



President's Posting
April 2009

April is for spring cleaning. Getting things in order placates a basic inner need. Some of the tasks we need to do are more enjoyable, while others are, well, just 'get-er-done' jobs. Personally, I am more compelled to deep clean my barn than my house. The flower beds and gardens are a few notches higher in desirability than the previously mentioned chores. However, for us who are infused with dressage addiction genes, the spring cleaning that is top on the list is to constantly assess our riding, good and bad, for the joy of acquired skill. Preparing for show season always takes this studiousness to new depths. Does your horse have the basics? Is your horse in front of your leg both forward and lateral? Does your horse stop and go with a tiny aid? How well does your horse listen to a half halt? How is he doing in each area of the training scale? What about you! How many cobwebs have you gathered this winter? Can you sit the trot better than last fall? How is your timing of aids? Are your shoulders and back supple, and your legs hanging just right? Are we not lucky to have such a love for something that drives us so completely that life feels full?

Transition to walk.

MDA's web site has been getting some spring cleaning as well. A 'Ride Times' link has been added. You will find this in the column of 'horse shoes' on the left side of the home page. This is where you will get your ride times for all of MDA's schooling shows. We are endeavoring to have ride times posted on the Wednesday preceding each show. Those who do not have access to the web may still send a self-addressed envelope with your entry; however, ride times on the web will be the fastest way to learn your ride times. Once posted, ride times will not be changed. A 'Licensed Shows' link has been added and leads to information pertaining to Dressage at Heavenly Waters, MDA's Licensed USDF and USEF show. Look for this link on the right side of the home page. The prize list is now posted there. You will find your ride times posted on this link by the Thursday before the licensed show. MDA members will be able to view the work credits they have earned throughout the current year. All outdated articles, event postings and classified ads have been deleted. We have a person who has volunteered to keep these areas updated. If you wish to keep a classified ad running you will need to repost it periodically. Stay tuned for more web updates and features as the year progresses.

The Pilates/Dressage Clinic with Janice Dulak is still open. I need to have at least 10 riders sign up by April 4th, so if you wish to attend please sign up soon. This will help me determine if we can hold the clinic or if we have to cancel. The contract for this clinic allows MDA to cancel before a certain date and not owe the clinician any money.

Thank you, and happy, productive rides to one and all! Jill Blackburn



CLUB NEWS



CALENDER

April

11-Clinic and Lecture with Jean Paul Pare & Lita Hughes, The Clinic will be held at Cedar Crest Farms Indoor Arena 2600 Garrett Road White Hall, MD 21161 April 11. Starting at 8:30 Auditors are \$20 – Please bring a chair. Riding/ Schooling is \$55 with Lita Hughes \$85 with Jean Paul Pare' Open date for registration is March 1, 2009 For more info and registration forms contact Melanie Adams at 443-220-6058 or Madams8550@aol.com (See page 7)
14- MDA Board Meeting 7:30 PM Centre United Meth. Church, 2409 Rocks Rd Forest Hill Md 21050
24, 25, 26– MDA sponsored clinic with Janice Dulak (See page 6)

JUNE

6-CAITLIN BEN-DROR MEMORIAL SCHOLARSHIP FUND DRESSAGE SHOW Prize List, Scholarship applications and entry form are available at www.marylanddressage.org

MDA Show Opening Dates and volunteer contact info. Please refer to your 2009 MDA Omnibus for more information. MDA's Omnibus is mailed when you send in your membership.

March

18-Petticoats Advance Opens–Organizer Kim Cornwell jkcornwell@hotmail.com (show date May 2)
25-Olney Farms Opens (*NOTE: We Are holding TWO shows at Olney this year!!*) Organizer- Ann Lyons thelyonsfarm@hotmail.com (Show date May 16th)

April

1– Ships Quarters Opens– Organizer amm024@mcdaniel.edu (show date May 23)
15-Olney's June show Opens-Organizer Erica Degele jumping2success@hotmail.com (show date June 7)

Calling all Volunteers for MDA's USEF and USDF Licensed Dressage Show on June 20 & 21, 2009
Lauren Comish will be coordinating volunteers for Saturday showmda@yahoo.com, Jean Bosley will be the volunteer coordinator for Sunday Jean.Bosley@phh.com

Dressage Tests. <http://www.dressage.net.au/natestdia.html#traintests> Thumbs up on this site. Each test shows diagrams of every movement and offers the test written for callers.

