



# The LIDA Extension

Official newsletter of the Long Island Dressage Association

July 2021

## *President's Message*

Dear Members,

As I sit here waiting for entries to come in for the Summer Classic I'm reflecting on how there's been a very slow start to the season for many of us. Obviously this has much to do with coming out of the pandemic. Perhaps our priorities have changed a bit as well. Maybe some of us don't feel the need to show is as important as in the past. These are not bad things. I've read several articles by top trainers that feel the down time has been very beneficial for either themselves or their horses or both. This is something I understand, I myself do not feel ready to get out there and start showing.

I hope as the summer continues our malaise will disappear. We do have entries for the Summer Classic. Our judge is Sara Schmidt. As I write this entries are still open so if you want to jump start your season come and join us. Old Field is a beautiful location and it's local. You won't have to leave the island to have a terrific day at a top notch show ground. We'll be there.

I hope to see you ringside.

***Mary Mulcahy***



WOW! We have had some crazy weather. Memorial Day Weekend was rainy and freezing, and the following weekend was 90 degrees with 150% humidity! I hope our equine friends made it through that as that is 'asking for colic' weather.

The show season is in full swing and actually the NAYC Qualifying period ended on June 21, 2021. Our Teams will be picked soon and prepare for the trip to Traverse City which August 11-15, 2021. Bobbi Carleton, our Regional Coordinator, will be busy getting the entries done and in to the FEI. The top four riders in each division will be members of the team. If a rider/horse is unable to compete, the next ranked rider/horse is allowed to step in. As it is not official yet who will be on the teams, I will not put them in this newsletter but watch for the announcement from USDF! Good luck to our teams!

Is this really impossible? We just get out of spring and into the summer and NEDA Fall Festival opens this month on August 2nd. Unbelievable! NEDA Show Committee along with Kathy Grisolia, the show manager, has been hard at work for this year's show. Watch that opening date as most shows have been really full this year and I anticipate the regionals will be back to the 8 rings.

Of course, if you are Champion and/or Reserve Champion in the Regional Championship AND you have declared or you have reached a certain score call wild card (information on the USDF Website), you will be invited to the US Dressage Finals in Lexington, KY, November 11-14. This is a head to head competition with the other regional champions, and NEW this year is all three divisions, ie Open, Adult Amateurs, and JrYR, will be invited. This is VERY exciting!!!

Speaking of which.... DECLARATIONS are open now for the US Dressage Finals. Please remember you will have to declare that you are willing to go to the 'finals' if invited. This declaration must be done by the day before our Regional Championships start or September 22, 2021. The USDF website will have more information. By declaring, you are only saying you would consider going, and it costs nothing to declare. If you are one of the invited, you will need to commit by nominating and pay the non-refundable class fee within 72 hours after the NEDA Fall Festival.

NOW if you were Champion and/or Reserve Champion in the 2020 Regional Championship AND you did declare or you had a wild card score, you will be allowed to compete in the 2021 US Dressage Finals. Your invite will be sent out and you have from July 1 to August 31, 2021 to nominate and pay the non-refundable class fee.

Attention GMOs: newsletter, website, photography, and volunteer of the year nominations close August 30th. So before your summer gets under way, please submit them! It is a great way to get recognition for your GMO or an outstanding volunteer plus for Region 8! Here is the link with all the information...<https://www.usdf.org/awards/service/gmo.asp>

Remember we will hold our next regional meeting will be in October, but I am waiting for the PM Delegate election results to get input on picking a date. I would like to try to do conference call again as it was a huge success! I should have more information in the next newsletter.

See you on the Centerline...  
Debra Reinhardt  
USDF Region 8 Director





- LIDA RECOGNIZED SHOWS -

JULY 25th  
Recognized Show  
Old Field

AUGUST 29th  
Recognized Show  
Old Field

Check [dressageexperiencesms.com](http://dressageexperiencesms.com) for prizelists



## **USDF Launches New Online Video Feedback Portal**

Lexington, KY (July 12, 2021) – The United States Dressage Federation™ (USDF) is excited to announce the launch of its new online video feedback portal for young horses. This portal offers a unique opportunity for riders, owners, and trainers of under-saddle dressage sport horse prospects (must be three or four years old as of January 1 of the current year), to obtain feedback from members of the USDF Sport Horse Prospect Development Forum faculty. Currently, this faculty is made up of Scott Hassler, Willy Arts, Michael Bragdell, and Craig Stanley, all leaders in the industry in assessing, developing, and training dressage prospects.

