

# IMPULSION

## Kentucky Dressage Association

### Local Artist

The cover art is a photograph by Sara Fagan of Lexington, Kentucky.

To see more of her work, visit

<https://www.etsy.com/shop/FaganPhotography>



### Letter from the President

Dear Fellow Equestrians,

Every year I am amazed how fast our year flies by. Here we are already at the height of the summer show season, with our Summer Classic dressage and breed show just days away. We are excited to see how the smaller show with the different set up works for our competitors and welcome feedback.

The show committee has been busy putting the final touches in place for the Region 2 Championships at the Kentucky Horse Park and we are excited to see all our KDA members who have qualified. This year there will be a live band, vaulting demonstrations, and of course the musical freestyles planned for evening entertainment. We hope everyone has a wonderful time at this year's regionals.

The education committee has done an outstanding job planning our clinics this year. Both the Gwen Poulin and

**July 6-8** KDA Summer Classic I and II, KDA Summer Classic I, KDA Breed Show, KDA Summer Classic II, KDA Breed Show II

**July 7-8** USDF North Central Series Breed Championship

**August 4-8** Annual KDA Schooling Show

**October 11-14** KDA Fall Classic & USDF Region 2 Championships

**November 17** KDA Awards Banquet & Annual Meeting

**November 18** KDA Schooling Show

**Clinics**

**Gwen Poulin**

**Dates:**

Friday, June 15-  
Sunday, June 17

**Location:**

Spring Run Farm  
10200 Covered Bridge  
Road, Prospect, KY

**Lilo Fore**

**Dates:**

Friday, August 3-  
Sunday, August 5

**Location:**

Stables at Queens Lake  
292 Soards Road  
Georgetown, Ky

Renew your memberships  
to be eligible for KDA  
clinic sponsored pricing &  
members get first  
preference on rides

Lilo Fore clinics filled in a day. If you missed out on a riding spot, there is still plenty of room at the Lilo Fore clinic for auditors.

I would like to take a moment and thank the board and all the members that have made my first six months so memorable. This has truly been a wonderful experience with lots of amazing people.

Cheers,  
Daphne Nimmons-Marvin

***Does Your Horse Need Quality Time?***

**Introducing a Premier Facility  
Designed For Lay Ups and Stall Rest**

*Private 8 stall barn with custom care*

*Post Surgery / Layups / Layovers*

*Large Airy 14 x 14 Stalls some with 16 foot outdoor runs*

*TheraPlate Therapy*

*Sand Round Pens / Small Grass Paddocks*

*24 Hour Video Surveillance*

*Nightly, weekly, monthly rates*



*Conveniently Located Minutes off I-75  
15 mins. to KHP and downtown Lexington*

**Contact Jan Roehl @ 859.559.1409**

[www.TheHorseLodge.com](http://www.TheHorseLodge.com)

## The Neigh

**Name:** Rohan  
**Owner:** Sophie Bayer  
**Barn name:** Red  
**Age:** 12  
**Breed:** Dutch Warmblood (NRPS)  
**Place of Birth:** Verona, KY



**Where did you and your person meet?** Sophie Bayer and I met at Hearts Meadow Farm in Verona, KY. This farm is owned by Deborah Cresci. Sophie bought me from here as an unbroken 3 year old. My manners were terrible back then, but I am a perfect gentleman now.

**How did you get your name?** Sophie's family loved watching the Lord of the Rings movies. Rohan is a kingdom in that movie. The Celtic meaning is "red haired" and my coat is a reddish bay.

**What's a favorite memory you have shared with your person?** of my favorite memories is competing at the Majestic Farm show in June. Sophie and I competed successfully at Intermediare I for the first time. We are now qualified to compete at regional finals in Prix St. George and Intermediare I.

**If you weren't busy being an awesome dressage horse, what industry would you work in?** If I wasn't busy being a dressage horse, I would be a jumper. I am known for jumping from one paddock to another to visit with my other horse friends.

