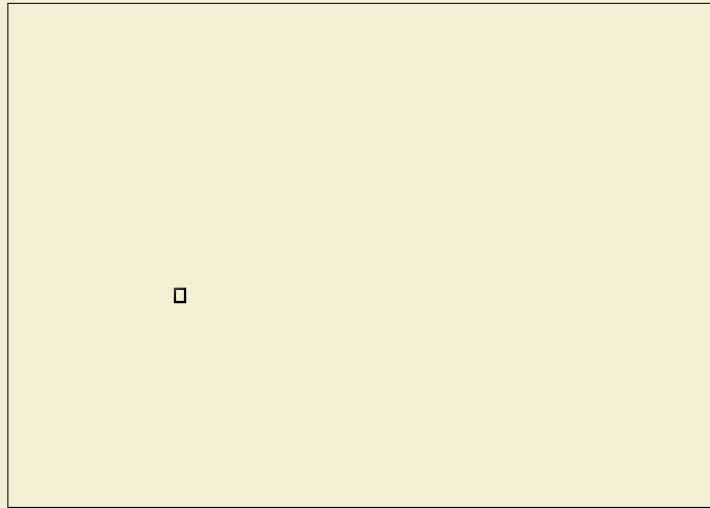


ON THE BIT

PASO DEL NORTE
DRESSAGE SOCIETY
SUMMER 2015

*Join us for a general membership meeting
August 12 at 6:30 PM
at St. Clair Vinery & Bistro
1720 Avenida de Mesilla,
Mesilla, NM*

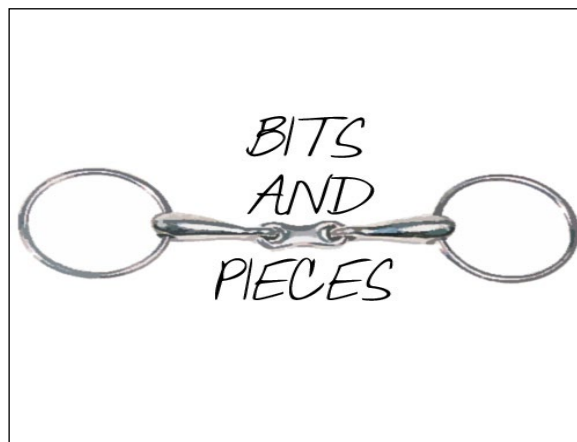


We will also be taking orders for T shirts at the meeting

R.S.V.P. HERE

MAP

MENU



The tack sale will be rescheduled in the fall.

New date to be determined.

Now is the time to go through your tack room and trailer and find items that you may not use, but that someone else might just be looking for!

CLASSIFIEDS ARE NOW ON THE WEBSITE AND IN THE NEWSLETTER.

I encourage local instructors to advertise on the website. This is a military town with people coming in all of the time.

Last fall I had quite a few people, that were moving into El Paso, contact me through the website about boarding their horses!

Members advertise for free!

pdndsdressage@gmail.com



Sarah Martin Dressage Clinic

We have tentatively changed the date of the PD-NDS Sarah Martin clinic to December 5th and 6th 2015. The date was changed as a conflict arose when region 5 Regional Championships were moved to our original dates. More information to come in later newsletters.

[More on Sarah Martin](#)

SCHOOLING SHOW NEWS

Our fall schooling show season is coming up fast!

Our first show for the fall will be September 6 at Miller Horse Farm. Our judge will be Ann Hayes. Closing date for the show will be **Wednesday August 26.**

New for this show will be a dressage trail class. This class will combine dressage basics with trail class obstacles. For more information on this test please see page 6 AND 7

The riders below have credits from the canceled portion of the April schooling show. Credits must be used at the September 6th show. They will be void after that date. For further information please contact Jane Wilmes @ eorjwil@q.com

Nancy Rivera	1 ride
Manuel Rivera	2 rides
Sarah Dauz	1 ride
Bree Ramey	2 rides
Missy Broyhill	2 rides
Gail Feeley	1 ride
Karin Lencyk	2 rides
Ann Hayes	2 rides
Laura Farmer	1 ride
Sandra Perez	1 ride
Martha Diaz	1 ride

Reminder:

Schooling Show Changes

There were some changes voted in at the last meeting that will effect the upcoming season and beyond.

