IEA Dressage Scrimmages!
2017 National Finals Locations
Imagine, Engage & Achieve
# RiderRepost Friday
IEA Intimates Collegiate Connection

2016 – 2017 Youth Board Members

All King Edward’s Horses come to IEA
by Sue Wentzel

2017 National Finals

Imagine, Engage & Achieve
by Brenda Abercrombie

Nancy Arledge: Tim Boone Lifetime Achievement Recipient

From The Executive Director

#RiderRepost Friday

cover From RCR Farms (left to right): Sage Windrow Sammy Jetton Kenzie Fixel

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As a kid, my favorite animal was a giraffe, but since I couldn’t have one of those, I wanted a pony! I planned and pleaded to put one in our urban Atlanta backyard. That wasn’t happening, but at least my parents signed me up for riding lessons, and I was hooked for life at the age of 8.

As I grew older, I wanted to be a veterinarian to be around horses more. But, my weak stomach made that a poor direction for me. So, I started my college track to be an elementary school teacher. Since teachers finished at 3:00 each day and had summers off, I figured I’d have lots of riding time! After a year, I adjusted my major to English. “You can do anything with an English major,” was the advice I heard. I figured I would aim toward being a high school English teacher—time to ride, but didn’t require all of the arts and crafts skills of an elementary teacher. Upon graduating, I decided to use my English degree as a stepping point to becoming a lawyer. Lawyers make a lot of money, and I could AFFORD to ride more! Since I had graduated early, I took a year off to ride and show extensively before I went to law school. Within that year, I changed my direction again. I decided to just dive into what I really loved, and I chose to be a professional in the equine industry! Fast forward to now, and I could have never predicted my current role in the horse world, and how all these tracks had led me to the perfect fit. There are so many combinations of things that added to my experience and prepared me for my position as the Co-Founder and Executive Director of IEA.

I had a huge moment of self-realization last month when I finally met one of my all-time idols: Melanie Smith Taylor! Melanie was the lead clinician in a recent CORE clinic at Otterbein University. I was able to attend for both days, and also enjoyed a dinner with her and several IEA/Otterbein folks. As Melanie told her story of Calypso (her 1984 Olympic mount), I was moved to tears. She told her own life story with such appreciation and sincerity, and I felt so honored to hear it first-hand. I just couldn’t stop thinking, “I LOVE MY JOB!” I felt incredibly privileged to be immersing myself in a career that I love.

Whatever your passion, find a way to pursue it! The path may be unpredictable at times, but the journey is worth it, and the continuing reward of loving what you do will inspire you to ultimate success.

PS—You can get a taste of the recent CORE clinic experience if you read Melanie’s book, “Riding with Life: Lessons from the Horse.”
The Interscholastic Equestrian Association (IEA), in its continuing effort to provide ongoing benefits to members, initiated the “Collegiate Connection” education program in September. The program's intent was to offer riders and parents information about the processes and requirements for collegiate equestrian programs. The IEA partnered with the three primary collegiate organizations in live webinars and Twitter Take-Overs in an endeavor to inform IEA members about the qualifications for each program.

The National Collegiate Equestrian Association (NCEA) with its CEO, Leah Fiorentino, led the way on the six-week series. The Intercollegiate Horse Show Association (IHSA) presentation was done by Jennifer Smith, IHSA Region President; and the final presenter was Patte Zumbrun, American National Riding Commission (ANRC) Chair. Many IEA members viewed the live webinars and participated in the Twitter Take-Over by asking lots of questions.

**COMMENTS**

IEA Coach, Hammond School

Congratulations to the IEA on another successful educational component offering to your membership.
IEA Mom, West Licking District Equestrian Team
I’m a parent and I’ve been trying to do some research on my own in terms of finding out requirements and timelines for when we should start the process. Your webinar really was the key I’d been looking for to ‘connect the dots.’