OMNIBUS CORRECTION— The class numbers are not numbered correctly starting with 2 Level. Yes, we know how to number items, Word did this when our backs were turned.

Address Correction: Jackie Caldwell 8038 Lansdale Rd., Baltimore, MD 21224 Jackie is the entry secretary for both Petticoat Advance and Liberty View Shows.

If you plan to join MDA in order to gain membership into USDF and show at USDF Licensed shows, please understand that it takes at least six weeks for your membership to process through USDF. In other words, join MDA now so that you can gain entry into our USDF shows.

NEWSLINE *We are looking for your creativity! This year we awarded \$10.00 gift certificate to Dover tack.* Members are welcome to submit articles to be published in MDA's Newline. Electronic submission is preferred. MDA offers writing awards in numerous categories. All submissions for the Newline and or MDA's web site will automatically be judged for awards. You can learn more about MDA's writing awards by referring to your MDA Omnibus. Please send submissions to philjill@juno.com or by mailing to the address on the back of the NEWSLINE. The NEWSLINE reserves the right to reject or edit material.



"This organization is a USDF Group Member Organization and its members are automatically USDF Group Members"

CONVERSATIONS WITH A VETERINARIAN

By Dr. Carol Bossone DVM

Not Just Skin Deep

As we thaw out from winter, I'm sure many of you are now dealing with caked mud and a face full of fur and horse hair. Of course, while most normal horse lovers are cursing the gobs of fur and regretting the decision not to clip your horse over the winter, I marvel at this process and recall all my dermatology classes and the skins job.

First, here is a little unknown fact and a bit of trivia fun. See if you can get the correct answer to this question. What is the largest organ of your horse? The skin!!! Although you may not think of it this way, it is a marvelous organ that we sometimes take for granted (except of course when something goes wrong). Besides serving as a barrier and protection from the environment, can you name at least 5 other functions it serves? Another obvious function we are aware of is that it is responsible for the color of the coat via melanocytes that give the hair its color through complex reactions. Skin also serves as a sense organ, due to complex set of nerves, for touch, pressure, itch and temperature--and we all know how sensitive horses are to all of these. The skin is also a secretory organ (e.g. sweat, odors) which helps to regulate body temperature. To keep warm, the skin and smooth muscle cells (arrector pili) your horse's hair "stands up" and insulate the body. Finally it is a storage organ for water, electrolytes, and vitamins including part of the production of Vitamin D by the cells interaction with light.

The skin is made up of 3 layers. The outermost layer is the epidermis. The middle layer is the dermis and the innermost layer is the subcutis. The epidermis has no vessels but is multilayered and consists of the skin cells called keratinocytes. These cells constantly replace themselves. The most outer layer is actually composed of dead keratinocytes that eventually slough off. The major epidermal appendage we are all familiar with and deal with on a daily basis is the hair follicle that is the basic unit of hair production. Your horse's hair is lost and renewed periodically going through cycles of "active" growth (anagen phase) and "rest" or inactivity (telogen). When the hair is in its active phase new hair is formed and the old is shed. The time spent between these 2 phases is generally in a ratio of 10:1 (i.e 10 parts active to 1 part resting). In horses and many other animals, there is a synchronization of hair growth that is seasonal (you guessed-now!) that is regulated predominantly by photoperiod and to a lesser extent temperature.

Other important structures in the skin include the connective tissue, melanocytes and sweat glands, as well as vessels and nerves deeper in the skin. Connective tissue gives the structure/support to the skin that gives it flexibility and strength (note: many drugs example glucocorticoids affect skin growth). There are many common disorders/diseases of the skin in horses. Malignant melanoma is a very common tumor of dogs, horses, humans and some species of pigs. In gray horses, melanoma are slow growing local tumors that rarely metastasize (unlike in humans). Horses that turn gray by 2 yrs of age tend to have a higher risk of incidence of melanoma. Also, certain breeds (Percherons, Arabians and Lipizzaners) tend to be at higher risk.