We have raised the office fee to \$10.00 and the class fee to \$25.00 per class at our shows to help cover expenses. Updated online and printable entry forms are available on the website.

Our members voted to keep the schedule at 6 shows a year.

The membership voted in a new cancellation policy. We must have enough riders to break even or the show will be cancelled. The Show secretary will make the decision based on number of entries. The closing date will be moved

up to 10 days before the show to give the secretary time to schedule and contact potential riders if needed.

We are looking for sponsors. Please consider sponsoring our shows or looking for sponsors to help with the costs of running our club and the shows. Sponsor info is on the website

We would also like to know if anyone is interested in contributing for a traveling trophy for **High Scoring Arabian** and for **Western Dressage**. Or if you have an idea for an award that you would like to contribute to Let me know You can contact me at mmbroyhill@gmail.com.

Dressage Trail Course

NO.

	TEST	POINTS	REMARKS
1. A X	Enter working trot crossing groundpole at L. Halt, salute; proceed working trot		
2. I C	Trot over cross rail. Track right.		
3. B	Negotiate shallow serpentine of 5 cones (spaced 6 meters apart) inside track on long side.		
V	Halt between bales and rail. Rein back 3 to 4 steps Proceed working walk back to bales		
V	Halt. Pick up object on top of hay bales. Walk to near E and deposit object on top of a second stack of hay bales..		
E C	Working trot. Canter, followed immediately by circle right 20 meters.		
M - E	Change rein. Working trot near centerline.		
A	Working walk. Release reins. Negotiate five-cone serpentine on long side on a loose rein.		
R C	Pick up reins and then pick up ball from top of stack of hay bales. Working trot, One handed. 20-meter circle, one handed. At the end of the circle, drop ball in bucket at C. If you are no longer holding the ball, then just wave at the judge. Pick up both reins.		
0. E	E 10-meter half circle to X. Halt between X and cross rail and salute.		

Comments:

Subtotal: _____

Errors: (-_____) _____

Total Points: _____

Dressage Trail Course

Open to horse and ponies. Average time 3 minutes, Scheduling time 5 minutes. Horse to be judged on response to aids, relaxation and calmness. To be judged as a test of use of the aids and willingness of the horse to follow the aids. Subtle aids to be awarded; crude aids to be penalized. Prompt and willing response to the aids to be rewarded; inattentiveness, going above or below the bit, resisting the leg and unwillingness to go forward to be penalized. Horse to be on or responding to the aids.

Maximum Possible Points: 100

Errors: 2 points each time

	C	
H	G	M
E	X	B
K	D	F
	A	

Name of Competition

Date of Competition

Number and Name of Horse

Name of Rider

FINAL SCORE

Points

Percent

Name of Judge

Signature of Judge

**WESTERN
RIDERS!**
All breeds
Gaited too!



Date -
8/1/15
Time -
10am
Caballo, NM

invites all western riders to explore the benefits of dressage training. The goal of the newly organized Western Dressage Division is to create a group of riders that want to learn to improve their horses performance by using classical dressage training techniques while continuing traditional western riding.

We invite you to come to the meeting, bring your horse along so we can not only meet each other, but each others horses! There is plenty of parking & riding room. Let's build a group that keeps the "fun" in good riding!

For more info call/text 575-740-0248 or email at sandra.perez2008@hotmail.com

WESTERN DRESSAGE NEWS

INTRO TO WESTERN DRESSAGE CLINIC

This clinic is a fund raiser for the Paso Del Norte Dressage Society.

For more information, contact Arden Evans (915) 256-6523 or Laura Farmer (575) 382-3386

LIMITED TO 8 RIDERS

Date: Saturday, Sept. 19th

Time: 8: 30 am – 10:30 am (followed by a light lunch)

Please be on your horse and ready to ride at 8:30 am.

Place: 6685 Coyote Road

Las Cruces, NM 88012

Cost: \$55 (includes lunch)

****Free for Auditors! Bring your own chair and \$5 if you want to join us for lunch!**

Format: This is a riding clinic on the basics of Western Dressage where you will learn about cadence & rhythm, the different gaits for Western Dressage, seat position, and the effectiveness of aids. You will ride in a small group (of approximately 4 riders) under the guidance of 2 clinicians. Each group will ride for 45 minutes with each clinician for a total ride time of 1.5 hours. The clinic will be followed by a light lunch.

