



Ottawa Area Dressage Group

www.ottawadressage.ca

Newsletter



OADG is a chapter of CADORA Inc.

OADG is a Dressage Canada affiliated riding club.

Spring 2017

Thank you to everyone for the contributions to this edition of the newsletter. As always at this time of year: memberships, memberships, memberships! It might sound repetitive, given the number of memberships we all have to purchase, but the deadlines are coming up and you don't want to miss those! In addition, though, we do have a lovely article on the importance of the training scale – a basic tool for all dressage work, whether leading to showing, or helping your horse to improve their fitness and suppleness (it's also good for jumpers!). And we hope to see you at the "members day" in Merrickville – lovely items of tack and apparel, and an excellent social event!

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Message from the President

Time to wake up everyone, Spring has arrived! Whatever your definition of Spring (the weatherman and I disagree on this point), it is here and that means time to gear up for the coming season. Our OADG Communications Director (aka Jane) has put together a great package of information for you here to get you revved up.

As always, this issue of the Newsletter prompts you to get or renew membership and whets your appetite with the listing of local shows. We have a great slate of shows this year and we can't thank the show organizers enough for all the effort they put into this. Membership is not always about showing, though, so please join us in supporting our other activities and help keep the OADG the thriving dressage group it has always been.

News from the OADG Board: we have had two meetings so far this year to kick off the planning. All Board members but one have returned to help out again this year. The position of Secretary is vacant, so if that interests anyone, please get in touch with me. (I'll be at the Members' Discount Day at Encore Equestrian on April 23 if you just want to chat about what is involved.)

Best regards to all,
Catherine Maguire, OADG President
president@ottawadressage.ca



“Thank you!” to our Sponsors:

Cadora National (Cadora Inc.) dressagegames@aol.com

Equestrian Canada, www.equestriancanada.ca; 1-866-282-8395

Ontario Equestrian Federation, www.horse.on.ca; 1-877-441-7112

Ontario Federation of Agriculture, Guelph; 1-800-668-3276

Ottawa Area Dressage Group, www.ottawadressage.ca

Apple Saddlery,
613-744-4040; 1-800-867-8225

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613-821-2437; chickatthereins.com

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and Iroquois, 613-652-4382

Greenhawk Harness & Equestrian Supplies,
Nepean, 613-225-9900

Hawley's Corners Gift Shop,
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ISOLARA Solar Power,
613-738-2646

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Kate Sim, 613-285-4318

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Maple Lane Equestrian Trailers,
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Peggy & Pat McQuaid,
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www.russellequine.com; 613-445-3521,
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Steve Morris,
Certified Journeyman Farrier,
Oxford Mills, 613-258-4417

Northern Equestrian Centre,
Osgoode, 613-229-5547
A. Brebner

Oakhurst Farm,
Joan Allum and Mark Nelson,
www.oakhurstfarm.ca;

Sandridge Saddlery, Osgoode, 613-229-5547; Ste. Lazare, 1-800-520-8225



Message from our Awards Director...

The 2017 Show Season is about to kick off. Are you ready? Is your team ready?

Ensure your OADG membership is in by May 31st (including the owner of the horse if the horse you are riding is not your own).

Team Challenge Submissions are also due at the end of May. Send your Team Submissions to the Awards Director.

All the Award Criteria for 2017 can be found on the OADG website. Make sure you review them prior to the show season to avoid disappointment later on. Remember, at the very least, you must be a member, the owner of the horse must be a member and you must compete in at least three shows to qualify for year-end awards.

All the details are on the website but if you have any questions please contact the Awards Director directly via email.

Wishing you all the best of luck for the show season.

Caroline Peck, Awards Director
awards@ottawadressage.ca

“Thank you!” to our Sponsors, continued...

