



5855 Mark West Lane  
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## ! Didn't Know That!

### USEF Offers New Varsity Lettering Program for High School Equestrians By Sarah Lane

**Lexington, KY** – You don't have to be a record-setting quarterback, point guard or track star to letter in high school sports anymore. The United States Equestrian Federation (USEF) is writing a new chapter in the recognition of high school sports—one that honors Equestrian athletes. The USEF's High School Equestrian Athlete program will offer specially designed emblems and pins, exclusively for equestrian athletes in grades 9-12.

"High school equestrians have earned their place among the most dedicated athletes," shared John Long, USEF Chief Executive Officer. "Not only are they putting in long hours to train for and compete in the sport they love—they do so while taking the concept of teamwork to the highest level, forming a partnership with a horse to achieve their goals.

"Until now, most high school students haven't had the opportunity to letter in equestrian, simply because there are so few school-sponsored programs," Long continued. "We look forward to the beginning of a new tradition, where equestrians are able to earn the recognition they deserve, alongside their fellow athletes and classmates."

The new High School Equestrian Athlete program is open to equestrian athletes in all breeds or disciplines who are enrolled in grades 9-12, and are currently USEF members, or become USEF members. The program will run June 1–May 31 of each year, and will honor those who document their training and competition involvement by awarding emblems and pins. These are designed to be worn on existing high school letterman's jackets, or any jacket of the athlete's choosing, as a rite of passage and symbol of achievement.

This new program requires enrollment and documentation prior to lettering. For more information, or to complete an enrollment application, simply visit this link on the USEF Youth Programs page at [www.usef.org/documents/Youth/HighSchoolAthlete.pdf](http://www.usef.org/documents/Youth/HighSchoolAthlete.pdf).

Please note: Current Seniors are offered the opportunity to enroll by January 29, 2010, and complete the requirements by May 31, 2010, to earn their letters on a shortened schedule. For more information on the USEF's High School Equestrian Athlete Program, please contact Mary Vance via e-mail at [mvance@usef.org](mailto:mvance@usef.org). **The vision of the United States Equestrian Federation is to provide leadership for equestrian sport in the United States of America by promoting the pursuit of excellence from the grassroots to the Olympic Games, based on a foundation of fair, safe competition and the welfare of its human and equine athletes.**

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# Bits & Pieces

The Sonoma County Dressage Society



February - March 2010

## You Must Be Present to Win!

### The Award's Gala

What do these phrases all have in common?

- It's an honor just being nominated.
- Oh, I never expected to win.
- So and so really deserved to win. I'm happy for her.

They are all lies told at award shows. Why am I bringing this up??? It's time for the Sonoma Chapter's Annual Award's Gala, and everyone is invited! But guess what? Unlike the Oscar winners, you don't have to give an acceptance speech, no ball gowns, and paparazzi will be kept to a minimum—just Ruth Lake and her camera, to be exact. So, gather up your friends, barn-mates, family members, and equestrian enthusiasts, and let's make this year's event our best celebration ever! Fabulous trophies, food, wine, and fun are all on the agenda. Last year, even some of the husbands had fun, and that's saying something! Here's the 411:

Date: Sunday, March 14th, 2010

Time: 3:00 to 5:00

Place: Steele Lane Community Center, in the DeMeo room, located at 415 Steele Lane in Santa Rosa.

RSVP: to Tracy Underwood at [tracy@srequestrian.com](mailto:tracy@srequestrian.com) or at 568-4335.

### Last year's award winners

Please return trophies to Tracy Underwood no later than February 20<sup>th</sup> to give us time to have the new recipient's name engraved.

Attention Amateurs! The Sonoma Chapter is holding a drawing to select a rider to go to the 2010 CDS Amateur Clinic—free! To qualify for the drawing, you must be 1) a current member of the Sonoma Chapter CDS, 2) an amateur, and 3) you must be present at the Award's Gala on Saturday, February 27, 2010. Good luck, and we'll see you at the gala!

What? You haven't already heard who the clinician is. Well, I'll give you some hints:

- She's a two time Olympian
- Her horse Brentina, is as wellknown as she is
- You already know, don't you....

It's **Debbie McDonald!** Now don't you want to come to the Award's Gala, and put your name in the hat?! Of course, you do. BTW, the Amateur Clinic will be held May 6 thru the 9<sup>th</sup> at Santa Rosa Equestrian Center, and everyone is invited to audit for a fee of \$10 per day. If you have any questions, please contact Tracy Underwood at 568-4335 or at [tracy@srequestrian.com](mailto:tracy@srequestrian.com).

