

COLLECTED NOTES



NOVEMBER 2024

FROM CDCTC'S PRESIDENT:

And just like that, we are at the end of our membership year! Your 2025 CDCT membership will start December 1st, which is also the start of USDF's membership year. This means that if you don't want a lapse in any benefits, we'll need your dues AND membership form prior to the December 1st deadline. Of course, you can join or renew at any time of the year but you won't get the full value of your dues dollars. So renew today (some people did it in October even) and make sure all your friends do too!

Of course, before we submit the new roster in December, our lovely board will be up for election. I'm sure you're all tired of our current political climate and associated blather but we promise our election will be easy and fun. Join us via Zoom on November 18th at 7PM to cast your ballots. The CDCT board officers are happy to return for another term in their current positions but welcome anyone who would like to run for the positions too. You can let Norm know ahead of time of your interest or come to the meeting where we will ask for votes from the floor. As per our bylaws (found on the forms section of our website), we will need enough members present to vote and reach a quorum in order to seal the deal so make sure you attend and cast your digital ballots. Since you can Zoom in from the comfort of your own home, barn, or maybe your car, make sure to bring a tasty snack and delicious beverage to sweeten the deal. Dues paying (continued)

UPCOMING EVENTS

November 18: Annual meeting, 7 pm via [zoom](#).
Passcode 020880.



Cayuga Dressage & Combined Training Club welcomes horse enthusiasts from all walks of life, all religions, ethnicities and races, creeds, and sexual orientations. We are a club where differences are respected and appreciated, where we come together to affirm our common love of the horse and the arts of horsemanship.

We disavow discrimination and intolerance.

members can receive a cool CDCT decal, too!

Our Awards Gala will take place in December or January in real life. Unfortunately, October seemed to be a bit hectic and not enough input was received on picking an exact date and location. But fear not, the show will go on! The date and time are on the agenda to discuss following our election. If you have strong opinions, even more incentive to attend.

2025 marks the 45th anniversary of CDCT existing! Our cool little club started back in 1980 by a local group of dressage and eventing enthusiasts and here we are today, bigger and better than ever. We should channel that energy into our planning for next year! I hope you'll join us (again), lend us your ideas and input, and help us continue our mission to provide more learning opportunities, more growth, and more fun.

Ride all the ponies and jump all the things,

Shannon

CALENDAR

August 23, 2025: Dressage in Wine Country 1

August 24, 2025: Dressage in Wine Country II



WNYDA/CDCT FALL SYMPOSIUM WITH KRISTI WYSOCKI AT HOUGHTON EQUESTRIAN CENTER

by Carol Morris

The theme of the symposium was “How to address different conformations when training the dressage horse”. The horses chosen for the demo ranged from a mustang to Freisian crosses, an Akhel-Teke, an Andalusian, and several warmblood crosses. Some were at Training Level, some had been trained to Grand Prix.

Kristi is an International 4* FEI Dressage judge and FEI 5* Para Dressage judge who judged the Para dressage this year at the Paris Olympics. She is also a licensed Dressage Sport Horse Breed judge. She has judged numerous CDI's and CPED's in this country and internationally. On a personal level, Kristi was delightful, easy to speak with and very encouraging of all kinds of questions. I had been selected as a demo rider with Athena, but a back problem prevented me from riding, so I went along to help out. I hope to have an opportunity to ride with her in the future.

On Saturday, Kristi started out by explaining the conformation traits she looks for – the angles of the shoulder, the ratio of the top of the neck to the bottom, how the neck is set on to the chest, and the triangle formed by the point of the hip, the top of the croup, and the stifle. As each demo rider came into the ring, she would go over the conformation of the horse, and have auditors help to analyze the conformation of each according to the principles she had explained.

Here are some main takeaways, which formed the theme of her commentary for every rider. They are in no particular order.

- Hug with the calf, don't bump with the heel, especially when asking the horse to bend into the outside rein.
- Add energy, not speed.
- Each walk break should have a better walk as the training session progresses.
- To get a better trot, post higher, not faster. Try to almost pause at the top of the post.
- Trot-canter transitions help with suppling.
- COMMIT.
- In canter – use your seat as if you are on a swing.
- Think about pushing a wheelbarrow or a shopping cart: push your hands out in front.
- In upward transitions, change the gait, then shorten the reins.
- In all transitions, your seat indicates the gait.
- In schooling half-pass, only go to the center line so you can go straight afterwards.
- If we don't change something, nothing will change. If what you are doing doesn't work, do something different.
- Tickle with the whip behind the leg, not on the rump – especially with a mare. Flick the whip with a steady hand that does not move backward and pull on the bit. Practice this out of the saddle.
- The seat dictates the gait. The legs add activity.
- Think of you and your horse as a team. “We” are doing <whatever>, not “my horse” or “I”. It's more fun when “WE” do it.