Susan and Terry Otto,
Metcalfe

Col. A Frank Cooper

Embellish Horse,
Kathleen Cullen, kcullen@live.ca

Rainbow Ridge Ranch,
S. Curtis & L. Maltby,
Greely, 613-821-2939

RBC Royal Bank, Metcalfe Branch,
Pauline Drummond, 613-821-2021

Red Dot Café, Market Square,
Osgoode, 613-826-0552

Stittsville Trailer and Auto Sales Inc.,
Orville Hartwick, 613-836-5555

Rocking Horse Stable,
Val and Jim Everson, Rockland
613-488-3066

Rowland Leather & Merrickville Suites,
Merrickville, 1-800-806-6983, www.rowandleather.com

Schleese Saddlery Service Ltd.,
www.schleese.com, 1-800-225-2242

Stone Meadows Inc.,
Robin-Lynn and Jon Brent,
www.stonemeadowstable.com; 613-295-9147

Lone Star Texas Grill,
Lemieux St., Gloucester,
613-742-9378

Valley Vet Clinic, Carleton Place, equine@valleyvet.ca; Dr. Evangeline Wiens, 613-257-3202



OTTAWA AREA DRESSAGE GROUP

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Ottawa Area Dressage Group

Your source for dressage shows, clinics and annual awards

Support dressage in the Ottawa area by becoming a member of the Ottawa Area Dressage Group.

Membership benefits include:

- Local show sponsorship
- Trophies, Awards and Banquet
- Newsletter
- Facebook page and newsbriefs
- Web Site
- Free classified ads on the website and in the newsletter
- Clinics, Demonstrations and Education
- Discounts at OADG sponsored clinics

The OADG is a regional, non-registered not-for-profit organization dedicated to encouraging interest and participation in the sport of Dressage in the Ottawa area and its surrounding communities. It is managed on a volunteer basis by a Board of Directors elected yearly by the membership. The OADG is a chapter of the Canadian Dressage Owners and Riders Association (CADORA). The OADG is a Dressage Canada affiliated riding club.

Visit <http://ottawadressage.ca> for:



- Membership information
- Contact information
- Annual Awards
- List of local dressage stables
- Classified ads
- Listing of Ontario and Quebec Dressage Horse Shows

Memberships

New this year: Horses showing at Silver level or higher must have an Equestrian Canada (EC) “digital horse recording”, valid for 2017. This digital horse recording replaces the old passports and the annual “horse licence sticker”. More information is available on the EC website.

- if you had a passport, it is automatically converted to a digital horse recording when you renew your EC membership
- if you were planning on ordering a new passport (for a new horse, or upgrading from ESD Schooling or Bronze shows to Silver), then you will now be purchasing a new “digital horse recording”

AA versus Open versus Junior: The Equestrian Canada Sport Licence applies to the rider or owner of the horse. For Bronze, Silver, and Gold shows, each rider and the owner of each horse must have their own EC sport licence. When you purchase your EC membership, make sure you select the correct designation:

- AA refers to Adult Amateur, and it costs an extra \$15 to have this designation on your membership. You must purchase this designation if you want to ride in the AA classes (for any discipline); adult riders without this designation must ride in the Open classes.
- Open classes are meant for riders, trainers and coaches who make a significant portion of their income from riding, teaching, coaching and training. Basically, having Open classes and AA classes separates the professionals from the amateurs.
- Junior classes are reserved for junior-age riders (although show organizers may combine classes if there are insufficient entries to separate them).

Where it may get confusing is when an adult amateur owns a horse that is ridden by both the owner (for example, at Third Level in Silver shows) and by their coach/trainer (possibly at Fourth Level in Gold shows). In this case:

- the owner should have an EC membership with the AA designation for **Gold** shows (the highest level of competition the horse will be showing at)
- the coach/trainer should have an EC membership without the AA designation for Gold shows
- the horse should have a digital horse recording that is valid for the current year

The owner can then ride in AA classes at Silver shows (and at Gold shows, too), and the coach/trainer can ride in Open classes. Clear as the mud down centre line on a rainy show day? ☺

Here is a handy-dandy chart to track which memberships are required, recommended and optional (this is based on last year’s chart, and yes, “Equine Canada” should now read “Equestrian Canada”! ☺):

ORGANIZATION	MANDATORY				RECOMMENDED	
	OEF (OR EQUIVALENT PTSD)	EQUINE CANADA SPORT LICENCE	EQUINE CANADA HORSE RECORDING	DRESSAGE CANADA	OADG	CADORA
LEVEL OF COMPETITION						
ESD Schooling	✓	✗	✗	✗	✓	✗
Bronze	✓	BRONZE ✓	✗	✗	✓	ONTARIO ✓
Silver	✓	SILVER ✓	✓	✓	✓	ONTARIO ✓
Gold	✓	GOLD ✓	✓	✓	✓	NATIONAL ✓

Note: Bronze show scores are not eligible for annual OADG awards.