Webinar Details

NCEA Executive Director Dr. Leah Fiorentino ensured that IEA members have accurate information about NCEA teams and where they can locate more information about the NCEA. She covered the NCAA compliance information for the recruiting process and supplied milestone dates so that IEA members can plan their college timeline. Rewatch this webinar here: https://youtu.be/UVPQNdy9qjc

IHSA Region President and Director of the Equestrian Program at Goucher College, Jennifer Smith gave a brief background of the IHSA and all of its offerings and opportunities as well as how to find colleges with IHSA teams, where colleges recruit, what IHSA coaches want prospective athletes to know about recruitment and what coaches look for in a prospective athlete. Rewatch this webinar here: https://app.webinarjam.net/login/30355/ea3cd36029/0/replay

ANRC Chair Patte Zumbrun gave background and information on the ANRC program and its longstanding mission to promote the American System of Forward Riding. Her informational session focused on the ANRC National Intercollegiate National Equitation Championship with a format overview, participating colleges, and additional overview information. Rewatch this webinar here: https://app.webinarjam.net/login/30355/6abc4369e8/0/replay
2016 – 2017
YOUTH BOARD MEMBERS

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To learn more about the IEA Youth Board:
www.rideiea.org/opportunities/youth-board.html
All King Edward's Horses come to IEA!

The Leg Up by Sue Wentzel
Saskia Paul (pictured)
Although King Edward, former monarch of England, did not actually supply horses for the draw, riders were probably reciting his mnemonic (All King Edward's Horses Can Manage Big Fences) while memorizing their tests for IEA's first Dressage Invitational.

The two riding disciplines currently offered by IEA are Hunt Seat and Western. According to Jennifer Eaton, IEA's Membership Coordinator, “The pressure to add Dressage has been growing over the past five years.” Collaborating with Emily David, IEA’s Zone 2 Administrator, and Chrystal Coffelt-Wood, Director of Riding at the Grier School, they went to work putting Dressage to the test. “To create a competition that fits the IEA format while staying true to established discipline guidelines observed in this country, we consulted with the United States Dressage Federation (USDF) and the Intercollegiate Dressage Association (IDA),” said Eaton. Once class descriptions were defined and appropriate test patterns were selected, invitations went out to several groups that had expressed interest in this new endeavor. The Grier School agreed to serve as the first event host, and on October 8, 2016 IEA’s inaugural Dressage Invitational took place.

Show organizers and the Grier School Equestrian Program staff ran a fantastic event! Twenty-two individuals competed representing four different teams that included Grier School from Tyrone, Pennsylvania, Standing Ovation Equestrian Center from Port Matilda, Pennsylvania, Lion Country Pony Club from Bellefonte, Pennsylvania, and Barrie Reddemeade from Silver Spring, Maryland.
Open and Intermediate riders competed in two classes: riding individual test patterns and then as a group in Dressage Seat Equitation classes. Novice and Beginner riders competed in their respective groups in Dressage Seat Equitation classes. The day ran smoothly with very few issues. All the horses in the draw came from the Grier herd and provided stellar performances. Competitors, coaches, and spectators were delighted! Future Intermediate rider, Saskia Paul, from the Barrie Reddemeade team said, “Participating in IEA’s first Dressage competition was a lot of fun! I hope IEA offers more shows like this and includes the team competition, too.”

Starting with the entrance up the centerline at the trot, riders were scored for every movement or series of movements comprising the designated test pattern. A scribe sat with the judge to record scores and comments. Scores for each portion of the ride were based on performance and accuracy ranging from 0 (lowest) to 10 (highest). Marks on most of the competitors’ score sheets averaged between 4 and 7. On the bottom of each score sheet three additional scores called collective marks were assigned for Seat and Position, Correct and Effective Use of the Aids, and Harmony Between Rider and Horse. After the performance scores and collective marks from...
individual tests were calculated, class winners were announced.

The Dressage Seat Equitation classes were ridden as a group at the walk, trot, and canter. At the judge’s discretion everyone was asked to demonstrate a free walk, halt, and transitions from one gait to the next working in both directions of the ring. Other testing done individually and in small groups included: changes of lead through the trot, serpentines, lengthening of stride, and riding without stirrups. Class winners were determined by the overall scores assigned to each rider by the judge.