Finally, there are numerous parasitic skin diseases of horses we may deal with (e.g. ticks, flies, onchocerciasis-etc), fungal infections (e.g. trichophyton species-ringworm), "growths" (e.g. dermoid cysts, warts) and rarely congenital/inherited anomalies (e.g. epithelialogenesis imperfect, congenital progressive hypotrichosis in blue roan Percherons).

So the next time you get a face full of fur as you groom your horse think to yourself how healthy your horse's skin is and look on the bright side-you'll soon be seeing a crisp, clean dazzling coat. Meanwhile, the new songbirds will be very happy as they skip and fly about picking up nesting material. Spring is here!!

Know Basic First Aid—It Could Be a Lifesaver!

By Susan Peterson

Accidents can happen anywhere and at anytime. Whether you do most of your riding on the trails, or in the ring, it is important to know a few basic first aid skills. The first response to an accident is very important. Often times, first aid given at the scene of an accident can improve the victim's chances of survival and a good recovery. In this article, I will talk about the basics of first aid, with particular emphasis on injuries that could occur when riding, including cuts/scrapes/bleeding, fractures, sprains/strains, and head injuries.

When you come upon a potential first aid or emergency situation, your first action **MUST** be to remain calm. You do not want to add any more stress to the situation. Look around the area and make certain that the danger has passed. You do not want to become a victim too! Talk with the victim and check his/her response to simple questions. If the person can answer your questions, you will know that he/she is conscious and breathing. If there are other people with you, assign one person to call Emergency Medical Services (EMS) for help. Explain calmly and clearly the location of the accident and the condition of the victim.

Cuts/Scrapes/bleeding

Minor cuts and scrapes usually don't require an emergency room visit, but proper care is essential to avoid infection or other complications. These guidelines can help you care for simple wounds:

1. *Stop the bleeding.* Minor cuts and scrapes usually stop bleeding on their own, or with gentle pressure with a clean cloth or bandage. If the blood spurts or is very heavy, seek medical help.
2. *Clean the wound with clear water.* Soap can irritate, so keep it out of the actual wound. If debris is in the wound, see your doctor. Thorough wound cleaning reduces the risk of infection. Apply an antibiotic ointment and cover with a bandage, changing it once a day or as needed. After sufficient healing has occurred, remove bandage and leave open to air to aid healing.
3. *Stitches for deep wounds.* A wound that is more than 1/4 inch deep, is over a joint, is on your face, or is gaping or jagged edged may require stitches. If you are unsure if you need stitches, see your doctor.
4. *Watch for signs of infection.* See your doctor if the wound isn't healing or you notice any redness, increasing pain, drainage, warmth or swelling.
5. *Get a tetanus shot.* Tetanus shots are recommended every 10 years. If the wound is deep or dirty and your last shot was more than five years ago, a tetanus booster may be recommended.

Sprains and strains

A *sprain* is a stretched or torn ligament. Ligaments are tissues that connect bones at a joint. Falling, twisting, or getting hit can all cause a sprain. Ankle and wrist sprains are quite common. Symptoms include pain, swelling, bruising and inability to move the joint freely.

A *strain* is a stretched or torn muscle or tendon. Tendons are tissues that connect muscle to bone. Twisting or pulling these tissues can cause a strain. Strains can happen suddenly or develop over time. Back and hamstring muscle strains are most common. Symptoms include pain, muscle spasms, and swelling.

Sprains and strains are treated the same way. Treat it with *R.I.C.E.* –

1. Rest- to avoid further damage to tissue.
2. Ice-Use ice bags, cold packs or even a bag of frozen peas wrapped in a thin towel to provide cold to the injured area. Cold provides short-term pain relief and limits swelling by reducing blood flow to the injured area. Keep in mind, though, that ice should never be left on an injury for more than 15-20 minutes at a time. Longer exposure can damage skin. The best rule is to apply ice for 15 minutes and then take it off for at least 20 minutes.