### Coming Soon: The Shelly Siegel Show And Breed Show too!

Feeling fabulous about your freestyle, ecstatic about your extension, and harmonious about your half-pass? Are you wondering what to do next? Add the Shelly Siegel Show to your agenda. It's coming soon to the Santa Rosa Equestrian Center. Here's what you need to know so that you can begin planning.

Date: June 4-6th, 2010

Location: Santa Rosa Equestrian Center, 3184 Guerneville Road, Santa Rosa.

Fun: The annual barbeque with live music, equestrian vendors for shopping, all in a lovely setting.

Registration forms: [www.winecountrydressage.org](http://www.winecountrydressage.org)

Contact: Tracy Underwood at

[tracy@srequestrian.com](mailto:tracy@srequestrian.com)

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

## How do I Qualify for an Award?

Although they say, "Everyone's a winner for just participating," I think it's even better when our participation results in a glittering trophy! With that in mind, you may already be a winner! To find out, just sift through this past season's dressage show scores and pick out your best ones. You may have qualified for a local Sonoma CDS Chapter Award. Note: don't be afraid to send in your scores, even if they're not in the stratosphere because you never know..... Please send in copies of your scores to the chapter vice-president, Tracy Underwood. Scores may be mailed to Tracy Underwood, 3142 Guerneville Road, Santa Rosa, CA 95401. She can also be contacted by email at [tracy@srequestrian.com](mailto:tracy@srequestrian.com). **Scores are due by February 28, 2010.**

Choose either two or three of your highest scores from two different judges from this past show season. (The number of scores required is listed after each trophy below.) Again, it is your responsibility to mail in your scores. Unfortunately, we don't have the manpower to sift thru the data base for scores (because we are all volunteers here).

We have many Sonoma Chapter trophies available and just waiting to be won. Here they are.

- Training Level - Strider Memorial Trophy - 3 scores
- First Level - Snowfox Perpetual Trophy, donated by Frances Prine - 3 scores
- Second Level - Trophy, donated by Colette Breen - 3 scores
- Third Level - Stable News Perpetual Trophy, donated by Lynn A. Roberts - 3 scores
- Fourth Level - James B. Cox Memorial Trophy - 3 scores
- AA Lower Level High Point - Smooth Move Memorial Trophy, donated by the Keville Family - 3
- Prix St. George Trophy, donated by Joanie Wilson - 2
- Intermediare - Excellence & Spirit Trophy, donated by Barbara Whitson - 2
- Grand Prix - Fieldstone Farm Trophy, donated by Fieldstone Farm - 2
- AA FEI High Point - Wimbledon Memorial Trophy, donated by Lizbeth Hamlin-Haims - 2
- Junior/YR Lower Level High Point Trophy, donated by Sharon Marshall - 3
- Junior/YR FEI High Point - Eminenz Trophy - 2
- Lower Level Freestyle - Antares Memorial Trophy - 2
- FEI Freestyle - Picone Award, donated by Fieldstone Farm - 2
- General FEI Award Trophy for the oldest showing horse, donated by Lilo Fore & Susan Reinecke - 2

Still looking for more awards information? Consult your omnibus. CDS offers many awards. The CDS certificates and plates are completely explained. It turns out, the omnibus isn't just a resource for horse show dates. Check out the myriad of topics discussed: Horse of the Year, Futurity info, competitor requirements, and all the dressage tests are in the back.

Good luck in 2010!

## Charitable Giving

The Sonoma Chapter of CDS extends a big thank you to all who bought a ticket to the 2009 Dressage in the Wine Country Extravaganza. As a result of your generosity, and the hard work of all who organized and participated in the DWC event, our chapter has extended help to seven different non-profit organizations. When I say "extended help," I mean cash, money, moolah or more properly: donations, philanthropy, and charity—so important in this economic climate.

This year, we were able to give a donation of \$1,000 to each of the following Sonoma County organizations.

- The Sonoma County Horse Council
- Sonder Ranch
- Equi-Ed
- C.H.A.N.G.E.
- Iccsoma
- The Living Room
- The Redwood Empire Food Bank

As a non-profit organization ourselves, it is only through events like DWC, that we are able to extend the hand of friendship and charity to worthy groups like these, so give yourself a pat on the back, if you bought a ticket or volunteered at DWC.

## *The True Foot of the Horse, Hoof Health for your Sport Horse*

This is a lecture that should not be missed, as horse owners and trainers always hear the old attage, "no foot no horse."

