail my small sailboat when the wind and tide are right.

**JOINED THE CDCTA BECAUSE:** My son and I joined the CDCTA many years ago. He always wanted to event and joining the CDCTA was a good way to get started. I have gotten to meet many members of CDCTA and now, when I go to an event, I always see people I know. As coordinator of membership and volunteers, I'm trying to get the word out about what a great organization CDCTA is and to increase our membership. I also want to encourage people to discover the fun of volunteering and getting to meet other CDCTA members. U



## CLASSIFIED ADS

*CLASSIFIEDS WILL NOW RUN FOR THREE MONTHS ONLY*

**Available for Free Lease or Sale** 4 year old Werbelin baby—Chestnut Hanoverian/TB mare, about 16', 6 months in professional training, super dressage prospect or possible event horse. Beautiful mover. Needs experienced rider. Call 860-974-0000 or 860-680-1599 (8/09)

**Horse For Sale**—15.3H bay TB/AppendixQH cross. Bear is trained through 2nd level, schooling 3rd. Jumps a 3'3" - 3'6" course. Sweet, handsome, great mover. \$20,000/ o.b.o. email for more info and pictures to [j.churchill33@comcast.net](mailto:j.churchill33@comcast.net) or call Jodi at 203-463-8651. (7/09)

**PONY BLANKET FOR SALE:** 63 inch Rhino stable blanket; Good condition; no tears; Quality design and hardware; has tail flap and high neck; black/green/purple plaid color with purple trim; \$50 firm. Contact Cheryl at (860)460-6929 or [applewoodacres@charter.net](mailto:applewoodacres@charter.net) (7/09)

**Gorgeous 6-year old registered NSH gelding,** professionally trained, available for half-lease on-farm in Newtown. Wonderful ground manners, flatwork and beginning jumping. Shown last season; including AHCC and is always in the top ribbons. 3rd in 2008 Bedford Fall Hunter Pace. Owner doesn't have enough time and is looking for an intermediate/advanced rider to half-lease. This horse is a one of a kind, loveable, safe and sensible boy. Stabled on a beautiful 30 acre farm in Newtown, with two rings and trails. Serious inquiries only, 203-733-6437. (7/09)

**Fun Dressage Horse:** "Riley" is a 19y/o 16.2 hand, Irish Sport Horse Gelding. Evented through preliminary with Young Rider but now looking for a dressage home. Would be suitable through 2nd level. Not for an extreme beginner. Hacks out alone or in company. Kind disposition. A pleasure to work around. Asking \$5000, negotiable to good home. Contact Kristen @ 860-485-4390 or [Wesoly02@hotmail.com](mailto:Wesoly02@hotmail.com). (7/09)

**Senior Collegiate Event Saddle:** Stamped 17" but measures 17.5. Good condition, doesn't fit my horse. Asking \$400, but will accept any reasonable offer. Contact Jenny: 860-670-0650 or [berelsonj@yahoo.com](mailto:berelsonj@yahoo.com). (9/09)

To insert or take out a classified ad, please contact Jenny Berelson at [berelsonj@yahoo.com](mailto:berelsonj@yahoo.com)