Continued on page 5

3. Compression-Compression limits swelling, which slows down healing. Some people notice pain relief from compression as well. An easy way to compress the area of the injury is to wrap an ACE bandage over it. If you feel throbbing, or if the wrap just feels too tight, remove the bandage and re-wrap the area so the bandage is a little looser.
4. Elevation-. Elevating an injury reduces swelling. It's most effective when the injured area is raised above the level of the heart

R.I.C.E. can relieve pain, limit swelling and protect the injured tissue, all of which help to speed healing.

Fractures

A broken bone, or a bone fracture, is a term used to describe a crack or a break in a bone. A fracture can be complete or partial. Fractures usually occur from a high impact or trauma to the bone. Symptoms of a bone fracture include:

1. mis-shapen limb or joint;
2. swelling, bruising or bleeding;
3. intense pain; numbness and tingling;
4. limited mobility
5. inability to move a limb.

For a suspected bone fracture, an immediate Emergency Room visit is necessary. If you are out on the trail, and help is not close by, you can support the affected limb by splinting. Any straight piece of wood or similar material can be used as a splint, which will help to immobilize the fracture and reduce the chance of further tissue damage.

Head Injury

Your first line of defense against head injury when riding is to ALWAYS wear a helmet! However, an injury can still occur even with a helmet. The most common type of sport related head injury is called a concussion.

Concussions are traumatic injuries that occur from either a mild or severe blow to the head. It is caused when the brain moves violently within the skull and can result from a fall in which the head strikes against an object, or when a moving object strikes the head. Research shows that even mild concussions can have serious, long-term effects. And, studies have shown that repeated head injuries, or cumulative concussions, have serious long term consequences, such as seizures.

A concussion can produce many different symptoms, depending on the severity of the injury.

Get immediate medical help with the following symptoms:

1. Unconsciousness
2. Headache or nausea
3. Changes in behavior, such as irritability or confusion
4. Dilated pupils (pupils that are bigger than normal) or pupils of different sizes
5. Trouble walking or speaking
6. Drainage of bloody or clear fluids from ears or nose
7. Vomiting
8. Seizures
9. Weakness or numbness in the arms or legs

Remember-head injuries are not to be taken lightly----go the ER for an evaluation to be safe.

With this basic knowledge of first aid, most injuries can be safely treated at home. However, if you have any question about the severity of an injury, or that little voice inside tells you something is not 'right', it is best to seek medical advice from a family physician or local Emergency Room.

Dressage/Pilates Clinic with Janice Dulak

April 24, 25, & 26

Location: Pending, you will be notified via e-mail.

Friday Evening: 6 PM—9:00PM Lecture and Unmounted mat work for those attending this clinic for the first time. **Please bring your own Mat**

Day Two: Saturday

9:00 - 12:00 Pilates Unmounted mat work Bring your own mat.

12:00 - 1:00 Lunch BRING YOUR Own lunch and Mat.

1:00 - 5:00 Pilates in the Saddle (five 45 minute sessions, 3 riders per session)

Day 3: Sunday

9:30 - 11:30 Pilates Unmounted mat work Please bring your own lunch and Mat

11:30 - 1:00 Lunch Bring your own Lunch

1:00 - 5:00 Pilates in the Saddle (five 45 minute sessions, 3 riders per session)

UNMOUNTED—Participate in Pilates Ground Work & Audit mounted sessions. \$20.00 for members who have volunteered and \$30.00 for None members--or members who have not volunteered in this calendar year. — Please bring your own Mat and Lunch.

Mounted --The is a two day clinic. A rider must take day one to participate in day two.

For the whole clinic--Members who have volunteered in the calendar year, \$80.00.

For Members who have not volunteered--\$100.00.

For non MDA members \$120.00.

Pilates for Dressage

Phase 1—Pilates Ground Work —Introduces the Powerhouse and “wrap” of the Pilates method, which will directly relate to posture and position/seat on the horse. Specifically chosen Pilates mat exercises will be worked on to find the “in and up” of the stomach, the “squeeze and scoop” of the bottom and the “wrap” of the legs. The articulation of the spine required of many Pilates exercises will introduce the rider to the “feel” for the horse’s ability to lengthen and collect the spine with engagement. Emphasis is on the basic concepts and exercises of Pilates and how they will be relative to riding dressage.