- In half-pass, inside leg at the horse's armpit, weight on the inside seatbone. Imagine you are changing lanes on the highway; the car stays parallel to the lanes.
- We can make our horses spook faster than they can. Be brave.
- Practice lead changes on the ground. This will help with timing of the aids in flying changes.

We had a lovely taco buffet dish-to-pass dinner, and Kristi chatted about her experience in Paris, and some of the challenges facing dressage. Importantly, she suggested that no one post videos online, as they can be doctored and used by those who would like to see dressage eliminated, not only from the Olympics, but from all competition.

For ongoing education, Kristi recommended the book *Sacred Spaces* by Susan Fay. She also has a YouTube channel which she invited participants to subscribe to.

Many thanks to CDCT, WNYDA and Houghton for collaborating to present this interesting symposium. If you have an opportunity to ride or audit with Kristi, I highly recommend that you take it.



CDCT COMMITTEES FOR 2024

Please copy and paste the following link into your favorite browser to submit your choices - <https://www.surveymonkey.com/r/6596J8P>.

<p>RECOGNIZED SHOW: Norm Johnson (Co-Chair) Shannon Ryan-Dinmore (Co-Chair) Jean Foley Sarah Hepler Jean Foley Jane-Marie Law Anna Redmond</p> <p>SPONSORSHIP: Kathy Thode</p> <p>WESTERN DRESSAGE: Tina Matejka Colleen Price</p> <p>YOUTH ENGAGEMENT:</p>	<p>COMBINED TRAINING: Sarah Hepler Skye-Anna Nye-Smith Autumn Nye-Smith Shannon Ryan-Dinmore</p> <p>CASUAL SHOW: Jean Foley Norm Johnson Sarah Hepler Tina Matejka Anna Redmond Shannon Ryan-Dinmore Karen Steffy</p> <p>AWARDS: Prin Furst Jane-Marie Law Colleen Price Anna Redmond</p>	<p>EDUCATION: Jean Foley Jane-Marie Law Carol Morris Colleen Price</p> <p>PUBLICITY: Colleen Price Shannon Ryan-Dinmore</p> <p>SWAG: Prin Furst Anna Redmond</p> <p>FUN: Colleen Price Skye-Anna Nye-Smith Autumn Nye-Smith</p>
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Additional Local Dressage and Combined Training Groups

[Carriage House Arena](#)

[Central NY Dressage and CT Association](#)

[Eastern NY Dressage and Combined Training Club](#)

[Endless Mountains Dressage & Combined Training Club](#)

[Genesee Valley Riding and Driving Club](#)

[Western New York Dressage Association](#)



CAYUGA DRESSAGE & COMBINED TRAINING CLUB, INC.

ANNUAL MEMBERSHIP FORM

Name:

Address:

Phone (area code first

E-mail:

Birth date (requested by USDF)

Are you an instructor or trainer? Yes No

Do you give permission for your pictures and/or name to be used for publicity? Yes No

May we include your name and email address on the Membership List that's distributed to members? Yes No

Current Members: Please submit your Membership form and dues by Nov. 15th. This ensures that you will receive the USDF magazine and other GMO benefits without interruption. **New Members** are welcome to join year-round!

Membership benefits: Dues cover your USDF group membership, newsletters, and discounts at club-sponsored events, except as limited by USDF and United States Equestrian Federation (USEF).

Enclosed is my payment for:

Individual Membership (\$45)

Family Membership (\$50)

Junior Membership (\$25)

Business Membership (\$25)

Activities sponsored by CDCT include a recognized show, a schooling show, mounted and unmounted clinics, films, speakers, and social events. These are made possible by volunteer work from our members. Please check your interests below to indicate the ways in which you would like to contribute to the success of the club:

Dressage Shows: Planning, paperwork, grounds preparation, help on show day, etc.

Western Dressage

Combined Training

Education/Clinic Committee

Awards

Publicity

Other:

Signature:

Date:

(Member's signature or parent/guardian signature if under 18. Typed signature is fine.)

Electronic submissions: Please complete form and email to dressageithaca@gmail.com

Paypal link: dressageithaca@gmail.com

For hard copy submissions:

Please make checks payable to CDCT, Inc and send to

330 W Dryden Rd, Freeville, NY 13068



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