



Centerline

A monthly publication dedicated to communicating the latest local & regional dressage news & information to enrich Oklahoma dressage riders' equestrian experience.

SEPTEMBER

2018

Focus On Training: Pilates

ODS hosted Michelle Meiklejohn at the Summer Meeting to present on Pilates for the dressage rider. Read this first article in her four-part series.

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Clinic Opportunities in TX

Visit farms in Texas who are hosting clinics with top dressage professionals.

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SafeSport Training Now Required

Read up on the new requirement for all USEF & USDF competitors.

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ODS Scholarship Story

Read about an amazing experience that an ODS scholarship helped make possible.

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USDF News

Catch up on some happenings regarding the USDF.

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Events Calendar

The Year-End Championships are coming in November.

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Letter From The President

Well, it official. Since Labor Day has passed, summer is over. Just wish the temperatures agreed with that.

Regionals are just a month away. I know Houston is a haul, but if you have been as a competitor, volunteer, or just an observer it is well worth it. The Great Southwest Equestrian Center is very nice place. It will be interesting to see the area after the floods last year from Hurricane Harvey.

I won't be competing but my daughter will be. This will be my last year as a mom to a Jr/YR. Yikes! No one in 4-H, no Jr/YR. I must be getting old!

As fall gets closer and the year comes to an end don't forget to renew your ODS membership. As

usual we will have the early bird special of \$5 off your membership and then you will be entered into a drawing for a free membership! It isn't up on the website yet but be looking for it in the near future.

Hopefully most of you have seen the news of the USEF Safe Sport requirements. If not here is the link: <https://www.usef.org/compete/resources-forms/rules-regulations/safe-sport>.

As of Jan 1, 2019 every USEF adult member (18 years of age or older) with a Competing Membership must complete USEF's Safe Sport Training.

I took the course this summer when it was announced as a requirement for all USDF officials. While I am not an official, I thought I should know what it was all about. In my career in the Federal Gov't and as a long time 4-H leader I have had to take many of

these types of courses over the years. It really is a good course and doesn't take much time to complete. I really encourage all of you to take it, whether required to or not.

Happy Riding!

— Pamela DeVore
President, Oklahoma Dressage Society





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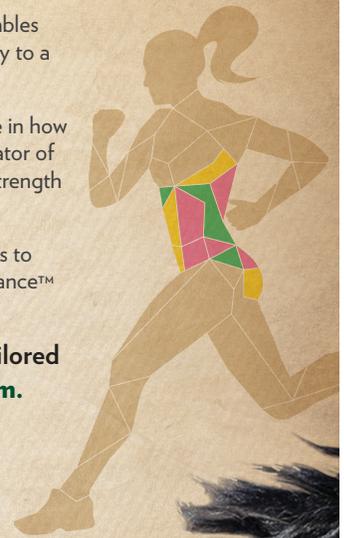
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**A FOCUS ON
TRAINING:
PELVIC FLOOR
HEALTH & RIDING:
WHY IS IT
IMPORTANT & HOW
PILATES CAN HELP**

Lets start by talking about Pilates. Pilates is an exercise methodology created by Joseph Pilates, that strengthens the core. The core is considered all the bones, joints and muscles of the body from the shoulders to the pelvis. In this four-part article series, we will discuss different parts of the core, and what their role is in riding as well as how Pilates can be used to strengthen those areas. We'll start at the bottom and work our way up.

The Pelvic floor, what is it exactly and why should we care about keeping this area of our body healthy? First, what is the pelvic floor is exactly? It is often described as a sling type group of muscles, ligaments and connective tissues that support the organs of the pelvis, including the bladder, bowel, uterus, and vagina. This sling is the bases for the body's core muscles and is what holds up the pelvic organs against gravity, ensuring they stay in place when abdominal pressure increases from sneezing, coughing, laughing, or other physical exertion. They are especially vital for continence, giving us control over urination, defecation, and flatulence. The pelvic floor works as a team with the abdominal and back muscles to
(continued pg. 7)

**USDF Region 9 T-Shirt
Sales Benefits
Hurricane Harvey
Victims**

Last year, thanks to your support, Region 9 donated approximately \$465 to the USEF Equine Disaster Relief Fund that was to aid those affected by Hurricane Harvey. We designated half of the profits from the sale of the Region 9 T-shirts for this purpose. This year's T-shirt, designed by Nicole Miller, are available for pre-order. Only \$17 gets you a limited edition shirt and the



satisfaction of knowing you're supporting your Region!

Go online to order your T-Shirt. Click the form link to order:
<http://www.usdfregion9.org>

Lars Peterson Clinic

Olympian Lars Petersen will present a clinic Nov 30-Dec 1 in Cedar Hill, TX.