Phase 1A— Pilates in the Saddle— Pilates in the Saddle explores using the exercises and body control taught in Phase 1 to inform and correct posture and position/seat while mounted. The use of the “stomach in and up” will teach riders how to use the Pilates musculature for half-halts, stopping and eventually, backing a horse. The use of the “squeeze and scoop” combined with “wrap” of the leg will inform the rider how to use their seat effectively for proper dressage position, opening the hip angle to create a longer leg and deeper seat, as well as upward transitions. Work will be done mostly at the walk and trot. Participants must enroll in Phase 1 to be eligible to enroll in Phase 1A.

Phase 2— Pilates Ground Work Reviews and deepens the work of Phase 1 for further consideration in posting and sitting trot. This session introduces more Pilates exercises, which involve bending and twisting to begin the concept of stabilizing the core and seat while using the upper body for circling and turning. Participants must have completed Phase 1 to enroll in this session.

Phase 2A —Pilates in the Saddle —This session continues Phase 1A with exploration both at the walk and at the trot. The rising and sitting trot will be addressed in relation to the use of the “wrap” of the leg to keep the hip angle open during trot work and the use of the “scoop” for deepening the seat for sitting trot. This phase begins exploring the use of the musculature learned in Pilates Ground Work 2 to stabilize the core and seat while using the upper body. Participants must have completed Phase 1 and 1A and Phase 2 to be eligible to enroll in Phase 2A.

Janice’s web site is www.pilatesfordressage.com

Opening date: NOW— Closing date April 11. To receive Registration Forms please e-mail Marie at hotrod@mail4me.com Please mail registrations forms and money to Marie Burns 221 Sycamore Trail, Delta, PA 17314, hotrod@mail4me.com

Clinic and Lecture with Jean Paul Pare & Lita Hughes
April 11, Saturday

Filling in Nature's Holes Clinic
By Lita Hughes

The clinic starts with a 2 hour lecture demo that is aimed to help everyone understand how we can use what nature has provided in our individual horses... and how to work to improve what individual horses need. There are 3 demos this year...

Demo 1 I want to get my horse on his haunches!!

The video tapes make it look so easy but don't show you the in-hand progression towards piaffe. The problems that come naturally are both because of the different horse minds and body types. We will show you different levels of in-hand work, different body types, how horses minds match their muscle types (quick twitch muscles vs. slow twitch muscles) and natural progression and problems. There will be plenty of discussion! You can help develop much better hind end loading with a little patience!

Demo 2 Riding from your core

What is right and left rider? And how does my core affect my horse? This demo is aimed to help you ride with more core and less hands. It will explain how rider position can get more lift, better overall balance, and a much calmer, clearer communication between horse and rider. Demo horses may be very novice and still give a clear picture of results! You are welcome to bring your exercise ball to feel the positions right at that moment.

Demo 3. How to share a safe and educational lunging lesson.

Demo includes safe ways to use side reins for lunging and a progression of exercises to help develop balance, core proprioception and strength. Work on the lunge is good for all disciplines!

8:30 work your horse in hand towards piaffe

9:30 Connect to your core

10:30 Give a safe lunging lesson

Jean Paul's lessons start at 11 Lita's lessons start at 12

Location: Cedar Crest Farms Indoor Arena 2600 Garrett Road White Hall, MD 21161

Auditors are \$20 – Please bring a chair.

Riding/ Schooling is \$55 with Lita Hughes \$85 with Jean Paul Pare'

Open date for registration is March 1, 2009

For more info and registration forms contact Melanie Adams at 443-220-6058 or Madams8550@aol.com

Calling All Adult Riders!
USDF Adult team Competition!