For more information call Arden Evans 915-256-6523

[more info and online registration](#)

IMPROVE YOUR ABILITY TO SIT THE TROT

BY JANICE DULAK
DRESSAGE TODAY

THREE EXERCISES TO HELP LOOSEN YOUR HIPS.

Sitting the trot is one of the big hurdles a rider has to face when moving up the levels in dressage. While learning to sit the trot may be easy for some riders, for most it presents a perplexing set of issues. The primary problem riders encounter when tackling the sitting trot is a lack of flexibility and movement in the hips. As anyone who has tried to salsa dance may have noticed, tight hips are a common problem.

In my Pilates practice, most of the clients I have worked with—riders and nonriders alike—have this same issue. When a rider has tight hip joints, following the horse's movement in every gait is difficult. But rigid and tense hips especially impede the rider's ability to sit the trot because this requires a quick pulsing action of supple, loose hip

joints opening and gently closing in a fluid and rhythmic fashion. While it may not be obvious, following the motion of the horse's back in all gaits requires the same flexibility of the hips. But while a rider might be comfortable at the walk and canter, easily sitting the trot often feels out of reach.

In this article, I will briefly explain the mechanics of the hip joint and give you two Pilates-based exercises to help you find, isolate and loosen your hips. Practicing these exercises will help you learn how to truly follow the horse's movement at any gait.

Once your hip joints allow your thigh bones (femurs) to move freely in their sockets while you keep your pelvis and lower back stable, sitting the trot will become easy.

[READ MORE](#)

New Mexico Dressage Association Presents
the
2015 Lisa Wilcox Educational Series

August 8-9 and September 5-6

Hosted at Horses Unlimited
Rancho de los Sueños
Albuquerque, NM



World-class instruction over two weekends!
This rare opportunity to learn from Olympic medalist Lisa Wilcox is not to be missed!

Lisa will teach students at a variety of levels during two separate clinics. This continuity allows all participants the benefit of seeing progression in the lessons learned during the first weekend.

Clinic is open to eight riders willing to ride both weekends. Rider selection by committee to ensure a comprehensive educational experience for all clinic attendees.

Auditors of any age and riding level are welcome. Register early to secure your space, as auditor numbers are limited.

NMDA Members:

Riders - \$700 for four lessons over two weekends

Auditors - \$50 per day

\$90 for two days - one each weekend

\$175 for both weekends

NMDA Non Members:

Auditors - \$145 per weekend

(includes NMDA Membership)

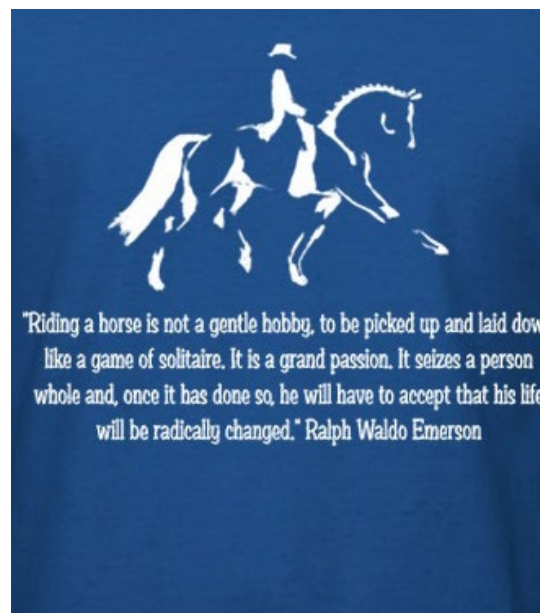
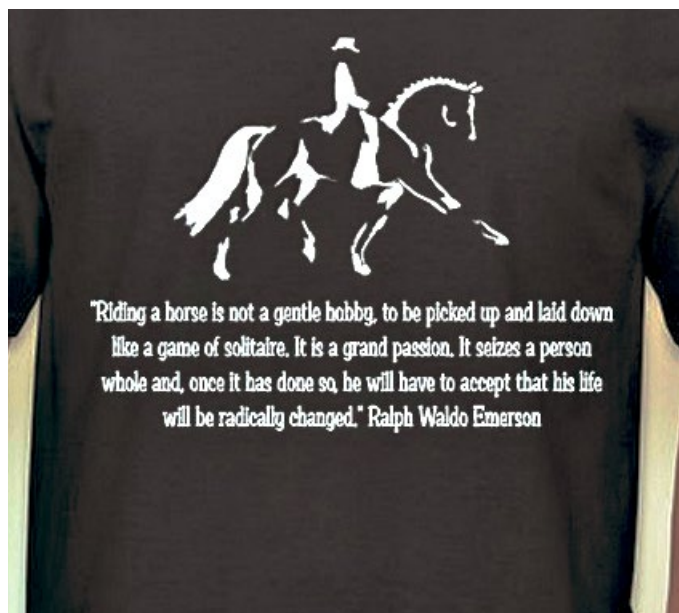
Price includes lunch for auditors and riders