**Tell us about your best equine (or non-human) friend. If you had a free pass to leave the farm, where would you all go first?** I had a free pass to leave the farm, I'd go and watch WEG so I could see how the elite horses do it.

**Tell us about your favorite move to stay in shape.** I really don't have a favorite move to stay in shape.

**What is your favorite way to relax after a show?** I love relaxing after a show by taking a couple days off of training and spending the days outside with my buddies.

**If you could win a free year's supply of your choice you would choose?** If could win a free year supply of something of my choice I would love a daily session with my myofascial body release therapist, Julie Fox. She is awesome!

**What would you tell the dressage judge about you?** If I could have a word with a dressage judge, I would tell them that I love my sport and I am good at it.

## An Interview with Callie Jones By Ruby Tevis

A familiar young face around the Kentucky Dressage Association is studying in Europe. Callie Jones, 20, is following her dreams in a big way. She and her horse Phil are part of the recently launched USEF/USDF Discover Dressage Emerging Athlete Program. Under the guidance of Charlotte Bredhal-Baker and George Williams, Callie is traveling throughout Europe for six weeks, competing at three CDIs and studying among Europe's top young competitors.

I caught up with her about one week after her arrival. Here's what she had to say!

**Question:** Tell me about yourself. How long have you been riding? Tell me about Phil. How old is he, when did you buy him, and have you trained him yourself?

**Answer:** My name is Callie Jones, I am 20 years old, and I have been riding for 14 years. I began in the jumper world while doing the occasional dressage schooling show, but jumping was my passion. When I was 14 years old, my jumper, Barkley, had a serious injury that ended his jumping career. We began to look for another jumper and ended up buying a mare, Fabiola.

I had every intention of continuing my jumping career, but that changed quickly when Angela Jackson invited me to come train with her. I have been with Angela for six years now. Angela introduced me to the FEI world and we made it a goal to make an NAJYRC team. I tried out for juniors for the first time in 2015 on a mare that I was leasing,



**HAGYARD**  
EQUINE MEDICAL INSTITUTE

**Caring for your  
champions,  
at every level.**

Each of our veterinarians are backed by Hagyard Equine Medical Institute's more than 140 years of expertise and state-of-the-art technology, for experience you can trust.

4250 Iron Works Pike  
Lexington, KY 40511  
859.255.8741  
hagyard.com

Holly. She taught me the ropes and I am forever grateful for that horse even though we didn't make the team.

Unfortunately, Holly began having some joint issues so we decided it would be best to not continue trying out for a team with her. At this point I was ready to own my own horse that I could move up the levels and be successful with for many years. Angela is originally from Germany so while visiting her family for a few weeks she came across Phil and went to test ride him. He was very green at the time, but she said it was a perfect match. The next thing I know Phil arrived into the states in March of 2016 and we were heading to NAJYRC in July. He truly is a spectacular horse and I love him with everything I have. Phil is now 10 and with Angela's help he is now an Intermediate 1 horse.

**Q:** Please explain the program that you are part of. What is it called, when was it founded, etc.?

**A:** I am a part of the USEF/USDF Discover Dressage Emerging Athlete Program. It is designed to help young athletes like myself reach feasible goals that we have set for ourselves through high-intensity training and evaluation sessions and other educational opportunities with the guidance of George Williams and Charlotte Bredahl-Baker.

**Q:** How were you selected for the team? What procedures or requirements were there in order to be considered?

**A:** To be selected for the European Young Rider Tour it was a requirement to receive a 68% or higher at two different CDIs in the two Young Rider Tests as well as have two Young Rider freestyle scores. I spent the winter in Wellington, Florida, as George Williams' working student so I was able to do several CDIs and get my scores knocked out pretty quickly. Aside from that, it was up to the selection committee to decide who they wanted to take to Europe.