By Jackie Caldwell

MDA is looking for riders interested in forming a team to go to the USDF Adult Team Competition. This year it is being held on August 1 and 2, 2009 at the Commonwealth Park in Culpepper, Virginia. Competitors must be at least 22 years of age by 1/1/09. They can be professional or amateur status. Teams may enter at Intro through FEI levels. The costs is \$400 per team of 3-4 riders, stabling fee is \$95 for the weekend. Saturday schedule is team competition. Teams will be pinned through 6th place with an overall Team Champion named. Saturday evening is a competitors' party at HITS Culpepper with cost of \$20/person. Sunday is Individual Championship with the top 6 riders at each team level facing off for individual awards and Freestyle Championship. Official Website: www.BGLongaker.com/2009ATeam.htm. Final class list will be available April 22, 2009. Opening date is May 15 and closing date is July 8, 2009. All entries must be received by the closing date with a current coggins test valid through August 2, 2009. All interested parties, contact Jackie Caldwell 443-802-1765.

Minutes from MDA Executive Board Meeting February 10, 2009

In attendance: Jill Blackburn, Erica DeGele, Lauren Comish, Scott Nickel, Jackie Caldwell, Susan Peterson, Linda Seybold, Julie Broyles, Debra English, Susan Brooks

December meeting minutes- Not available to be read

Y.R. Report- \$250.00 made from MD Horse Expo Raffle. Young Rider Team competition to be held July 18-19 at Morven Park. Need 3 riders to make team. Price is up to \$75.00 for 2 rides and \$95.00 stall fee.

Motion made by Lauren C. to allow the young riders use of ½ of the profits of the June Olney schooling show for use to help defray costs of the Young Rider Team Competition. Linda S. seconded motion. Vote was unanimous.

Membership Report- Currently about 95 members.

Treasurer's Report- \$13,233.65 current. YR fund not given.

Motion made by Jackie C. to name Marie Burns as Work Credit Committee Chair. Linda S. seconded motion. Vote was unanimous.

Motion made by Linda S. to name Mary Butler to coordinate Year End Awards. Julie B. seconded motion. Vote was unanimous.

Annual Banquet suggestions- Work credit Basket

Penny Lane Award- Motion made by Linda S that all self-sponsored awards and trophies be the responsibility of the individual sponsoring the award to include all it entails and its cost as well as its replacement. Lauren C. seconded the motion. Vote was unanimous.

MDA brochure- will discuss changes next meeting

Schooling shows- Ribbons- Place order for same as last year- Hold harmless form: Look into how long to hold. Jackie C volunteered to look into this and report back. Blue Bridle insurance company stated 7 years.

Clinics- Janice Dulak clinic proposed to hold weekend of April 17. Estimated cost will be \$2450.00, Breakdown of \$2,000 for Janice Dulak for 2 days, \$300 for flight, \$100 for food, \$50 for miscellaneous. If \$1200.00 used from MDA fund, cost will be \$80.00 for riders with work credit and \$100.00 for nonmembers or members w/o work credits. Cost for auditors will be \$20.00 for auditors with work credit and \$30.00 for auditors w/o work credits. Still looking for a place with an indoor arena to hold the clinic.

Licensed show awards- Looking for trophy or plate under \$10.00.

Organizer to work with Jill on recognized show- Lauren volunteered

Board Meetings for 2009- According to MDA's Bylaws, we must hold 4 Executive board meetings with a quorum present and 4 general meetings with a quorum of 4 board members present. All members are welcome to attend all of the board meetings and can vote on motions at general meetings. Meetings to be held: February 10(Executive meeting), March 10 General Meeting), April 14 (Executive meeting), May 12 (General Meeting), June 9 (Executive Meeting), July/August combined- Date TBD (General Meeting), September 8 (General meeting), October 13 (Executive meeting), November 10 Annual Meeting.

MDA limited membership- Could go into effect for 2010. Could offer a limited membership that does not include USDF fees or membership. Currently \$17.00 of MDA membership fees goes to USDF. Carol Foreman will look into how to do this.

March 15 is Region One Meeting at Scott Hassler's home.

Schooling Shows- revamping so that there will be a standardized way to organize the shows. Instructions will be on Excel. Scores will go to Lauren or Julie for posting on website. Ride times need to be posted on website by the Wednesday before the show date. Need to hire a second judge for the June Olney schooling show.