For questions, or to participate as a rider or auditor, contact NMDA at clinic@nmdressage.net or Anne at 781-858-3866



Sponsored by NMDA and Horses Unlimited

Now taking orders for our
Fall Fundraiser Tshirts.
The votes are in,
and here is the winner!
Available in either black or royal blue with white
design.



**ORDER ONLINE
HERE**

(Order sheet will also be available at the MEMBERSHIP MEETING)

SIZE	S	M	L	XL	2XL
Length	28	29	30	31	32
WIDTH	18	20	22	24	26

Product Overview

6.1 oz. 100% pre-shrunk cotton;

Sturdy heavyweight cotton

Double-needle stitched for durability

length

(shoulder seam at collar to bottom hem)

width

(armhole to armhole across chest)

CLASSIFIED ADS

TACK

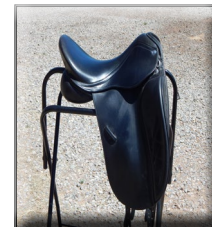
Wintec Pro dressage saddle. 18 inch seat.
Has a wide gullet installed. The panels are flocked.
This saddle has seen very little use and is in excellent condition.

\$500 Please contact Missy at mmbroyhill@gmail.com.



[*MORE*](#)

Borne Levade Dressage Saddle, MW tree,
18 inch seat. Very good condition. \$1800
Please contact Missy at mmbroyhill@gmail.com



[*MORE*](#)

SERVICES

Sun Valley Animal Clinic

10050 MCCOMBS

VETERINARY SERVICES &
BOARDING

(915) 751-8817

[*MORE*](#)

Boarding :Our boarding facility consists of 25 indoor Dog Runs and 8 Kitty Condos.

Discounts on Shots every Saturday 8:30 am til 1:30 pm *No appointment Necessary*

Hours: Mon, Tues, Wed & Fri 8:30 am - noon & 2 pm - 5 pm- Thursday (1/2 day) 8:30 am - noon

Saturday: 8:30 am - 2:00 pm

[*pdndsdressage@gmail.com*](mailto:pdndsdressage@gmail.com)