Go online for more information:
www.noblechampionsporthorses.com/clinics.html

**Alamo Dressage
Association Junior
Clinic**

Alamo Dressage Association is hosting a Junior Clinic with Daniel Stewart on Sept. 22-23, 2018. Contact Arlene 210-386-9576

**PM Delegates for
Region 9 at the USDF
Convention**

Delegates have been determined: contact them if you have any questions or concerns you'd like addressed at the Convention.

Jan Colley
Kathryn Kyle
Arlene Gaitan
Sarah Jane Martin
Tracy Augustine
Marilyn Kulifay

**Judges Continuing
Education from Austin
Dressage Unlimited**

Stephen Clarke will return for present another Judges Seminar for ADU on Oct. 27-28, 2018 This year's seminar will feature living riding demonstration as well as classroom videos. Location will be Dripping Spring Ranch, Dripping Springs, TX

**ODS Board Meeting
Minutes Available
Online**

The meeting minutes of the Board of Directors & membership summer meeting are available for viewing on the ODS website at www.dressageoklahoma.org. Please read up on what's going on in your club including information about upcoming horse shows, clinics and scholarships.



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United States
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A FOCUS ON TRAINING: PELVIC FLOOR HEALTH & RIDING: WHY IS IT IMPORTANT & HOW PILATES CAN HELP

(continued from pg. 3) keep our bodies erect. The weakening of one group of muscles in a team will require the other muscles to compensate leading to misalignment of the core and injury/pain. Over time, weakness of the pelvic floor can also lead to urinary incontinence and pelvic organ drop.

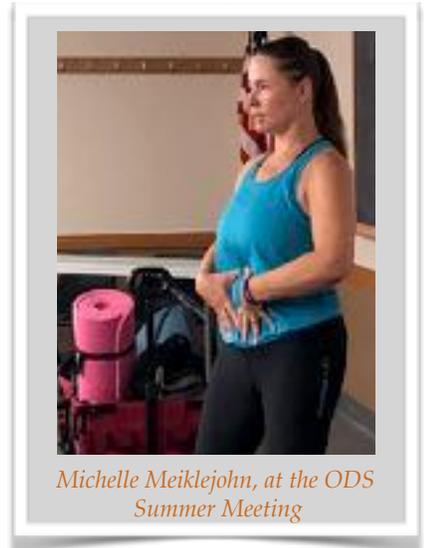
Since the pelvic floor is the bases of our core, it plays a major role in riding. When this muscle group works with the abdominal muscles and the back muscles it provides stability and shock absorption as the horse moves. When they are engaged properly these muscles also help to signal the horse to engage their front end. An example of how the horse's movements reflect our own.

Some say, "I exercise, I ride my horse 5 days a week, I should be fine." Not necessarily. There seems to be quite a debate about whether horseback riding is beneficial or harmful to pelvic floor health. To date there has not been good evidence-based research supporting the topic one way or the other. Some medical professionals, primarily those specializing in women's health, such as Dr. Anna Cabeca, believe that high impact exercises such as jogging, biking, aerobics and Horseback Riding can weaken the pelvic floor over time. Others offer anecdotal evidence to the contrary, believing that some particularly fit women have trouble progressing during childbirth due to a "pelvic floor of steel." This is sometimes referred to as a myth among childbirth professionals but has not been disproven.*

Erring on the side of caution as well as significant evidence-based research on the risks of weak pelvic floor muscles, strengthening these muscles seems like the best approach. Pilates is one of the best ways to not only strengthen the pelvic floor, but also build awareness of this muscle group to make targeted exercises more efficient and effective. Some Pilates exercises that can help target this area are marches, toe taps or femur arcs, knee sways, "the hundred," "the fab five," side lunges on the Pilates reformer and many more.

With the help of a trained, certified Pilates instructor, you can maintain or regain pelvic floor strength.

—Michelle Meiklejohn. *Connection Pilates*



Michelle Meiklejohn, at the ODS Summer Meeting

Michelle Meiklejohn is a comprehensively trained Pilates and Equestrian Pilates instructor from Fayetteville, AR. She is an avid rider and horse lover.

Michelle presented on Pilates for dressage riders at the ODS Summer Meeting on August 18.

Find out more about Michelle at www.connectionpilates.life

**Dr. Anna Cabeca is an Emory University-trained gynecologist and obstetrician, a menopause and sexual health expert, and an international speaker and educator*



Stephen Clarke

5* FEI Dressage Judge General

October 27-28, 2018

Dripping Springs Ranch Park, Texas

Presented by Austin Dressage Unlimited (ADU)

9th Annual ADU Improving Your Judging Eye & Showing Skills II

Sat 9-5pm Sun 8-4pm

This year with live action Demo Riders & Horses!