Description of the memberships required at each level

Depending on which level you want to show, you'll need to purchase certain memberships, and we recommend that you purchase other memberships. Here's a summary:

OADG Membership

Renew or purchase new before May 31st, 2017 to be eligible for OADG year-end awards or discounts at OADG events (such as educational clinics). **Both rider and horse owner must hold memberships.**

There are many benefits to joining OADG. You will support local initiatives to promote shows, learning opportunities, sponsorships, and building a "community" of like-minded riders, owners, and "ground crew". Your Board of Directors is planning newsletters and email "news briefs" to disseminate information, and our Facebook page provides a social community.

OADG membership is always optional. A rider or horse may compete in dressage competitions without any membership in any level of the OADG, CADORA Ontario, or CADORA National. However, both rider and horse owner must have memberships to be eligible for any year-end awards or competition grants sponsored by the OADG, CADORA Ontario, or CADORA National. To receive an Omnibus (the official "test book"), you must purchase a full CADORA National membership (which includes OADG and CADORA Ontario memberships).

Other Memberships

For a rider or horse to compete in dressage shows, you **must** have certain memberships and licences:

- All levels of showing: Both the rider and the owner of the horse must be members of their Provincial Sport Organization (Ontario Equestrian Federation (OEF), Federation Equestrian du Quebec (FEQ), or equivalent for other provinces).
- Schooling Series: Equestrian Skills Development (ESD) and OEF Schooling Shows
Other than OEF/equivalent, no additional memberships are required.
- Bronze Series: In addition to OEF/equivalent, both the rider and the horse owner must hold an Equine Canada Bronze Sport Licence (with Adult Amateur designation if applicable)
- Silver Series: In addition to OEF/equivalent, both the rider and the horse owner must hold:
 - An Equine Canada Silver Sport Licence (with Adult Amateur designation if applicable)
 - A Dressage Canada Affiliate membership
 - The horse owner must have an Equine Canada digital horse recording for the horse, valid for 2017 (replaces the passport)
- Gold Series (National): In addition to OEF/equivalent, both the rider and the horse owner must hold:
 - An Equine Canada Gold Sport Licence (with Adult Amateur designation if applicable)
 - A Dressage Canada Affiliate membership
 - The horse owner must have an Equine Canada digital horse recording for the horse, valid for 2017 (replaces the passport)
- Platinum Series (CDI): In addition to OEF/equivalent, both the rider and the horse owner must hold:
 - An Equine Canada Platinum Sport Licence (with Adult Amateur designation if applicable)
 - A full membership in Dressage Canada
 - FEI membership (purchased through Equine Canada)
 - Permission from Equine Canada to compete
 - The horse owner must have either:
 - o For CDI 1*, 2* (within Canada), an Equine Canada digital horse recording for the horse, valid for 2017 (replaces the passport)
 - o A valid FEI passport including a valid EC digital horse recording for 2017

Please note that Equine Canada rules apply at all shows, and drug testing may occur at any show.



**OTTAWA AREA DRESSAGE GROUP
2017 MEMBERSHIP APPLICATION**



OAGD is a local group affiliated with both CADORA and Dressage Canada.

The OAGD is a not-for-profit organization whose purpose is to foster the sport of Dressage by encouraging participation in Competitions, Demonstrations, Lectures and other activities which increase knowledge and understanding of good horsemanship.

Memberships run from January 1st to December 31st and must be renewed with the OAGD, CADORA Ontario and CADORA National no later than **May 31st** to retain voting privileges and **ensure eligibility for all applicable awards.**

BOTH THE RIDER AND OWNER* OF THE HORSE MUST join no later than May 31st in order to qualify for awards*.

*If different from rider. Owners must have at least an OAGD local membership for horse to qualify for OAGD awards.

*Scores up to and including May 31st are also valid for year-end awards as long as rider/owner memberships are received by May 31st.