CALENDAR

AUGUST 12: MEMBERSHIP MEETING St. Clair Vinery & Bistro

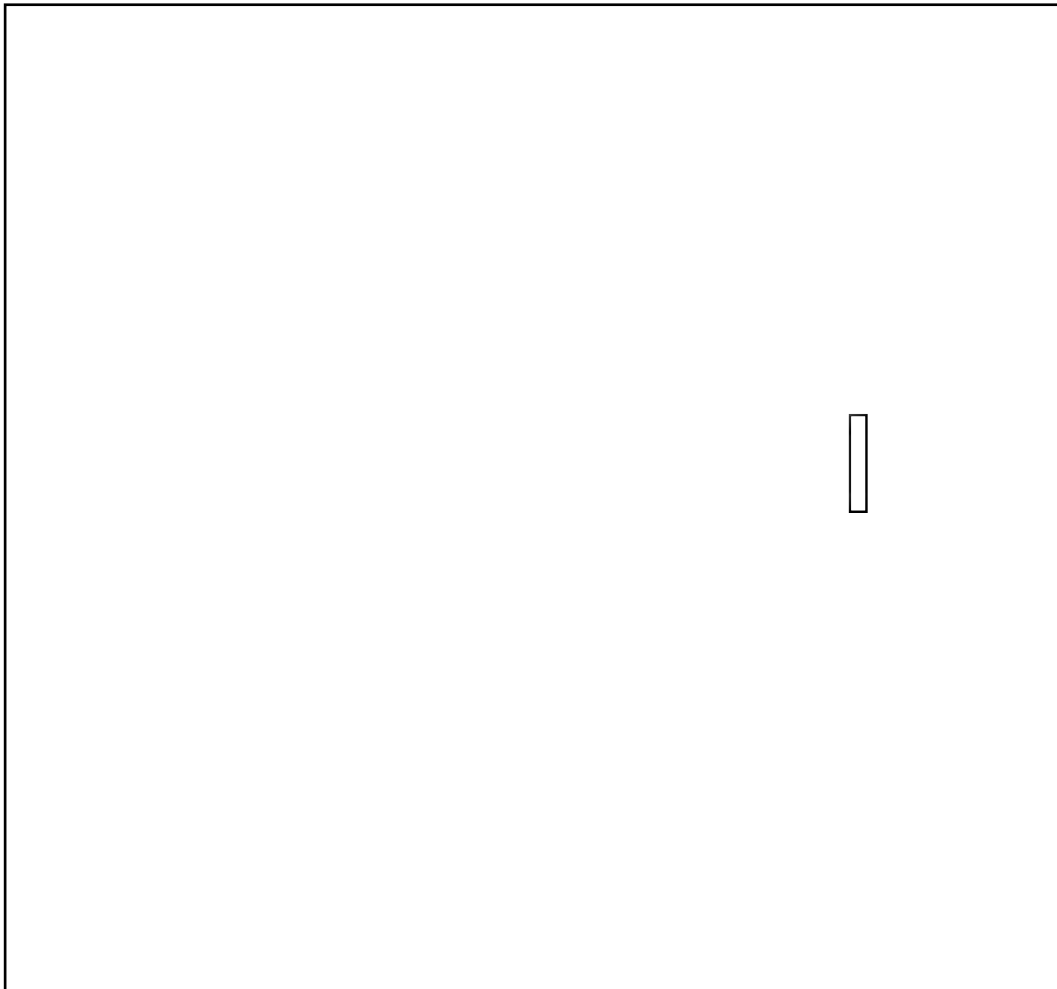
1720 Avenida de Mesilla, Mesilla, NM

SEPTEMBER 6 Schooling Show - Judge Ann Hayes - Closing date is August 26. New fees take effect as of this show.

September 19 "Introduction to Western Dressage Clinic"

at 6655 Coyote Rd. Las Cruces, NM

OCTOBER 4 Schooling Show - Judge Lois Whittington - Closing Date September 24



PdNDS Video Lending Library

(Titles available in DVD format)

All PDNDS members may borrow from the library. Contact Missy Broyhill to borrow.

Conrad Schumacher Building Blocks for Dressage Vol. 1

Vol. 2

The Winning Edge 2007 tests 3rd & 4th levels with Chris Hickey

2002 USDF Musical Freestyle Symposium with Debbie McDonald, Terri Gallo Vol.1

Vol. 2

Vol. 3

2004 USDF Development of the Dressage Horse Vol. 1

Vol.2

Showing Your Sport Horse in Hand

2002 WEG, Jerez GP Musical Freestyles

Dancing With Your Horse (Musical Freestyles)

Tai Chi for Equestrians, James Shaw

Gymnastic Patterns with Leslie Webb Engagement Vol. 3

2001 USDF Symposium with Isabell Werth Vol. 3

Success Through Fitness, Cavaletti Work, Ingrid Klimke

2002 Sydney Olympics Dressage

1999 USDF Symposium Conrad Schumacher Vol.2

2003 USDF Symposium Lisa Wilcox, Ernst Hoyos

Training With Kyra Kyrklund Pt. 1 &2

Pt. 3 &5

Pt. 4 &6

The Seat and Aids, Charles de Kunffy

USDF On The Levels 2007 tests Intro through 1st.

1998 World Equestrian Games Dressage

1998 USDF Symposium Kyra Kyrklund Vol. 1

Vol.2

Vol.3

Basic Yoga for Dummies

That Winning Feeling, Jane Savoie Pt. 2 (this is an audio tape)

The Half Halt Demystified Pt.2, Putting Your Horse on the Bit, Jane Savoie

Be The Rider You Want to Be, Using Pilates For Dressage, Sarah Martin, Janice Dulak

Teaching the Rider to Feel, Sarah Martin, Vol. 1 Alignment

Vol.2 Influence

Vol. 3 Feel the Beat

Vol.4 Half Halt