Stephen Clarke's career as an FEI Official & International Judge, has taken him around the globe to all major dressage competitions including multiple World Cup Finals, European Dressage Championships, World Equestrian Games, Olympic Games, Pan American Games. He has judged several World Young Horse Championships, and Junior & Young Rider European Championships. He is now heavily involved with the training of future FEI Candidates and International Judges. He has had great influence in the development of the judging systems and the training and encouragement of both established and new Judges.

The focus of this unique Seminar will be the expectations and judging of horses of various breeds as they progress up the levels from Training level to Grand Prix. Commonly a judge will see a variety of breeds and types of horses competing in the same class. This Seminar will be very practical in that each level will have at least 2 demo horses in the ring at the same time performing the movements in the same session. If possible, one will be a Warmblood, and the other will be a non-Warmblood breed, both with quality dressage training. Good points and not-so-good points will be discussed for each, and how to judge the differences in the same movement as it is being performed by very different types of horses. Often, though performed differently, the score may end up being nearly the same for each, based on the various criteria that make up the single score for each movement! These fine details of evaluation will be explained.

Hosted by Austin Dressage Unlimited (ADU)

Approved by USDF for CE credit & USDF-University credit

Additional grant provided by The Dressage Foundation's Edgar Hotz Judges Endowment Fund

Online & hard copy Registration forms, & more detailed information about this Seminar are on the ADU website: www.AustinDressageUnlimited.org



Judge, & L Graduate/Candidate Full Participants : 2-Day program: \$150
Trainers: 2-Day: \$100 1-Day: \$65
Auditors: 2-Day: \$80 1-Day: \$55

Please send registration form & payment by October 15, 2018
Make checks payable to: Austin Dressage Unlimited



Announcements

Safe Sport: Recognizing, Reducing & Responding to Harassment and Abuse in Sport

US Equestrian is committed to creating and maintaining an equestrian community free of all forms of emotional, physical and sexual misconduct. US Equestrian members and participants have a mandatory duty to report suspected sexual misconduct to the U.S. Center for SafeSport.

The USEF Safe Sport Policy and U.S. Center for SafeSport Code are aimed at protecting all participants in our sport.

Required SafeSport Training is available free to all members through your Member Dashboard (<https://members.usef.org>) Instructions are available here (<https://www.usef.org/forms-pubs/rIMqQpbl260>).

As of Jan 1, 2019 every USEF adult member (18 years of age or older) with a Competing Membership must complete USEF's Safe Sport Training.

A 30 day grace period to complete the SafeSport training will be provided to all members who renew or join on or after December 1, 2018. Members joining prior to December 1, 2018 will have until January 1, 2019 to complete the training. **Those who do not complete the training within the grace period will be ineligible to participate in USEF activities, including competitions.**

Parents Training Course (<https://athletesafety.org/training/index>) for equestrian athletes of all ages helps parents ensure their children have a positive and safe sport experience and is free.

The following categories of individuals are required to take the Safe Sport Training and complete a criminal background check:

- USEF Board of Directors
- USEF Staff
- USEF Licensed Officials
- US Team Coaches & Technical Advisors
- US Team Chefs d'Equipe
- US Team Veterinarians
- US Team Selectors
- Human Physio Therapists

SafeSport Training (<https://www.safesport.org/training>) for non-USEF members is available for \$20.

Useful Links

<https://www.usef.org/compete/resources-forms/rules-regulations/safe-sport>

<https://www.usdf.org/competitions/usefsafesport.asp>

24-Hour SafeSport Helpline

Call (866) 200-0796 for 24/7 crisis interventions, referrals and emotional support. This confidential and secure helpline is operated by RAINN (<https://www.rainn.org>), the nation's largest anti-sexual violence organization. For more information on this helpline please visit www.safesporthehelpline.org.



Thank you, ODS, for the educational scholarship! A New Equestrian Journey

From the time I was young, I loved horses, children and teaching. My life's journey consisted of teaching, administration and horses; but separately. I loved doing each of them. Only after career and family was I blessed to combine both: riding instruction for both children and adults. I have two students who are also para riders: one due to a stroke at birth and the other through an accident. Many of you know Lily Rhodes who is a young amputee. Lily rides in able body recognized dressage shows. Many weekends I watched her pack her mom's car with high point chairs, coolers, trophies, along with her ribbons. Lily is a fabulous rider and a positive, confident young lady. Others noticed this, too: the USA Equestrian para-dressage officials.