MEMBERSHIP INFORMATION: NEW _____ RENEWAL _____ OEF# _____

LAST NAME _____ FIRST NAME _____

ADDRESS _____

CITY _____ PROVINCE _____ POSTAL CODE _____

HOME PHONE _____ CELL PHONE _____

EMAIL (Please print clearly): _____

Newsletter Delivery by Email only (or write 'no newsletter' following your email address if you do not wish to receive one)

HORSE OWNER NAME(S): _____

(SHOW) NAME(S) OF HORSE(S): _____

DATE OF BIRTH FOR JUNIOR: _____ JR PARENT/GUARDIAN NAME: _____

DRESSAGE OFFICIAL: COACH _____ JUDGE _____ STEWARD _____ LEVEL _____

COMPETITION CATEGORY: JUNIOR _____ ADULT AMATEUR _____ OPEN _____ NON COMPETITOR _____

COMPETITION LEVEL: SCHOOLING _____ BRONZE _____ SILVER _____ GOLD _____ PLATINUM/CDI _____ NON COMPETITOR _____

Membership Fees:

(Only a full CADORA National membership includes one Omnibus, CADORA National Membership Card, and CADORA INC newsletters)

MEMBERSHIP TYPES – PLEASE CHOOSE ONE ONLY

OAGD LOCAL ONLY	SR \$30.00 _____	JR \$20.00 _____	
CADORA ONTARIO	SR \$40.00 _____	JR \$30.00 _____	(Includes local membership)
CADORA NATIONAL	SR \$70.00 _____	JR \$50.00 _____	(Includes local, and Ontario membership)
CADORA QUEBEC NATIONAL	SR \$60.00 _____	JR \$40.00 _____	(Only for Quebec residents not showing Silver)

Membership Type Selected: _____ FEE: \$ _____

Supplies: You can only order from these supplies if you have joined CADORA NATIONAL

Additional Omnibus (\$20.00 each)	\$ _____	Stall Info Card (\$5.00 each)	\$ _____
Omnibus Rain Cover (\$3.00 each)	\$ _____	Test Planner (\$5.00 each)	\$ _____
CADORA Lapel Pin (\$5.00 each)	\$ _____	CADORA Key Chain (\$2.00 each)	\$ _____

TOTAL REMITTED FOR MEMBERSHIPS, SUPPLIES (Supplies ONLY for CADORA National members) **TOTAL \$ _____**

Make cheque payable to: Ottawa Area Dressage Group (or OAGD) **(NO POST DATED CHEQUES PLEASE)**

Membership is valid as of the date the completed **form** and **fee** are received **together** by the OAGD membership director.

Mail to: Mandy Spear Phone: 613-513-3657
 351 Hillsboro Private Email: membership@ottawadressage.ca
 Kanata, ON OAGD Website: <http://ottawadressage.ca/renew/>
 K2M 3B1

Membership forms may be **emailed** to membership@ottawadressage.ca **IF** accompanied by an **email money transfer*** to the *same email*.
 *Please state your full name(s) in the description box of the transfer for the purpose of clarity.

A membership in any level of the OAGD, CADORA Ontario or CADORA National is not required for a rider or horse to compete in dressage competitions, but is required to be eligible for any year-end awards or competition grants sponsored by the OAGD, CADORA Ontario or CADORA National.

**OTTAWA AREA DRESSAGE GROUP
2017 MEMBERSHIP INFORMATION**

Privacy Policy: The OADG will not share your personal information with third parties unless required for business directly related to the OADG (such as forwarding member information to CADORA). If we judge an issue or information item to be of interest to our members, we will forward that information to you directly by email from within the OADG Director group.

The OADG membership packages are divided by levels identifying total fees required to join either: OADG (local group), CADORA Ontario (COAI), or CADORA National. There is also a level for those residing in Quebec, not having a provincial affiliate and thus not required to join CADORA Ontario. Each member can choose the membership package that fits their particular preferences.

A membership in any level of OADG, CADORA Ontario or CADORA National is not required for a rider or horse to compete in dressage competitions. However; it is necessary for both the rider and at least one owner of the horse (if different) to be members in order to be eligible for any year-end awards or competition grants sponsored by the OADG, CADORA Ontario or CADORA National. Memberships are required to be in by **May 31st** to be eligible for OADG, CADORA Ontario or CADORA National awards.