*Winners in all circles...*

**Equine Medical Associates, PSC**

James P. Morehead, DVM  
Jeremy L. Whitman, DVM  
And Associates

(859) 255-9233 • [www.eqmedical.com](http://www.eqmedical.com)

**Q:** How have you and your horse prepared to get to this point?

**A:** To get to this point I can honestly say that consistent hard work is key. You can't just wake up one morning and decide that you don't want to ride that day. If you really want something, then you should do everything you can to make it happen, but if it doesn't happen then don't stop there. Work harder to make your dream come true. Go to clinics to watch other riders, take notes, and make yourself known, but stay humble. One of my favorite quotes is by Mark Cuban: "Work like there is someone working 24 hours a day trying to take it away from you."

**Q:** How long will you be staying? What does your itinerary look like?

**A:** Phil and I will be in Europe for six weeks. We have three shows that we will be competing at: Compiègne, France; Aachen, Germany; and Hagen, Germany. Basically everything is as "normal" as it can get compared to being at home. We are at the barn early in the morning taking care of our horses, we get our lessons with George, then we do it all over again the next day. We are hoping to find the time to do a little exploring, but we will see.

**Q:** What are the biggest challenges you may face? Are you worried about anything in particular?

**A:** The biggest challenge that I think I will face is myself. I am extremely hard on myself, especially when I know that I could have done something better or that I didn't do something that I should have during my test to improve a movement. Phil knows his job so I really don't worry about



**Exposed**  
 ik-spōzd  
*adj.* not shielded or protected

Is your horse protected to the core?  
 Visit [CoreEquineDiseases.com](http://CoreEquineDiseases.com) to find out.

**zoetis**

All trademarks are the property of Zoetis Services LLC or a related company or licensor unless otherwise noted.  
 © 2018 Zoetis Services LLC. All rights reserved. COR-00030

him being a “challenge.” Sure, he has his days where he is more difficult, but that is a part of it and I don’t consider that to be a challenge.

**Q: What are you most excited about? What do you hope to accomplish during your stay?**

**A:** I am overall just so excited to be here. It has been a dream of mine to compete in Europe ever since I got Phil. I honestly can’t believe that this is actually happening, but I am more than ready to take on this journey. While I am here I honestly do not have high expectations, which may sound funny, but I just want this to be a great experience for Phil and I. I would love to have clean rides that I can improve on each time. No matter the score, at the end of the day if my trainer and I are happy with the ride itself, then I call that an accomplishment.

**Q: Tell me your long-term goals. How will this experience help you reach them?**

**A:** I have multiple goals for Phil and I, one of them being to compete in the Under 25 divisions and hopefully be selected for the team to come back to Europe. I would also love to compete at the World Equestrian Games, World Cup, and the Olympics. I think this experience will help me achieve these goals in many ways. The caliber of riding over here is extremely high, so I think it will be important to see exactly where I stand compared to these top riders.

**Q: How is Europe different? What can you get in Europe that you can’t get here?**

**A:** So far, Europe has been so much fun, but it is obviously very different. Riding/training-wise it is very much the same, but as far as grocery shopping, eating out at restaurants, and doing “normal” activities it is very different. So many people ride bikes and they don’t necessarily pay attention to their surroundings which is a normal thing in this area which we are not used to in the States.

**Q: How can the U.S. catch up to Europe? What steps should the community take to reach the level of excellence found in Europe?**

**A:** This is a touchy subject in the industry so I don’t want to get into too much detail, but I think in order for the United States to reach the caliber of riding that we see in Europe then the youth programs that we currently have should continue and more people should take advantage of them. The European Young Rider Tour and the International Dream Program are two great programs that offer youth a great opportunity to be able to come to Europe and experience international competitions and watch the top riders in the world. Also, I think that the new USEF/USDF Discover Dressage Emerging Athlete Program is a great program that will continue to grow and help youth be successful at the FEI level through high intensity training sessions and other educational opportunities.

## Keep it Stupid Simple

By Kate Snyder

As a faculty member I have a favorite question that I like to ask at every dissertation defense: *What was the most challenging part of this process for you, and what did that challenge teach you about yourself?* Every student has a different answer — the statistics, choosing a topic, the writing. And it is always fascinating to hear the students reflect on how they grew through pushing through that challenge.