When Lily's accident occurred, I shared with her mom that Lily could be a potential para Olympian candidate. In November of this past year, USA para-dressage association contacted Pam as they were on a talent search. Lily and I were invited to the North Texas Equestrian Center. Kai Handt is the proprietor of the stable and Chef d'Equipe for the para-dressage team. Upon arrival I saw individuals with various disabilities but by Sunday I saw only serious riders. On Friday I saw individuals taking off prosthetic legs or being lifted from wheel chairs to ride. On Sunday I saw only the norm for getting ready to ride just as it is the norm for me to put on boots and a helmet to ride: thus; the beginning of a new learning opportunity.

The Texas weekend began with videos of British Para-Olympians and the interworking of the USA Para-Dressage program. Mr. Assouline, now the USA para-dressage coach, had been the British Para Coach leading their country to many Olympic team and individual gold medals. In Britain under his direction, the para riders used their personal coaches as Mr. Assouline peer coached their personal trainers. At the Texas event I instructed Lily along with other riders while the new USA para Olympic Coach, Michel Assouline, observed (peer coached) my instruction.

With new found knowledge about para requirements, in January, Pam, Lily and I went to Wellington in order for Lily to be "graded." This process requires two therapists, one from the US and one from a foreign country, to evaluate riders into a categories called a "grade." The objective is to keep those in each grade to be as equivalent in disabilities for fairness in competition. Lily was graded as level "5." During the weekend, we were able to see a CDI competition for both para and able body dressage. It gave me an opportunity to see Grade 5 para-dressage riders perform the Grade 5 Para-dressage test which is basically a fourth level test without flying changes.

This led to another learning opportunity in which I applied and received a grant from ODS. In June I participated in the USEF Para-Equestrian Dressage Coach Pilot Program at Wheatland Farms in Virginia. It was the pilot program that will lead to officially becoming a certified USEF para coach. This program was part of the USEF/USPEA Para-Equestrian Dressage Center of Excellence Program. Prior to attending, there was on-line homework from the aspects of dressage riding and training, aspects of different disabilities pertaining to para-dressage, becoming certified in Adult and Pediatric First aid/CPR/AED, and lastly being certified in SafeSports training. The program began with classroom work pertaining to the structure of lessons: preparation/delivery/evaluation. It was followed by each day having a student of which we instructed and then critiqued by another of the fellow participants along with Michel Assouline who was the ultimate critic. The participants were instructors from many parts of the country who taught a wide range of disabilities. The environment was a great way to collaborate on teaching styles and creative adaptations concerning equipment. I had the unique experience of having a rider who was a professor who had lost most of her sight. It was my responsibility to teach her on a horse she had never ridden in an arena new to her.

This was such a wonderful learning opportunity on so many levels that I have applied to all my students. It also was an opportunity to meet new people. It is my intention of taking this learning and becoming a certified para-equestrian dressage coach.

-Roberta Clark



Suzanne Ament (blind rider), Ana O'Brien, Roberta Clark, USEF Olympic Coach Michel Assouline



Announcements

Program Available for Region 9 Youth: Youth Schooling Show Challenge

This awards program for Region 9 Youth offers an opportunity to earn a certificate or a patch for competing in schooling shows!

Download the form here: <http://usdf9.usdfregion9.org/wp-content/uploads/2015/06/Region9YouthSchoolingShowChallenge.pdf>

**WDAA World Show - Sept. 27-30, 2018 - Lazy E Arena - Guthrie, OK
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Carolyn Hoekstra

Dressage Training from Beginner to FEI

Carolyn has been actively training & showing in Dressage for over 20 years, using biomechanics to focus on helping the rider coach the horse through the levels. She has successfully competed through Grand Prix, and has earned 22 USDF National Awards for all levels through Prix St. Georges.

- Silver Medalist and "L" Judge
- 2017 All-Breeds KWPN Freestyle Reserve Champion 2nd Level 72.067%
- 2017 ODS 2nd level Open & Vintage Champion, Overall Freestyle Reserve Champion
- 2016 All-Breeds KWPN 2nd level Res Champion; Oklahoma Dressage Society 2nd Level Open & Vintage Champion
- 2014 All-Breeds KWPN Reserve Champion Prix St. Georges

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Classified Ads

Sell your horse, trailer, tack, property or other equine related items here in the ODS newsletter classified ads. Non-commercial ads are free for ODS members and only \$5 for non-members. Ads will run only one month unless owner re-submits. To advertise, email the editor with your information at newsletter@dressageoklahoma.org.