At the end of competition, leading rider awards were tabulated by taking the maximum point value possible for each Dressage test divided by the cumulative value assigned by the judge. Scores were close but the honor of overall leading rider went to Lindsay Weiser from Grier School. Tied as reserve leading riders were Lindsay Shaw from Grier School and Kaylyn Cunningham from Standing Ovation Equestrian Team. The Sportsmanship Award was presented to Jane Biddle from Standing Ovation Equestrian Team.

Plans for additional Dressage competitions are under way. If you are interested in learning more about IEA Dressage or want to attend an upcoming invitationals, contact Jennifer Eaton at jenn@rideiea.org or Emily David at emily@rideiea.org.

Jane Biddle Sportsmanship Winner

Lindsay Weiser with Duke

Emily and Jenn
THE LEG UP

ALL KING EDWARD’S HORSES COME TO IEA!

Ever wonder about the random letters of the alphabet posted around many riding rings? They serve as markers for movements and transitions in dressage patterns. To remember the sequence of these letters, young riders in England learn the phrase (tracking right): All King Edward’s Horses Can Manag Big Fences. Like driving on the opposite sides of the road, Americans and British often do things differently. Most young American riders learn the letter sequence in the opposite direction (tracking left): A Fat Bay Mare Can Hardly Ever Kick. Regardless whether you learn the letters in a clockwise or counter clockwise direction, a successful Dressage pattern depends on transitions and movements executed at the prescribed letter.

United States Dressage Federation

YOUTH PROGRAMS

Whether you are new to dressage or have years of experience, USDF has something for you!

Providing education, grants, competition, and recognition opportunities to young equestrians.

www.usdf.org
Can you hear the announcer calling your name? Does your heart skip a beat? It’s the goal of every IEA rider, team, coach and parent, the ultimate in IEA competition—National Finals.

Qualifying throughout the regular season, Regional Finals and Zone Finals requires time and dedication of each and every IEA family. With exciting new twists on time-honored National Finals traditions, world-class facilities and locations with plenty to offer, this year’s National Finals are sure to be an event the entire family will be looking forward to all season!
Situated beneath Mead Hill on 600 acres in the beautiful Blue Ridge Mountains of Virginia, the Virginia Horse Center houses 19 show rings, a 4,000 seat coliseum, eight barns, cross country and combined driving courses, campgrounds, special events spaces and more. The Anderson Coliseum and Waldron arena, home of the 2017 IEA Hunt Seat National Finals host a wide range of events throughout the year. Measuring 150’ x 300’, this arena is host to “AA” rated and local horse shows, training clinics, concerts, rodeos, horse pulls, and even sporting events.

Located in the heart of Virginia’s thriving equine community, the horse center is surrounded by many of the country’s top equine colleges – and you can be sure they’ll be well-represented at the National Finals.

Exhibitors and their families can look forward to a wide range of vendors and informational booths filling the concourse of the coliseum. Some past favorites will be there as well as some fresh new faces and local companies.

When you’re not busy showing and supporting your team, take some time to enjoy the history and beauty of the area. You can tour a number of historic colleges and universities in the area; take a hike to the Natural Bridge – a breathtaking State Park that was once owned by Thomas Jefferson; or drive the Blue Ridge Parkway and Skyline Drive.

Whatever your pleasure—in the arena or out—be sure to take a moment to enjoy the view!
This year, the IEA returns to Oklahoma City to hold our Western National Finals in conjunction with the NRHA Derby. Oklahoma’s State Fair Park is the center of Oklahoma City’s status as “Horse Show Capital of the World.”

With more than $650,000 in estimated added money, the NRHA Derby runs for one week each summer in Oklahoma City and showcases the world’s best reining horses ridden by the top names in the industry. IEA riders and families can spend time watching those top horses and riders compete in the air conditioned coliseum and touring the myriad shopping options—everything from living room furniture to hoof picks—all under one roof.