Naturally, I can't help but ask myself the same question when reflecting on my dressage journey. After receiving the 2017 adult amateur grant from KDA and using those funds to participate in clinics with Jessica Jo (JJ) Tate and Angela Jackson, I think I have finally figured out the answer. I overcomplicate dressage.

Now, that answer is probably a bit of an oversimplification. Dressage *is* complex. It is an incredibly intellectual endeavor, which is why I am so enamored with it. The training scale, the theory, the precision — everything is beautifully intricate and complex. But that complexity can become intoxicating. And I have discovered — really discovered — over this past year that I have been so intrigued by this complexity that I frequently overthink myself into a mental puzzle. I want to pause before every movement, think it through, analyze it, and then execute it. And while that was (mostly) feasible through training level, it has become a bit of a large roadblock as I bring along my OTTB, Chance, through second level. As everything becomes more complex, it is getting harder and harder to overthink things. This takeaway was really highlighted for me through both clinics.

JJ Tate is an incredible clinician and brilliant dressage theorist. I love having the opportunity to ride with her, as her teaching style really appeals to my academic side. In one ride, she actually had me test out a hypothesis through riding two exercises and comparing the results — a delight to my scientist brain. Across the two days, she was careful to explain how each exercise was addressing the root of deeper issues. We used “pony squats” with transitioning from travers to renvers on a circle in school trot so that we could tap into Chance's bigger medium trot. Next, we did the same thing with transitions from a shoulder-in in collected trot to collected canter. Her academic explanations made sense to me: Chance has to learn how to sit and sink deep in order to push and trot bigger. And it was thrilling to see his medium trot improve by targeting the collected work in specific ways.

There is a lot of thinking during rides with JJ. And although this is great, as it gives me a deeper understanding of the rationale behind each exercise (improving my ability to continue working on these processes after the clinic), it became very tempting for me to overthink everything going forward. I wanted to contemplate and ponder and hypothesize before every transition and every movement. I wanted time to pause, think it out, and reflect. I was on the



cus of discovering that there is a time and place for the academic part of dressage (spoiler alert: It's not during the ride itself). I was on my way to realizing that the complexity can coexist with simplicity.

The lesson of simplicity in complexity was truly hammered home during a clinic shortly after with Angela Jackson. Just like JJ, Angela emphasized that improvements in our flying changes would come from improvements in all of the preparation work. In other words, we had to focus on achieving greater balance and clarity in the canter and a stronger connection to the outside hind leg. There was also a strong academic component in these rides with Angela — a lot of complexity to grapple with as she explained how the canter must be picked up from the correct timing in the walk, especially as we moved from walk-canter transitions to flying changes. She also had us ride a leg yield along the wall at the canter in order to improve the canter half-pass. Just as in the JJ clinic, I had to mentally tackle the complexity of how working on one exercise would improve a different movement. My brain always melts a bit in thinking about strides and timing, so all of these exercises and explanations were academically challenging to ponder. Again, the temptation to overthink things emerged.

But all of this overthinking was slowing me down. Angela immediately picked up on the fact that not only was I trying to overthink everything, I was trying to *do* everything. And Chance was all too happy to oblige. I was trying to micromanage every stride and do the majority of the heavy lifting. This was also leading me into the territory of nagging aids that were becoming white noise to my horse. And so began the struggle of re-allocating the workload. My job was to “sit and then equitate” — to ask but then insist that Chance carry me. Because as challenging as I was finding it to do all of second level for my horse, Angela



# ROOD + RIDDLE

EQUINE HOSPITAL

Our new reproduction farm is fully operational. Whether it be a mare or stallion, embryo transfer or frozen semen, let us take care of your horses' reproductive needs. Call 859-280-3416 for more information.

### OFFERING SERVICES IN:

- Ambulatory
- Diagnostic Imaging
- Internal Medicine
- Surgery
- Laboratory
- Podiatry
- Reproduction
- Sport Horse Medicine



LEXINGTON, KY • SARATOGA SPRINGS, NY • WELLINGTON, FL  
[WWW.ROODANDRIDDLE.COM](http://WWW.ROODANDRIDDLE.COM)

warned me that it was going to become impossible to do all of the work as we advance up the levels.