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Mary Anne McPhail, Martha McDaniel, and Priscilla Endicott Named 2018 USDF Members of Distinction

Lexington, KY (September 11, 2018) - The United States Dressage Federation™ (USDF) is pleased to announce that Mary Anne McPhail, Martha McDaniel, and Priscilla Endicott have been named 2018 USDF Members of Distinction and will be recognized at this year's Salute Gala & Annual Awards Banquet, held during the Adequan®/USDF Annual Convention in Salt Lake City, UT. USDF Member of Distinction Awards are prestigious, national awards that annually recognize USDF members, who have demonstrated exceptional commitment to their local area or region.

Mary Anne McPhail is a USDF Bronze, Silver, and Gold Medalist and a long time member of the Gold Coast Dressage Association. Locally, Mary Anne is known in Florida for hosting a wide array of educational programs at her farm in Loxahatchee, such as Adequan®/USDF FEI-Level Trainers Conferences and USEF judges programs. She has also been the longtime organizer of the Palm Beach Derby, a tradition in Florida dressage. Mary Anne is also responsible for the establishment of the Mary Anne McPhail Dressage Chair in Equine Sports Medicine at the Michigan State University College of Veterinary Medicine, which has led to a greater understanding in biomechanics and soundness and continues to influence equipment design and judging of the sport of dressage to ensure the wellbeing of our equine athletes.

Martha McDaniel has recorded an impressive 385 rides down the centerline, out of which she has earned numerous USDF rider awards including her USDF Bronze and Silver Medals, Bronze and Silver Freestyle Bars, and Master's Challenge at Training through FEI levels. As a longtime Aloha State Dressage Society (ASDS) member, Martha has always been very active in making sure the "little state" was represented in USDF governance, through her eighteen years of convention attendance and her many years of service as a delegate and proxy. In addition to receiving the ASDS Lifetime Achievement Award in 2016, Martha has organized numerous educational and competitive events in Hawaii. Without Martha's dedication and volunteerism, dressage in Hawaii would not be where it is today.

Priscilla "Pep" Endicott is credited with the creation of the New England Dressage Association (NEDA), one of the first dressage organizations in the United States. NEDA has grown steadily in membership, competition production, and educational outreach throughout the decades, first under her leadership as president, and subsequently under the volunteer efforts of those dressage enthusiasts whom she inspired. It is Priscilla's creativity and outstanding organizational abilities, and her dedication to the constancy of the learning process, that has led to this growth. Although she has retired from the day to day, hands on guidance of NEDA, her influence will have a resounding impact on the sport for many years to come.





Dear Dressage Enthusiast,

USDF invites you to attend the 2018 Adequan®/USDF Annual Convention, November 28 through December 1, in Salt Lake City, UT!

Nestled between the basin of the Wasatch Mountains and the Great Salt Lake, Salt Lake City claims a bounty of outdoor recreation and metropolitan culture. The host hotel, the Salt Lake Marriott Downtown at City Creek, is directly connected via skybridge to the City Creek Center, which boasts over 100 stores and restaurants. Conveniently located within walking distance is the Temple Square (home of the Utah Symphony and Tabernacle Choir), where you can enjoy local events, architecture, and gourmet dining. Be sure to check out the amazing cultural museums and historical sites as well.

The "Ski City" slopes of Park City (which held the 2002 Winter Olympics) are just 28 miles east of Salt Lake City, and host wonderful skiing and many other winter activities. You can also travel just 19 miles to the west and see the Great Salt Lake. Both locations offer convenient shuttles from several downtown Salt Lake City locations.

Join us to learn about the latest developments in the dressage community, influence the direction of dressage in the United States, and celebrate the achievements of those in our sport.

We look forward to seeing you in Salt Lake City!

**Sincerely,
USDF**

**2018 Adequan®/USDF
Annual Convention**

November 28-December 1
Salt Lake Marriott Downtown at City Creek
Salt Lake City, UT