Upon receipt of the video, required application, and appropriate fee, each applicant will have their video randomly assigned to a faculty member. Faculty members will then review the video submission and provide detailed feedback to the applicant. Select videos along with faculty feedback will also be used to develop additional sport horse education to be offered through USDF University.

Founding faculty member Scott Hassler stated, “we are excited to offer this online platform as a meaningful outreach project, focused on the continued importance of education and development of young horses.”

To access the online portal, submit videos, or learn more, visit the USDF website. For questions related to this, or other USDF offerings related to sport horse, please contact the USDF office at [sporthorse@usdf.org](mailto:sporthorse@usdf.org) or call (859) 971-2277.



# SOME HELP FROM Stephen Hayes

## CLEARING UP THE CONTACT CONTROVERSY

Hi, I'm Stephen Hayes, FEI Dressage Rider and trainer from Great Britain, based at Perfect Harmony Dressage in New York and Florida, USA. This is an article I've felt brewing for a while now. Having taught many clinics around the world, I feel like I've had a really good share of many different types of riders.... there are the brave and bold, the shy and timid, the rider that has a little devil on their shoulder constantly tearing them apart, the rider who attends my clinic already knowing everything there is to know about Dressage (even the best of the best will admit there is lifetimes of more knowledge to be learned), there are the diamonds in the rough, the adult amateurs who put their heart and soul into every second in the saddle, the die hard professionals, riders triple my age and being an amazing role model. There isn't a day that I'm not trying to improve my teaching style and methods, but there are always a couple of subjects which repeat time after time in each clinic. Here is just one!

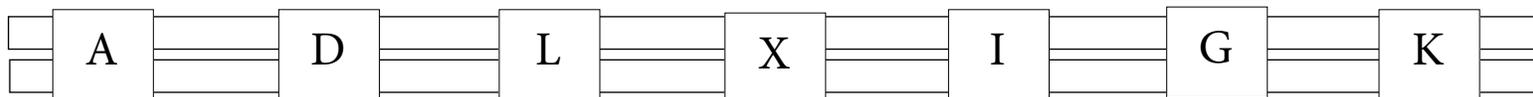
'BUT I'M NOT SUPPOSED TO USE MY INSIDE REIN? I FEEL LIKE I AM BEING ROUGH WITH MY HANDS, AM I PULLING HIM? I NEED TO BE LIGHTER WITH MY HANDS, BUT I CAN'T GET HIM ROUND ENOUGH HE'S TOO STRONG'

Then I go on to explain the following

Contact is such a massive and wide ranging word in Dressage, and that's why Dressage is so beneficial to all Equestrian sports. Contact is such an important and beautiful aid that many riders are not taking full advantage of or on the other hand abusing. Contact is very similar to a loaded gun, used correctly and in a positive and productive way it's a VERY useful tool. Used in a negative way, then a loaded gun is no longer a useful tool. I'm sure we have all seen a situation where the contact is being abused, that's easy to notice. I'm going to talk about the opposite ends of the scale, which are much more humane scenarios to the horse, but are still not beneficial to the horses physical and mental well being as the rider is still not truly connecting with their horse through the reins.

I have seen riders so brainwashed to avoid using their inside rein that they are literally riding around the arena in constant counter flexion. A rider's inside leg absolutely creates a bend but if you're not at all touching your inside rein... ever... then how the hell can we expect the horse to be truly flexed around a circle/pirouette/half-pass the list goes on. The inside rein in conjunction with your leg is an ingredient that you NEED! Your inside rein directs the neck to correct flexion, and your inside leg becomes the boundary like walking around a lamp post. So it is important to use the inside rein in conjunction with your inside leg and outside half halt. It's a balancing act of the three aids. Of course don't abuse the inside rein but certainly don't avoid it altogether.