It had to be simpler. Rather than nag with my leg each stride, I had to focus on getting the message across quickly and once. I watched JJ dissect this with another rider during the clinic and Angela worked on me directly with this lesson. Across both clinics and in regular lessons after the clinics, I was forced to realize that there just isn't time to academically ponder everything as I ride. The only way to deal with the beautiful complexity of dressage is to make it simpler. And not just simple, but "stupid simple." I cannot go through a long checklist to wrangle with before doing a walk-canter transition, so it has to be "just canter." I had to laugh when I realized it was called a simple change, not a complex change. And the ultimate irony was that it took me *so long* to finally grasp this truly simple realization.

Each lesson and clinic has a unique takeaway message — something to tuck away and ruminate on during the drive home from the barn. Sometimes it is a particular piece of imagery, like Angela describing how the feeling of Chance taking me on the medium trot will feel like a young child tugging at my hand and dragging me toward an ice cream truck. Other times, it is specific instruction, like thinking shoulder-fore during medium canter so Chance won't get crooked. But the things that have stuck with me the most are the "big picture" takeaways that emerge over time. And the idea of keeping it simple — keeping it stupid simple — is one that is showing up for me time and time again. Keep it simple. Keep it simple. Keep it stupid simple.

(This experience was made possible through the generosity of the Kentucky Dressage Association. Thank you for this adult amateur grant. I am also grateful to JJ Tate and Angela Jackson for demanding nothing short of excellence from me during these clinics. Thank you to Laura Burket of Battle Creek Dressage for hosting these clinics (and demanding excellence from me each day). Finally, I am forever indebted to Second Stride for finding my horse of a lifetime.)

**Reminder:** IDS Sponsored Three-Day Clinic with J. Ashton Moore,

July 27-29 at Bit Whip Farm.

## Volunteer Hours

Many thanks to those who volunteer with the KDA! Email [KDAvolunteers@gmail.com](mailto:KDAvolunteers@gmail.com) with dates, times and positions you are interested in for our upcoming shows.

|           |           |     |  |           |           |     |
|-----------|-----------|-----|--|-----------|-----------|-----|
| Azaar     | Kelly     | 30  |  | Ludwig    | Ella      | 4   |
| Bayer     | Sophie    | 1   |  | Marvin    | Daphne    | 48  |
| Becht     | Bonnie    | 16  |  | Marvin    | Saxon     | 11  |
| Bellocq   | Bridget   | 4   |  | Marvin    | Sky       | 10  |
| Berkhofer | Ella      | 7   |  | Metcalf   | Maggie    | 8   |
| Berkhofer | Samantha  | 7   |  | Mingari   | Jennifer  | 4   |
| Beshear   | Jane      | 4   |  | Moore     | Karen     | 8   |
| Bobblitt  | Jen       | 7   |  | Morehead  | Michelle  | 20  |
| Bottom    | John      | 31  |  | Morrison  | Barbara   | 7   |
| Braun     | Marnie    | 10  |  | Otter     | Allison   | 7   |
| Burket    | Laura     | 4   |  | Phillips  | Kim       | 8.5 |
| Carr      | Megan     | 16  |  | Posner    | Susan     | 1   |
| Cook      | Julie     | 2   |  | Potts     | Cedar     | 9   |
| Deaton    | Allison   | 6   |  | Quarles   | Wayne     | 1   |
| Dixon     | Jill      | 10  |  | Retamoza  | Tori      | 9   |
| Duke      | Jackie    | 5   |  | Richards  | Suzanne   | 18  |
| Esquivil  | Vicki     | 4   |  | Roche     | Julie     | 6   |
| Foster    | Amelia    | 6.5 |  | Schmidt   | Kylie     | 8   |
| Grisolia  | Kathy     | 3   |  | Scott     | Tracy     | 4   |
| Harbor    | Jennifer  | 6   |  | Sekela    | Sheila    | 1   |
| Harris    | Susan     | 2   |  | Seto      | Nikki     | 6   |
| Hendricks | Carola    | 8.5 |  | Shafer    | Brooke    | 3   |
| Hertz     | Kara      | 7   |  | Short     | Catherine | 4   |
| Holland   | Jackie    | 7   |  | Siron     | Beth      | 4   |
| Jackson   | Angela    | 6   |  | Smith     | Cindy     | 25  |
| Jacob     | Cathy     | 8.5 |  | Soltau    | Karin     | 4   |
| John      | Maureen   | 20  |  | Strack    | Sue       | 8   |
| Johnsen   | Pam       | 8   |  | Strine    | Linda     | 8   |
| Jones     | Sharon    | 7   |  | Talley    | Meredith  | 2   |
| Jonkman   | Ann       | 10  |  | Talley    | Zach      | 1   |
| Jonkman   | Hayley    | 2   |  | Taray     | Madelyn   | 7   |
| Kamenish  | Catherine | 4   |  | Tevis     | Ruby      | 3.5 |
| Keel      | Richard   | 16  |  | Upchurch  | Meg       | 5   |
| Keel      | Marie     | 34  |  | Weber     | Carol     | 6   |
| Kerr      | Allison   | 4   |  | Weinstein | Robin     | 48  |
| Koffler   | Reese     | 6   |  | Welch     | Lauren    | 2.5 |
| Kolsted   | Sue       | 2   |  | Welsh     | Charlotte | 2.5 |
| Kratz     | Sandy     | 8   |  | Welsh     | Jimmy     | 2.5 |
| Kuhns     | Anne      | 10  |  | Wentz     | Nancy     | 8   |
| Lebo      | Joyce     | 18  |  | Wolff     | Allison   | 13  |
| Leonard   | Dave      | 2   |  | Woerth    | Sheila    | 53  |