This especially applies when we are asking great demands on our equine counter parts for the sake of the art and sport of dressage.

the horses hoof is one of the key elements to overall health and soundness and without a base knowledge there are many variables that can affect that outcome. The hoof is amazing and unique in it's natural design. When we as horsemen provide care for the equine hoof we should understand it's proper functions. This lecture will cover the anatomical view of the hoof, how it functions, what allows it to function properly, especially in the light of being used in sport. This lecture is produced by two very talented horsemen. Michael T. Savaldi, internationally known author and researcher, educator farrier and researcher fo Polytechnic University, Pomona, Calif. For Over 25yrs. and the presenter Kevin Graham, farrier in Sonoma county for over 15yrs. specialized in sporthorses. He was also a competitor and winner of the western state farrier association division one and won it in 2006'.

Date: March 27th

Time 4:00 p.m. refreshments 4:30 lecture begins

Location: Green Vista Stables, Lagunavista rd. Santarosa.

Cost: Non members \$15. C.D.S. members \$10.

This is a california dressage society, Sonoma chapter sponsored event for more info. feel free to contact Treessa Boulden, education coordinator @ [tressaboulden@comcast.net](mailto:tressaboulden@comcast.net) or call (707)829-0491 Registration form attached.

## Attention Advertisers

On behalf of the Sonoma Chapter of CDS, I would like to thank all of our 2009 Bits & Pieces advertisers. Thank you for your support of the chapter and your enthusiasm for equestrian sports and horses in general. Your advertising dollars are used to help pay for postage and printing of this newsletter.

It's 2010, and we hope you will renew your ad with us. As with last year, for one price, your ad will appear in the on-line newsletter and in the mailed version which goes out 6 times per year. The newsletter reaches approximately 300 horse-loving families, every other month, so that's pretty good bang for the advertising "buck," so to speak.

The prices will remain the same as the past 3 years, so a business card sized ad is still only \$75. If you would like to place an ad, or renew your ad, please contact Margo Brown, the new newsletter editor, at [margo@sonic.net](mailto:margo@sonic.net). She'll help you with everything from pixels to pricing. Thanks!

## Easter Dressage Schooling Show

The Sonoma CDS Chapter is hosting an Easter Dressage Schooling Show again this year, and we took a poll, and discovered the top 5 reasons to register:

1. It's a bona-fide fact that judges are nicer at schooling shows—I think it's something in the water.
2. Sparkly hoof paint—not just for ponies anymore!
3. The Farmer's Almanac says that the air is thinner at Easter time, so your horses extended trot will be even fancier—something about the Ozone, Green Acres Effect, and Global Warming. I might've lied about this one.
4. Schooling shows are relaxed, and at the Easter show, you can really let your "hare" down.
5. Costume Contest + Egg and Spoon Race + Traditional Dressage Classes + Funtastic Classes + Lead line Classes = a whole Easter Basket of dressage fun!

Date: check [winecountrydressage.org](http://winecountrydressage.org)

Location: Lyttle Cow Palace at the Sonoma County Fairgrounds

Entries: Print out an entry form at the chapter website at [www.winecountrydressage.org](http://www.winecountrydressage.org)

Contact: Tracy Underwood at [tracy@srequestrian.com](mailto:tracy@srequestrian.com).



# *Calendar*

## *February 2010*

20th Return last years CDS trophies to Tracy Underwood

28th Last day to submit scores for CDS Awards to Tracy Underwood

## *March 2010*

9th Sonoma CDS Board meeting 6:30pm ath the home of Gwenne Volpert

14th Sonoma CDS Awards Gala 3:00 Steele Lane Community Center

27th The True Foot of the Horse, Hoof Health for your Sport Horse Green Vista Stables

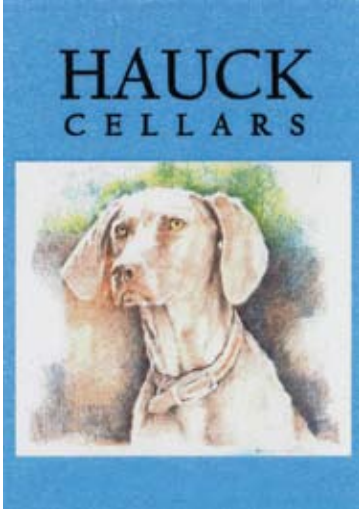
## *Upcoming Events*

April TBD Easter Dressage Schooling Show, Lyttle Cow Palace, Sonoma County Fair Grounds See [www.winecountrydressage.org](http://www.winecountrydressage.org)

May 6th-9th CDS Amateur Clinic with Debbie McDonald, Santa Rosa Equestrian Center

June 4th-6th Shelly Siegel Dressage and Breed Show, Santa Rosa Equestrian Center

# Bits & Pieces Market Place



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