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www.usdf.org/convention

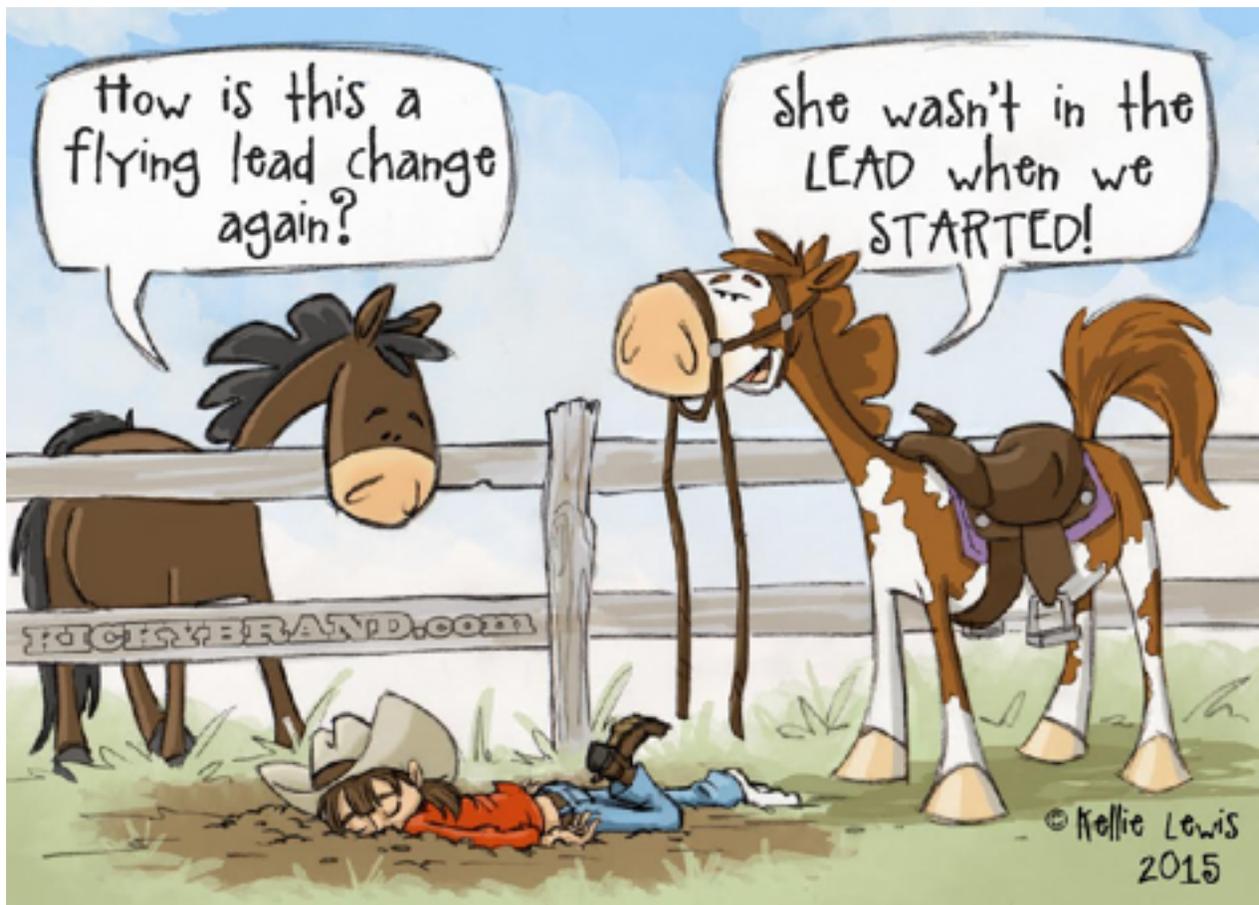
Dressage Foundation's Major Lindgren Instructor Education Scholarships



Major Anders Lindgren was an accomplished dressage rider, having won the 1971 Swedish Dressage Championship and ridden on the Swedish Olympic Team in 1972. He also won the Scandinavian Eventing Championship in 1959. Lindgren's contribution to American dressage was large, as he was solidly committed to the education of US Dressage instructors. Over a ten-year period, almost 1,000 participating instructors learned from his systematic, structural approach to teaching dressage at the USDF/Violet Hopkins National Seminars for Dressage Instructors, and then at the National Symposium. Major Lindgren passed away in 2010, at the age of 85.

TDF is proud to offer \$10,000 in annual scholarships in Major Lindgren's name, funded through the Carol Lavell Gifted Memorial Fund. **Two \$2,000 Scholarships** will be awarded each year to dressage instructors to train in a concentrated amount of time of at least one week. Applicants for \$2,000 are not required to be Certified Instructors, but it is suggested that applicants use the scholarship money to train with a Certified Instructor or USDF Instructor Certification Program Faculty Member. **One \$6,000 Scholarship** will be awarded each year to a dressage instructor, preferably to those in the USDF Certified pool. The scholarship will enable the applicant to train in a longer concentrated time period. **You may apply for one scholarship - please choose between a \$2,000 scholarship and a \$6,000 scholarship.**

Details including criteria and scholarship requirements can be found at www.dressagefoundation.org under the Grants & Programs tab.



Kellie Lewis comic courtesy of horsenation.com and KickyBrand.com, an online horse lovers site currently selling clothing, greeting cards and stickers.

Southwest Dressage Championship (SWDC) History

The 2018 Southwest Dressage Championship will be the thirtieth anniversary. Little known facts include that SWDC was created in Meg Fleming's kitchen. A group just decided to do it. Sue Nichcols and Laura Lynn Bushager were instrumental in getting the show off the ground.