Between classes, allow your inner-child to run wild at the Science Museum or relive the history of the American West at the National Cowboy and Western Heritage Museum. Looking for a place to eat? Be sure to visit Bricktown where you’ll find everything from Mickey Mantle’s Steakhouse to Toby Keith’s I Love This Bar and Grill. After dinner, enjoy a stroll along the mile-long Bricktown Canal, take a cruise on a Water Taxi, or enjoy some tunes at the American Banjo Museum.

In addition to watching the best-of-the-best, exhibitors at the Western National Finals can look forward to meeting representatives from colleges, watching replays of their runs on the big screen and the always-exciting Welcome Party. Past years have featured bubble runners, giant inflatable slides and bumper boats. Wait until you see what’s in store for this year, we’ll see you there!
We riders are truly lucky because every day we get to do what we love. We spend time with horses, the one thing in our lives that often makes the most sense to us. Horses are our partners, friends, teachers, and sometimes even our therapists. Our time with them today defines who we’ll become tomorrow. The Equestrian sport is unlike any other because of the incredibly meaningful relationship between horse and rider. It’s even more than a sport to us. It’s a way of life: It’s who we are, what we stand for, and why we do what we do.

As unique as our sport is, it has some similarities to other sports. These include (but are not limited to) pressure, stress, distraction, fear of failure, and performance anxiety, and they remind us that riding is, in fact, a true sport. Because of these common emotional challenges many of us struggle to love what we do. Sure we do what we love, but do we always love what we do? In a sport as special as ours we must do everything we can to ensure that negative emotions don’t take away our positive experiences.

Albert Einstein once said, “Insanity is doing the same thing over and over again and expecting a different result.” Changing things up by adding a few mental-training exercises to your mounted training program might be just what’s needed to take a little of the insanity out of riding (“Pressure Proof Your Riding” by Daniel Stewart).

RCR Farms out of Gilbert, Arizona, has recognized the need to enhance their training approach to include mental readiness, being engaged or becoming involved, and a focus on preparedness. Having competed at many levels

Imagine, Engage & Achieve
by Brenda Abercrombie
from Schooling shows, to the Rated Circuit, to the interscholastic program at RCR Farms has managed to qualify for post season and prestigious events but in many cases, fallen short. The theme year after year, is nerves and shaken confidence.

This IEA season the RCR Farms team motto is Imagine, Engage & Achieve (I hope you spotted the Acronym)!

**IMAGINE**—The team began its season with the support of Sports Psychologist and Performance Consultant; Mario Soto. Located in San Juan Capistrano, CA, Mario has coached at the youth, high school, collegiate, Olympic, and Professional levels. In the equestrian world he has had a long standing relationship with Olympic Gold Medalist Will Simpson which culminated in a tremendous streak at HITS Thermal show a few years of back of 9 Grand Prix wins. This year he has helped riders qualify for the Maclay finals in Kentucky, he coached the winner of the prestigious Onodarka event in Del Mar, CA, assisted with the RCR Farms IEA team to numerous victories and expanded his volunteer work to include the Compton Jr. Posse (a non-profit that provides after school alternatives to inner-city youth).

In his work, Mario has assisted with those with stage fright, stress reduction, self-doubt, low esteem, improving performance routines (pre/present/post), goal setting, mental toughness, focus, imagery and visualization,
motivation, confidence, dealing with pressure, over/under arousal, team dynamics, cohesion and helping foster culture change and even how parents can directly influence a rider’s performance.

In Mario Soto’s clinic with the RCR Farms IEA team, he covered the concept of mental readiness, self reflection, threw in a fun team building exercise, and ways to build confidence within yourself and your horse. The two day clinic was held right before the first IEA show of the season. The results of that show were proof enough that this new way of training was exactly what this team needed.

ENGAGE—Coaching is about one thing above all others... engagement. The ability to consistently engage the hearts and minds of our athletes – it’s what we strive for – it is the very essence of our coaching – it is why riders feel energized. To help us do this, the team voted on Captains to be the voice of the group and help lead, to support, and motivate the group. We implemented creative games, like the RCR Farms LOGO search, and the Team Sportsmanship Award where parents, riders, and others catch our team members doing something great. We participate in video/photo reviews and have written lessons with mini celebrations and plenty of family fun. The key to staying engaged, is feeling apart, feeling valued, and feeling confident, even through mistakes.