Maryland Dressage Association Show Schedule for 2009

Saturday, May 2, 2009: (Open) Petticoats Advance Schooling Show

Saturday May 16, 2009: (Open) Olney Farm Schooling Show Joppa, MD

Sunday, May 23 , 2009: (Open) Ships Quarters Schooling Show, Westminster, MD.

Sunday, June 7, 2009: (Open) Olney Farm Schooling Show Joppa, MD

Saturday & Sunday, June 20-21, 2009 Heavenly Waters Equestrian Center, Bel Air, MD. USEF/USDF Licensed Sh.

Saturday, July 11, 2009: New Covert Farm Schooling Show, White Hall, MD.

Sunday, August 2, 2009: (Open), Liberty View Farm Schooling Show, Finksburg, MD.

Saturday, August 22, 2009: Winter Wind Farm Schooling Show, Churchville, MD.

Saturday, September 5, 2009: Petticoats Advance Schooling Show, Upperco, MD.

Saturday, September 12, 2009: (Open) Chreglia Manor, Delta, PA.

Sunday, September 20, 2009: (Open) Ships Quarters, Westminster, MD

Sunday, October 11, 2009: (Open show/Finals) Heavenly Waters Eq. Center, Bel Air, MD.

Maryland Dressage Association 2009 Membership Form

Please print clearly

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIPCODE _____

PHONE _____ E-MAIL _____ To receive up to date info!

() Check if changes have occurred () Check if new member

Horse/Rider combination/s that may be shown this year under this membership:

Individual MEMBERSHIP, please check off

____ Senior \$35.00 _____ Lifetime \$375.00

____ Junior \$30.00 (Include Birthdate _____) _____ Supporting Member \$17.00**

Supporting Members do not receive USDF Magazine

____ Family \$35.00 for Primary and \$17 for each additional person.

Primary Family Member please fill out information at top.

List additional family members under 21 years of age and under. Rider Supporter.

**Supporting members are supporting members only, and for insurance purposes need to upgrade their membership if they want to ride at clinics and shows.

Membership Fee includes dues for Group Membership in the United States Dressage Federation. If you are already a member, request your refund directly from the USDF.

Note: It is the members responsibility to notify Carol Forman of any changes to address, Phone number and e-mail. Please notify Jill Blackburn of any changes to Email address. Email is the best way to stay informed.

Please make checks payable to MDA, INC. and **mail to: Carol Foreman 6712 Lewis Road Baldwin, Md. 21013**

- 1. Membership year for MDA runs from January 1 to December 31.
- 2. USDF Group membership year runs from December 1 to November 30 of each year.
- 3. In order to compensate MDA members who renew their membership after October 1st, membership received after this date will be considered renewed for the 2009 Maryland Dressage Association year. When you join MDA you will become a Group Member of the USDF. Please plan a head and allow 6 to 8 weeks for your membership application to process from MDA to USDF. Also be aware that USDF will not let GMO's send them new memberships rosters after Sept 1 and before Nov 30th.

WORK CREDIT/VOLUNTEER INFORMATION

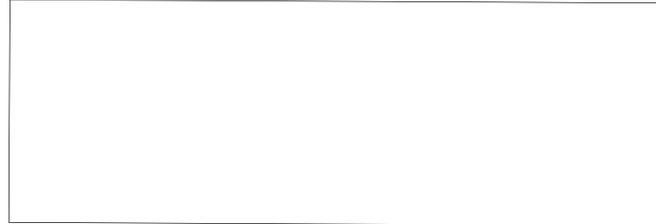
I would like to assist the MDA with the following jobs or skills:

- () Show Organizer () Hospitality at shows () Typing
- () Scheduling Shows () Set Up Show Grounds () Scoring At Shows
- () Gate Keeper At Shows () Scribe for Judge () Public Relations () Photography

This organization is a USDF Group Member Organization and its members are automatically USDF Group Members.



c/o Jill Blackburn
1814 Poole Road
Darlington, MD 21034



We have you in site!
www.marylanddressage.org