The first chairman of SWDC was Becky Snell who was then our regional director. At one of our first meetings competitors did not think that the USDF should have anything to do with the running of SWDC. Becky asked that she remain Chairman until her USDF term ended.

When Becky finished her term the second chairman was Tommy Thompson. We now have the Tommy Thompson high score award at the Championships which was named for him. Sarah Jane Martin was the USDF Regional Director after Becky. Tommy was followed by Ed Lavallee as Chairman. And then Sarah Jane Martin was elected chairman when Ed chose to retire. Sarah Jane worked as SWDC Qualifying Secretary under Ed. In 30 years we have only had four chairmen.

The SWDC actually preceded the USDF championships.

Originally there were Southwest and Northwest championships. This was because of the close relationship we had with Region 5 as at one time Texas was a part of Region 5. The Northwest Championships were held for a time but died.

SWDC in earlier years was moved about the region. It was located in Shawnee, Dallas, San Antonio and Katy during the early years. The first Championship was held in San Antonio.

Over the years there has been occasional friction between USDF Region 9 and SWDC but today we support each other. Since the creation of USDF Championships most of the time SWDC has been held with the USDF Championship but not always.

Qualifying Rules for SWDC

1. **Always check out the rules for qualifying on our website, www.swdressage.org**
2. **You do not have to be a member of anything to qualify for SWDC**, This means you can qualify in an Opportunity Class as long as it is the highest test of the level.
3. **You can qualify in more than one division**. An example is like Training Level AA and Training Level Open. You cannot use one ride to qualify for two divisions. Therefore, in the above example you would have to have four qualifying scores.
4. **You do not have to ride in a class in a particular division to qualify in that division**. An example would be you ride in a Training Level AA class, but you declare (before you ride) you want the ride to count as a qualifier for the Open division.
5. **You do not have to ride in a pony class to qualify for the pony division at the championship**. You just make sure that the show secretary knows that you want the class submitted as a pony qualifier. Make sure also that you state that you want it to qualify for open. (We do not have pony AA or JR/YR)
6. **You do not have to have your pony measured to qualify for the pony division**. The pony can be measured at the championship. If it does not measure pony you will not be able to ride in the pony class.
7. **Make sure that you designate in writing if you are trying to qualify in a division that is different than the one you are riding in**. We have had some trouble with show secretaries not submitting the Level and Division correctly. You need to have some verification of your intent in writing. Perhaps if not a note on your entry blank an email to the show secretary stating what you are trying to qualify in. This must be done before you ride in the class.
8. **We do not have an INTRO B division for open**. Make sure that if you are riding in an Intro Open Class that you make the show secretary aware that you are trying to qualify for either the AA or JR/YR.



Marty & Brian Hunt and Free Spirit Farm Support ODS



Pine Ridge EQUINE HOSPITAL

Sapulpa Equine Hospital, together with Oakridge Equine Hospital

Pine Ridge Equine Hospital, PLLC is a full service equine hospital that provides **24/7** surgery, medical, ambulatory, & emergency care. Our veterinarians are experienced in all types of conditions and treatments. Beyond first rate horse care, we make our clinic comfortable, friendly, and a very calm environment so your horse can relax and look forward to meeting his or her own Glenpool veterinarian.

Pine Ridge's services include, but are not limited to, the following:

- > Acupuncture
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- > Coggins
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- > Endoscopy/Gastroscopy
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- > In-House Laboratory
- > Lameness Exams
- > Laser Therapy
- > Microchipping
- > Pre-Purchase Exams
- > Radiology
- > Regenerative Therapies
 - Stem Cell, PRP, IRAP
- > Reproductive
- > Shockwave Therapy
- > Surgeries
 - Elective & Emergency
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2018 OKLAHOMA DRESSAGE SOCIETY MEMBERSHIP

ODS is a Group member organization (GMO) of Region 9 of the United States Dressage Federation (USDF).

New Membership _____ Renewing Membership _____ Information Change only _____
 Last Name _____ First Name _____ USDF ID# _____
 Address _____ City/State Zip _____
 Daytime Phone _____ Evening Phone _____ Cell _____
 Email _____ Birth date: Mth ____/ Yr _____

USDF membership year is Dec 1st - Nov 30th . Membership dues are late after November 30th .

ODS Membership – Select One Category. For family memberships consisting of more than two family members, please check both boxes for that section (Family and Add third family member).