Continued



## Stephen Hayes continued

There is SO much to cover on contact, I could have you here all day but one last thing.... “ The giving and taking of the reins”. The whole concept of a release of a particular rein or both is a reward. I see people giving and taking every millisecond. Do you give your dog a treat if he’s dragging you around the park? Do you give your dog a treat if he’s jumping up at you if you’re asking him to sit? Are you feeding your dog a treat every second as he’s sitting down or do you let him sit and wait there a few moments until he’s earned the reward. You see where I’m going with this?

You are your horse’s teacher, the ‘give’ is when your horse has yielded to the contact and is chewing and sucking the bit. Not when he’s ripping your shoulders out of their sockets. That’s not to say I’m asking my riders to stay on the end of the rein like a brick house, of course not.... you have to be productive. I want my riders massaging and manipulating the corners/bars of the horse’s mouth through a consistent contact, until the horse decides to unlock and let go of his jaw poll/neck while moving forwards and sideways from his rider’s leg aids. That is your window to reward your horse, he’s going to love the feeling of being relaxed and loose in his poll, throat latch area and neck, thousands of endorphins are being released while doing so, and in return you push forward your hands from his wither for a moment. That’s the real idea of a give. That’s how he will learn to want to soften to your hands. He’ll eventually understand that your hand is guiding him to a better place, now your hand has become a friend, and it’s being productive to your horse’s mindset. He will no doubt begin to follow your lead. Unfortunately horses don’t read a book at night on ‘how to become more supple’ they have NO idea unless we show them the way, and one way in conjunction with other aspects is through your HANDS. So don’t be afraid of the contact, it’s a beautiful thing when being used correctly.



# Ladies of LIDA Calendar

Is your mare photogenic and perhaps a bit of a Diva?

Does she glance at herself as you glide by the mirrors in the arena?

Perhaps every stallion turns his head in her direction as she steps gracefully off the trailer.

Well then, you should consider submitting her photo for the LADIES OF LIDA Calendar!

**Come On - We Know There Are Some Real Beauties Out There Who Would Love To Grace The Pages Of Our Calendar!**

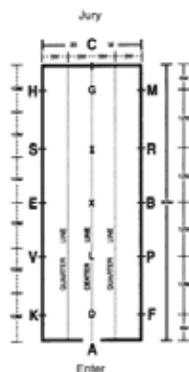
*More details will be forthcoming, so stay tuned!*



## DRESSAGE ARENAS

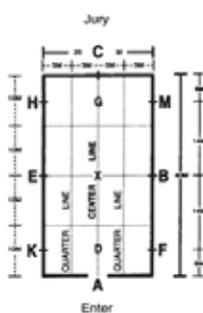
**STANDARD ARENA**  
(20m x 60m)

**DIAGONAL LENGTH**  
63.25m = 207' 8"



**SMALL ARENA**  
(20m x 40m)

**DIAGONAL LENGTH**  
44.72m = 146' 9"



**YOU ARE REQUIRED TO ENTER THE RING WITHIN 45 SECONDS OF THE JUDGE'S SIGNAL.**

### CONVERSION TABLE

(Meters to Feet)
1 meter = 3' 3"
6 meters = 19' 8"
10 meters = 32' 8"
12 meters = 39' 4"
14 meters = 45' 11"
20 meters = 65' 7"
40 meters = 131' 3"
60 meters = 196' 10"

### SCORING

10	Excellent
9	Very Good
8	Good
7	Fairly Good
6	Satisfactory
5	Sufficient
4	Insufficient
3	Fairly Bad
2	Bad
1	Very Bad

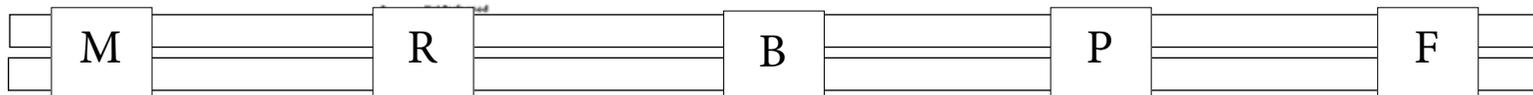
### ERRORS

First Error: 2 points
Second Error: 1 points
Third Error: Elimination
Leaving Arena: Elimination