ACHIEVE—This is our goal. If each rider is able move their personal achievement needle, just a little in a forward direction, then we have succeeded. As our team works together, supports each other, achievement will come naturally. It’s a work in progress, and we are certainly up for the challenge. On behalf of the RCR Farms Team, we encourage you to “Imagine, Engage & Achieve” with your team too! Good Luck too all this riding season! 🎩

**Resources:**

- Improve Your Mental Game Clinic, by Mario Soto
- Pressure Proof Your Riding, by Daniel Stewart

To order these materials, host a clinic, become certified or find an instructor or barn near you visit – www.CHA-ahse.org or call 859-259-3399

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NANCY ARLEDGE
Tim Boone Lifetime Achievement Recipient

Nancy Arledge, coach of the West Licking District IEA Team in Zone 5, was the 2016 recipient of the Tim Boone Lifetime Achievement Award. Her team and the people closest to her were not as surprised as she was to find out she was the award winner, since she has been an advocate for the organization since day one. Nancy’s nieces wrote this article describing the kind of coach and person she is and why she was an obvious choice for this esteemed equestrian award.
Almost from the beginning of the Interscholastic Equestrian Association (IEA), Nancy Arledge has been involved. So much so, that many people think that Nancy is one of IEA’s founders because she has been instrumental to IEA’s development. When she was first approached about forming a team in March of 2002, she agreed and quickly formed a team of riders to go to the invitational at The Andrew’s School. Once the invitational was over, she and her riders were “hooked.” Some of those original riders are now IEA coaches!

Nancy has been a horsewoman for more than three decades. Her passion stems from being able to provide access to horses and horse showing to everyone who has an interest. Not having to own your own horse as a rider in the IEA has helped Nancy fulfill a goal of introducing equestrian sport to as many young people as possible. She is very passionate about teaching all of her students to be more than just good riders. She strives to instill in each one of them the values of horsemanship, as well as sportsmanship. She believes in teamwork and lifting up your fellow rider. For her, the IEA embodies all these qualities.

While her main focus has always been on hunt seat, Nancy decided to form a western team alongside her hunt-seat team when the western program was introduced in 2006. It was perfect compliment because Nancy, has ridden and shown western in the past.
She is an “all-in” kind of person. When she decides to do something, she is enthusiastic about it and dedicates herself 100%. This is evident with her involvement in IEA. Nancy has served as the Zone 5 assistant co-chairperson, as well as Zone 5 chairperson. Most recently, she was IEA President for the 2014-2015 and 2015-2016 show seasons. In addition to the offices that she held, she has served as a steward for many IEA shows. Whatever needs to be done to help the organization grow, Nancy will sign up for the task.

Nancy continues to assist local trainers in becoming IEA coaches and helps them develop their teams. She also talks with parents and riders of these new teams about what to expect and what to look forward to during the competition season. She even has held clinics and assisted other teams and their riders prepare for shows.

Growing up as a working student herself, Nancy would have loved to have the IEA available when she was in school. One of her biggest joys, as a coach, is to watch her students grow and succeed. Her love and passion is evident in the countless hours she spends coaching riders, caring for her horses, and doing what needs to be done for this wonderful organization.
#RiderRepost Friday
Tag @rideiea in your IEA instagram photos for a chance to be featured.

1. @valkyrie.equestrian.center Connor Riley on Penny in one of his lessons!

2. @mae.junejuly as competitive as I may be, I gotta say that it’s hard to compete against my bestie! I’m so proud of us, because top two is top two, no matter what order only 9 days till my Georgian sister and I can reunite!!

3. @karchibald_ Successful show for the Promenade riders on the Stanford IEA team! 🎉 I ended up first over fences and second on the flat :)

4. @myautumnbreeze I LOVE THESE PEOPLE
Be a Part of the Legacy

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