\$50 Adult: Please check which applies: Open Amateur Vintage (50+) \$ _____

\$20 Charter / Life (for ODS founding members and those members who have lifetime memberships) \$ _____

\$40 Junior, under 18 as of Dec 1 of the current membership year \$ _____
 (For example, must be under 18 Dec. 1 of 2015 for 2015 membership)

\$60 Family (for two family members)
 Name of second family member _____ Birth Day Mth ____/ Yr ____ \$ _____

\$10 Add third family member
 Name of third family member _____ Birth Day Mth ____/ Yr ____ \$ _____

Chapter Membership – Check which chapter you would like to join. Chapter membership is not required, but is required to participate in the Chapter awards programs. Chapter membership cost is the same for an individual or a family.

\$10 Green Country Chapter (GCC) \$ _____

\$10 North Central Chapter (NCC) \$ _____

\$10 Great Plains Chapter (GPC) \$ _____

DONATION to ODS. (ODS is a tax exempt 501.c.organization) OPTIONAL \$ _____

\$5 DISCOUNT for memberships received before November 30th . - (\$ _____)

TOTAL AMOUNT ENCLOSED \$ _____

Please tell us about your USDF/USEF accomplishments by checking any of the following boxes that apply. We plan to publish a list of member accomplishments on the website and in the directory.

- Gold Medal Silver Medal Bronze Medal USDF Rider Performance (Training, 1st, 2nd) "L" Judge
- USDF Instructor Certification - Level _____

ODS membership is an opportunity to promote Dressage in your community. The club is ONLY as good as it's most ACTIVE members. We need your help! What are your skill sets? Please circle all that apply.

- Scribing Scoring Organization/Management Accounting Spreadsheets Arena Set-Up/Tear-Down
- Photography Fund Raising Other _____

I hereby release the Oklahoma Dressage Society, it's officers, members, employees and agents from any liability and all claims of every kind, including costs, expenses, or attorney fees that might result from damages, injuries, or losses resulting directly or indirectly from the negligent act or omissions of the officers, members, employees or agents of the Oklahoma Dressage Society Club. I agree and sign below:

Signature: _____ Dated: _____ (Parent or Guardian Signs for Jr. Rider)

Mail this form, with check payable to "Oklahoma Dressage Society – Membership" to: Marta Koenig, PO Box 1101, Kellyville, OK 74039.
 Email: [Laura.Custer](mailto:Laura.Custer@okdressage.com), Phone: 405-314-3931 Please allow 4 to 6 weeks for processing by USDF.

Calendar

Horse Shows | Meetings | Clinics | Symposiums | Social

Go to the Events Calendar tab on dressageoklahoma.org for more details about the events listed below. Registration information and forms are also available through the Event Calendar tab. To get your event listed on the website, contact the ODS webmaster Sue Twitty at webmaster@dressageoklahoma.org. To get your event listed in the Centerline newsletter, contact the newsletter editor Melissa Furman at newsletter@dressageoklahoma.org. **Up-to-date event listings are posted online.**

Sept

**15 Going Away
Open House Party
for Clydette
Womack @ in OKC**
(see pg 4)

**27-30 WDA World
Show in Guthrie, OK**

Oct

**14 GPC Schooling
Show @ Gallery Farm
in Noble, OK**

**20 GCC Schooling
Show @ Sunrise
Stables in Broken
Arrow, OK**

Nov

**3 GCC Schooling
Show &
Championships @
Joyful Noise Farm in
Pryor, OK**

Monthly ODS Meetings Open To All Members



Every Oklahoma Dressage Society member is welcome to attend in person or to call in to the monthly Board of Directors meeting, usually held on the first Wednesday of each month at the Stroud Police/Fire Department

starting at 6:30pm.

You may call in to attend virtually by dialing 712-432-3900 (conference code #535614).

**Next ODS Board
Meeting:
Oct. 3
@ 6:30 pm.**

ODS Board Members

President - Pamela DeVore president@dressageoklahoma.org
Vice President - Marilyn Coffey marilyn.mcequestrian@gmail.com
Secretary - Robin Grain-Walkup heidigrain@hotmail.com
Treasurer - Marta Koenig treasurer@dressageoklahoma.org
Education - Kay Kamish education@dressageoklahoma.org
Membership - Laura Custer l.custer@cox.net
At Large - Pamela Rhodes pamela.rhodes@sbcglobal.net
At Large - Brian Rogge brianr410@yahoo.com
At Large - Emily Moser emismc@gmail.com

ODS Leadership Volunteers

Newsletter - Melissa Furman newsletter@dressageoklahoma.org
Scholarships - Robin Grain-Walkup heidigrain@hotmail.com
Web Master - Sue Twitty webmaster@dressageoklahoma.org

Mailing Addresses

Please indicate on mailing envelopes to whose attention (person or office) you need to direct your correspondence. For example, "ATTN: Treasurer"

ODS Mailing Address
PO Box 1101
Kellyville, OK 74039

ODS Street Address
11513 NS 3600 Rd
Seminole, OK 74868