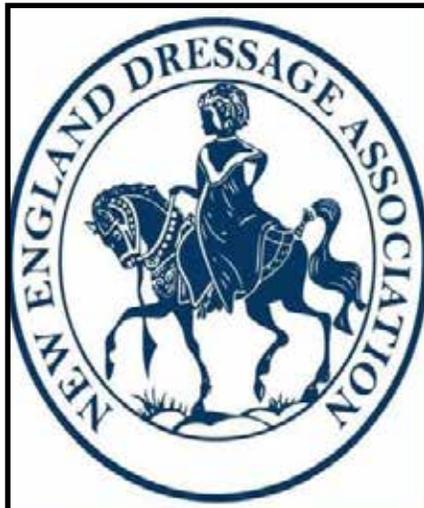
## EDUCATIONAL OPPORTUNITY

Ellen Brindle-Clark has offered to train a crew on the proper set up for a dressage arena. This is a wonderful chance to increase your knowledge and awareness of where the letters are placed and how to navigate the arena when riding a test.

We will also be seeking volunteers who can help out at the shows. We are really looking forward to having shows again this year! If you are available to help, please contact one of the board members to sign up.



# NOTEWORTHY NEWS



## NEDA FALL SYMPOSIUM

*Featuring*

# Johann Hinnemann

October 23-24, 2021

[www.neda.org](http://www.neda.org)

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## ROBIN LEVITON

Last month's featured Professional Profile.





# LIDA CLASSIFIED

Welcome to our classified section! If you have items you would like to list in our classifieds, please send all the details, including photos, to LIDA secretary Karin Schackne at [info@lidressage.com](mailto:info@lidressage.com). Listings are free for LIDA members. A \$5 donation is asked of non-members.



## FACE MASKS

\$15.00

## GAITERS

\$20.00



[shopusef.org](http://shopusef.org)

## LIDA BOARD MEMBERS

**Mary Mulcahy, President**

phone: 516-318-5537 email: [president@lidressage.com](mailto:president@lidressage.com)

**Dale Gifford, Vice President**

phone: 631-921-2629 email: [vp@lidressage.com](mailto:vp@lidressage.com)

**Karin Schackne, Secretary**

phone: 631 432-4563 email: [info@lidressage.com](mailto:info@lidressage.com)