## KDA Board

**President:** Daphne Nimmons-Marvin, caledoniafarms@aol.com

**Vice President:** Bill Kraatz, bill@billkraatz.com

**Treasurer:** Michelle Morehead ma.morehead@yahoo.com

**Secretary:** Joan Gariboldi, jcgariboldi@gmail.com

**Education Chair:** Allison Deaton allisondeaton@me.com

**Show Chair:** Sheila Woerth, swoerth@twc.com

**Membership:** Kelly Azar kelzar@comcast.net

**Junior/Young Rider Representative:** Alexa Azar alezarcn@yahoo.com

### REGIONAL BOARD MEMBERS

Cindy Smith, cindykflowers@gmail.com Bonnie Becht,  
bonniebhomes@yahoo.com Glenn Reed, reed208@cs.com  
Megan Carr, MECarr05@gmail.com

Susan Posner, sposner0@gmail.com Lauren Doyle,  
lauren.doyle3@gmail.com Laura Corsentino, a\_p\_farm@hotmail.com

### COMMITTEES

**Awards:** Joan Gariboldi and Bonnie Becht

**Business and Finance:** Glenn Reed

**Bylaws/Policies and Procedures:** Bill Kraatz

**Education:** Allison Deaton

**Junior/Young Rider:** Alexa Azar

**Marketing and Communications:** Lauren Doyle

**Web Design:** Lauren Doyle

**Newsletter:** Ashley Holden & Jeannie Larkin

**Show:** Sheila Woerth

If you would like to participate in one of these committees, please contact Daphne Nimmons- Marvin.



## **KDA Mission Statement**

The Kentucky Dressage Association, Inc., a 501 (c) (3) non-profit, is a group member organization of the United States Dressage Federation.

The purpose of the KDA is to promote and strengthen the art and sport of Dressage in the Commonwealth of Kentucky. KDA will provide leadership to its members to assist them in fostering individual and collective growth by providing education, publications, competitions, exhibitions, and increasing general public awareness for Dressage.

Follow us on Twitter @KYDressageAssoc

The Impulsion is a publication of the Kentucky Dressage Association since 1977. KENTUCKY DRESSAGE ASSOCIATION:  
WWW.KENTUCKYDRESSAGEASSOCIATION.COM