MEMBERSHIP PACKAGES:

- LOCAL: OADG Local membership ONLY (Senior/Junior)
 ONTARIO: OADG Local membership and CADORA ONTARIO membership (Senior/Junior)
 NATIONAL: OADG Local membership and CADORA Ontario membership and CADORA National membership (Senior/Junior)
 QUEBEC NATIONAL: OADG Local membership and CADORA National membership (Senior/Junior)

The following is a summary of what each membership package includes:

LOCAL – OADG Ottawa Area Dressage Group	<ul style="list-style-type: none"> - Eligible for local OADG year-end awards for FEI, Gold, Silver, Bronze, Schooling Permit competitions. Rider and at least one owner of the horse must be members by May 31st to be eligible for year-end awards. - Local OADG shows are designated in the Local column at http://ottawadressage.ca/shows/ - See http://ottawadressage.ca/awards/ for awards criteria, which include external show scores - OADG Local group newsletter - Eligible to ride in OADG sponsored clinics - Eligible to vote in local OADG group elections at AGM, and stand for director - Affiliated with Dressage Canada
ONTARIO - COAI Cadora Ontario Association Inc.	Local OADG Package plus: <ul style="list-style-type: none"> - Eligible for COAI, Silver, Bronze awards - CADORA Ontario newsletters - Vote in COAI elections and stand for director - Access to CADORA Ontario scholarship programs
NATIONAL - Cadora National Inc.	Ontario package plus: <ul style="list-style-type: none"> - One CADORA Omnibus - CADORA National quarterly newsletters - Purchase CADORA National supplies (Omnibus, lapel pin, rain covers) - Eligible for CADORA National FEI, Gold awards - Vote in CADORA National elections at AGM and stand for Director (if renewed by May 31st)

Quebec residents competing on the Ontario Silver circuit must join CADORA Ontario to be eligible for year-end CADORA Ontario Silver awards. Quebec residents do have the option of not joining CADORA Ontario if they are not competing on the Ontario Silver Circuit.

Supplies: Supplies are for CADORA NATIONAL members ONLY

Note: All OADG members participating in OADG shows and clinics must be members of the OEF for insurance purposes. It is recommended that clinic organizers ask for participant OEF number.

Please do not send the OADG membership director Ontario Equestrian Federation (OEF) memberships or Equine Canada (EC) memberships or Dressage Canada (DC) memberships. These should be sent directly to the respective OEF or EC membership offices.

An Update on Friends of the OADG...

Remembering Leah Fentiman (Willowdusk Farm)



Leah Fentiman, of Willowdusk, passed away peacefully in the presence of loved ones on December 18, 2016. Leah is remembered with love for her passion of animals, travel and cooking.

Leah was a huge part of the OADG. Many shows were held at her beautiful farm - Willowdusk. Her students supported the other Ottawa shows very successfully on her wonderful school horses.

She was an incredible teacher - she never lost an opportunity to make an occasion a learning experience. Once, when one of her old school horses died, they did an autopsy right on the farm. Leah told me that people from as far away as Montreal came to watch and learn. She came to Centaur on a few occasions with her suitcases full of bones, and gave the best lectures on anatomy ever. She actually knew the horses and their soundness history who belonged to the bones we were holding. She was the funniest person and could tell stories by the hour.

I believe it was her dad who built the original OADG dressage ring - the one with the wonky corners dubbed the "sputniks" - it was his invention, as was the indoor arena at their farm - shaped like a dome.

(Thank you to Shirley Guertin, Centaur Riding School for that lovely remembrance.)

Remembering Bruce R. Gordon

The Board wishes to extend sincere condolences to Cathy Gordon and her family on the passing of her husband. Bruce Robert Gordon passed away on February 17, 2017 surrounded by his loving family at home. He is survived by Cathy as well as their children Heather, Christine (Jamie) and Andrew (Ashley) plus several grandchildren. I speak for all our members, Cathy, when I say that our thoughts are with you and supporting you during this time.



Bruce had a great sense of humour. He ended the toast at our son's wedding with this car bumper sticker. The bride, Ashley, had a horse, "Bentley". So Bruce rephrased the sticker to read "If I didn't own a horse named Bentley, this would be the real thing!"

Remembering Friends of the OADG, continued...

An Update on Spiritwood

by Anne Galt (Show Director, OADG Board of Directors)

Last August a group of about twenty dressage folks met in Pierces Corners hall to celebrate the life of longtime OADG stalwart Judy Fournier, who had recently and unexpectedly passed away. It was a lovely gathering of old friends, and many horse people who had a connection with Spiritwood Farm, an institution in the Ottawa dressage scene for so many years. We enjoyed a delightful montage of visual memories put together by another veteran OADG member, Karen Good, and many people had brought in photographs going back decades in the life of dressage in the Ottawa area. It was moving and satisfying to see our rich history in the sport, even in our small corner of it.