**Heather Baker, Treasurer**

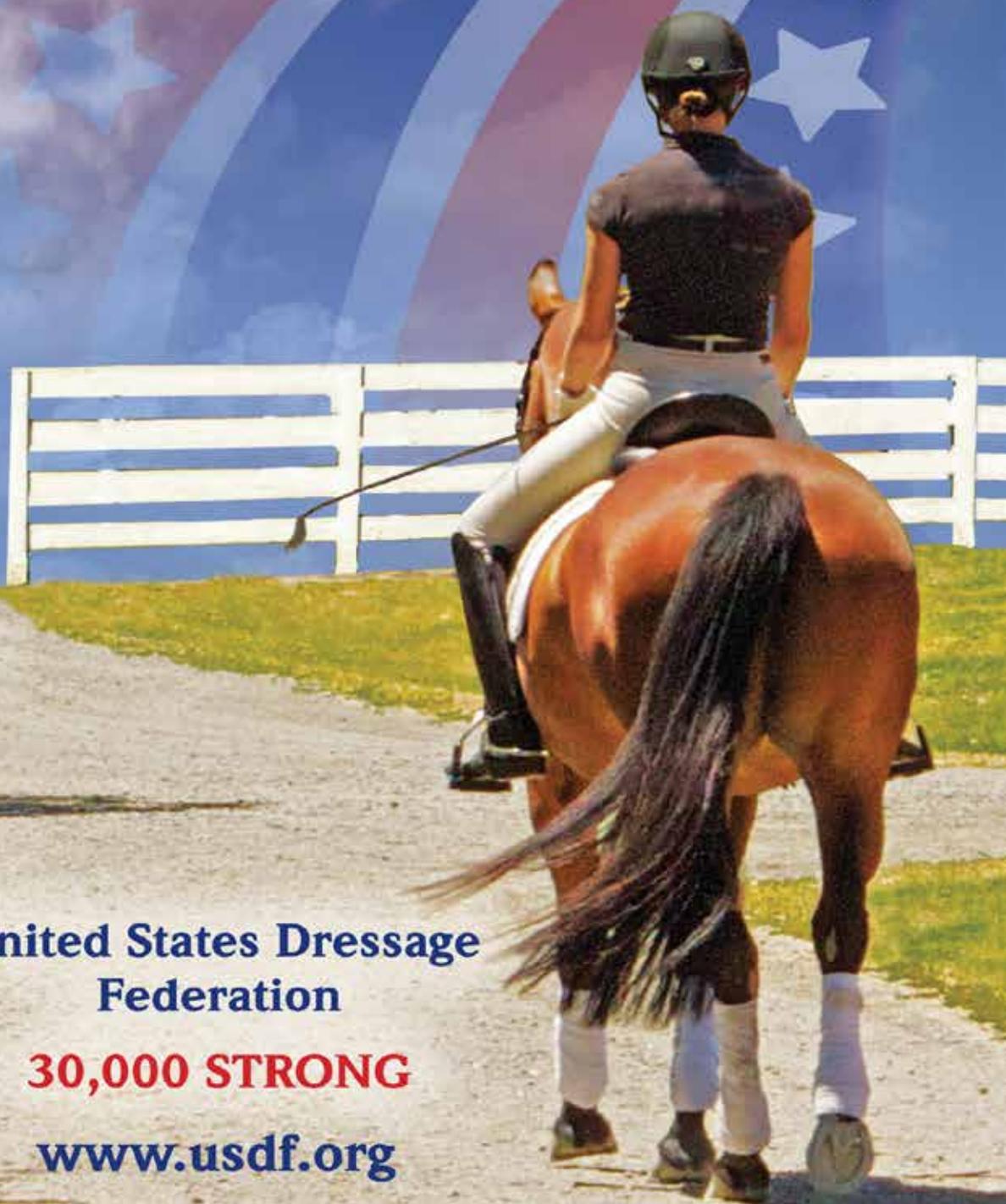
phone: 631-827-0481 email: [admin@lidressage.com](mailto:admin@lidressage.com)

## We'd love to hear from you!

If you have information you would like to share with other members, please contact LIDA secretary Karin Schackne at least one month prior to publication.



YOUR CONNECTION TO THE  
**AMERICAN**  
DRESSAGE COMMUNITY



United States Dressage  
Federation

**30,000 STRONG**

[www.usdf.org](http://www.usdf.org)





# Long Island Dressage Association

## Be Part of the LIDA Movement – Join Today!

The 2021 LIDA Membership begins December 1, 2020 and ends November 30, 2021.

**Please Print:**

<b>Name:</b>		<b>Email:</b>
<b>Address:</b>		
<b>City/State/Zip:</b>		
<b>Phone:</b>	<b>Cell #:</b>	<b>D.O.B.:</b>
<b>USDF #:</b>	<b>USEF#:</b>	
<b>Trainer:</b>	<b>Referred By:</b>	
<b>Horse's Name &amp; Stable:</b>		
<b>Signature:</b>	<b>Date:</b>	<b>Amt:</b>

### ANNUAL MEMBERSHIP OPTIONS

**Full Participating Membership: \$60**

(Includes GMO Membership in USDF)

**Schooling Show Only Membership: \$40**

(LIDA Member Only/Non GMO)

**Youth Participating Membership: \$40**

(LIDA Member Only/Non GMO/Max. Age 21)

**Non-Competing Membership: \$30**

(LIDA Member Only/Non GMO/Not Eligible for Team or High Score Awards)

***To be eligible for Yearly High Score Awards, the rider of the horse must be a current LIDA member prior to the first class of the show for which scores are to count.***

***Please review the rules!***

**LIDA is a non-profit association run by volunteers and is dedicated to promoting the art of dressage.**

**As a member, you are entitled to participate in and receive the following:**

- **Meetings, clinics and other club activities**
- **Automatically become a Group Member of the USDF**  
(Full Participating Membership Only)
- **Year-end awards and dinner dance**

**ANY MEMBERSHIP QUESTIONS - PLEASE EMAIL [info@lidressage.com](mailto:info@lidressage.com)**

Submit your completed application with your check **made payable to LIDA to:**

LIDA Membership Committee  
PO Box 507  
Calverton, NY 11933