Since then, Judy's longtime equine partner, standardbred mare Erin, has been happily rehomed in the Brockville area. She's semi-retired with a pony paddock buddy, and experienced owners who will look after her well in her senior years.

Last Christmas a handful of former Spiritwood boarders (we call ourselves Spiritwoodies) braved bad roads to meet and catch up on barn news as well as with each other. Several regularly visit former owner and OADG founding member Joanna MacDonald, who now lives in a seniors home in Richmond. She remembers the horses much better than the people from her past, which has always been her personality.

The farm itself has been sold, and while much of the land is used for crops now, the farmhouse, barns, arena and some of the paddocks are still there. A couple is renting the house, but the barn is being leased separately by the family of one of the former young barn workers. They have their own horses plus a few boarders, so it's nice to think of the farm as still a horse place. Many of us will always miss the shows, and Joanna and Judy with their knowledge and colorful personalities. No one will miss Joanna's evil terriers though.

On behalf of all the competitors: "thank you" to the organizers of all the shows, an additional "much appreciated" to the organizers who are taking a break this year, and "welcome!" to the new venues (Westar Farms and Elmcrest Equestrian) who are hosting shows this year. Also, two venues are "upping the ante" with their offerings – while still offering their ESD Schooling shows, they are adding Silver shows (Preston Rosedale, and International Equestrian Centre (IEC)).

Organizers are always in need of volunteers. It's a great way for high school students to get their 40 hours of volunteer work, and also for everyone to contribute to the OADG community. If you have a chance, call the organizer and offer some hours – in preparation for the show, on the "day of" the show, or cleaning up afterwards. The help will be appreciated!

Please remember to join us at the OADG Members Day at one of our sponsors, Encore Equestrian, in Merrickville on Sunday April 23 from 1 to 4pm. Great discounts – see the poster on page 13!

More than 10 years ago, the following article was published in the OEF newsletter. The information was so poignant that I cut it out and it has hung in my tack room ever since. While at a few shows in 2016, I realized that many riders are missing the importance of the training scale and how it relates to the training and showing of our horses. This article did a super job using the shoulder-in as an example to outline what you should be working towards if you are following the training scale.

Hopefully, this article will get you thinking and aiming to improve your horse's efforts and see better marks on your tests.

This article has been updated and reprinted here with the generous permission of Daphne Haagmans and the Ontario Equestrian Federation (OEF).

Peggy McQuaid
Education Director OADG

Daphne Haagmans is an FEI trainer/rider based in King City, ON. She was short-listed to the Canadian Dressage Team in 2001 and long-listed in 2007 and 2008 on a horse she had trained herself. She has earned a USDF Silver Medal and in 2008 won the "Leading Foreign Rider Award" at the Sydney, Australia Invitational CDI competition. Daphne has over 35 years show ring experience in Canada and the US and currently teaches lessons and clinics throughout southern Ontario. Follow on Instagram @oultonhalldressage.

1. If you had only one piece of training or showing advice that you could give a student, what would that be?

If I had to give a student one piece of advice for training and/or showing, it would have to be to remain honest and true to the "Training Pyramid" (or "Scales of Training"). Training horses is not about *if* you can perform a movement or exercise, but rather *how well* you are able to execute that move. The quality of each movement can be defined within the Training Pyramid. Each level of the pyramid is to be trained in order: Rhythm, Suppleness, Contact, Impulsion, Straightness and Collection. Remember to use dressage for your horse, and not your horse for dressage.

2. What makes this so important?

Using the analogy of building a house, if the foundation is not strong, the whole structure, at some point, will come toppling down. For instance, to ride a shoulder-in left that is "technically correct" (i.e., on three tracks and bent and flexed appropriately to the left) is not nearly enough to achieve the gymnastic benefits for the exercise. For your horse to benefit more from this exercise and to achieve higher marks in the show ring, the qualities defined in the Training Pyramid must be carefully trained and clearly demonstrated.

To use the above example of the trot shoulder-in, you are correctly following the Training Pyramid if you can ensure the following:

1. the movement demonstrates a regular metronome-like footfall in a two-beat trot in an appropriate tempo (i.e., correct Rhythm)

2. the movement shows relaxation, elasticity and lack of tension mentally and physically (i.e., correct Suppleness)
3. the horse maintains contact and connection and accepts the aids equally on both sides without dropping the bit, curling behind the hand or coming behind the leg, or pulling/resisting the rider's contact (i.e., correct Contact)
4. the movement maintains its energy, with push from the hindquarters and a desire to go forward (i.e., correct Impulsion)
5. the horse does not "pop" the outside shoulder or wobble on and off the intended line of the movement (i.e., correct Straightness)



6. the horse uses its hind end and back to carry itself with lightness and engagement in an uphill manner that is appropriate for its level of training (i.e., correct Collection)

3. What practical things can the rider do to achieve this goal?

To train your horse more correctly and achieve the full gymnastic benefits from each exercise, be sure to assess and train each movement or exercise by continually striving to improve each level in the Training Pyramid. Following this system will result in a correctly trained horse which is properly developed mentally and physically and is confident, obedient and a pleasure to ride, and is more likely to sustain future soundness.

Once this strong foundation is confirmed, your training can be tested in the show ring. If you refer to the "Purpose" and "Directives" of each test, which are listed on each test sheet, you will see that these describe the quality required for each level and movement in terms of the levels of the Pyramid. By demonstrating these traits in the show ring, you will be able to present a correct and pleasant picture and earn higher scores by making the judges' job much easier.

Good luck and happy riding!!!

If you have a story, comment, perspective, or viewpoint, please feel free to submit it for the next newsletter! Contact us through communications@ottawadressage.com. Your contribution will be much appreciated.



**April 23rd
1-4pm**

**Membership Discount Day
@ ENCORE EQUESTRIAN!**

**Renew or Sign-Up for an OADG
Membership at the Event!**

Special In-store
Event
DISCOUNTS!
Prizes!

All members attending will
receive an Encore Equestrian
10% OFF Discount card
valid for 2017 on Reg
Priced Tack/Apparel!

Complimentary
Nibbles
& Drinks!



Derrick Moran, Master Saddle Fitter, Dressage Rider, Coach and Trainer will be on hand to demonstrate his line of CR Saddle Pads, and to answer all your saddle fit questions! He'll also be offering Give-Aways to all those in attendance!

For more information, check out Derrick's website:

<http://www.coopersridge.ca/>

** This event is open to OADG Members and would-be Members ONLY **

Local show schedule

Please check the OADG website regularly for updates and new information: www.ottawadressage.ca/shows
 The schedule below includes only local, sanctioned shows. For a list of the 2017 Ontario and Quebec shows, go to the OADG website. For a list of all horse shows, go to Equine Canada: <http://events.equinecanada.ca/index.aspx>

May 2017		June 2017	
Sun May 7	Meadowvale Farm ESD Schooling	Sat June 3	Westar Farms Silver
Sun May 14	Oakhurst ESD Schooling	Sun June 4	Westar Farms ESD Schooling
	Centaur Gold	June 10-11	Rainbow Ridge Gold
May 18-21	Ottawa Dressage Festival Gold/Platinum	Sat June 17	Primary Classic (ESD Schooling) International Equestrian Centre
Sat May 27	Stevens Creek Farm Silver		
Sun May 28	Heroncrest ESD Schooling	June 24-25	Dewmont Farms Silver / Gold
July 2017		August 2017	
Sun July 2	Oakhurst Silver	Sun Aug 6	Centaur Silver / Gold
July 8-9	Rainbow Ridge Gold	Sat Aug 19	Elmcrest Equestrian ESD Schooling
Sat July 22	Starlit Farm Silver	Sun Aug 20	Elmcrest Equestrian Silver
Sun July 23	Starlit Farm ESD Schooling	Sun Aug. 27	Preston Rosedale Silver
Sat July 29	International Equestrian Centre Silver		Centaur ESD Schooling
September 2017		October 2017	
Sat Sept 2	Meadowvale Farm ESD Schooling	Sun Oct. 1	Centaur ESD Schooling
Sun Sept. 10	Eastern Ontario Silver Dressage Championships, Starlit Farm	Sun Oct. 15	Centaur ESD Schooling
Sun Sept. 17	Preston Rosedale ESD Schooling		
Sun Sept 24	Oakhurst ESD Schooling		

Contact us -- Your OADG Board of Directors

President	Catherine Maguire	613-256-2725	president@ottawadressage.ca
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at: <https://www.facebook.com/pages/OADG-Ottawa-Area-Dressage-Group/187355987992852>

Website: www.ottawadressage.ca