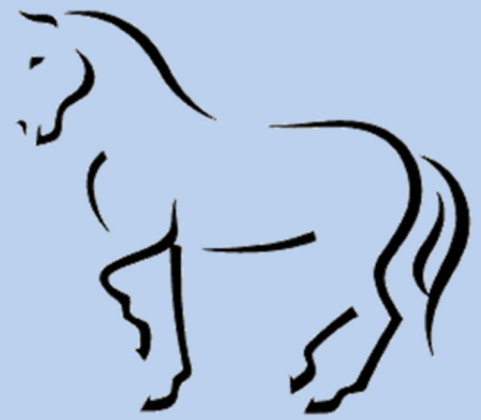


Pandora's Post

The Parkland Area Alberta Dressage Association Newsletter - Edition #5



March 2022

How do I know...?

...When to Move Up a Level

Do you ever feel like you are stuck at your current level, but you don't know if you're ready to move up? You might have a discouraging experience if you move up too soon so here are a few things to consider before you decide.

- 1) Make sure you read and understand the requirements for the next level that are found in Article 7.5 of the Equestrian Canada Dressage Rules (www.equestrian.ca/programs-services/rules). These requirements describe what judges expect to see at each level. Also read all tests within the next level to ensure you know what movements are in the tests.
- 2) Ask your coach to help you determine if you and your horse are ready for the next level. If you don't regularly work with a coach, book a lesson with one and ask for their opinion.
- 3) Look at your scores from your last show season at your current level. Were you consistently scoring in the mid to high 60's? If not, it's probably a good idea to continue to school the requirements of your current level and work toward better scores before moving up.
- 4) Can you confidently school all the required movements of the next level at home?
- 5) The unwritten "rule of thumb" in Dressage says to show at a level below what you are schooling. This especially applies if you and your horse are not relaxed at shows. Jangly nerves create tension and if you're trying a new level for the first time, the tension can cause both you and your horse to underperform. Once you are both relaxed and confident, try your new level!

Written by Jean Duckering

For general inquiries, please email:
PA/ADAinbox@gmail.com

2022 PA/ADA Memberships

Congratulations to Sheri Cameron who won a set PA/ADA drinking glasses for renewing her 2022 PA/ADA membership by Dec 31.

To be eligible for PA/ADA awards and subsidies, membership fees must be paid by May 1.

The membership brochure is online at www.albertadressage.com/parkland/parkland-forms

Why Join PA/ADA?

- PA/ADA supports English and Western dressage
- Keep up to date on dressage news, activities, shows and clinics
- Qualify for education subsidies and scholarships*
- Qualify for PA/ADA and Alberta Dressage Association (ADA) year-end awards*
- Receive rebates and discounts at PA/ADA events
- Ability to place equine related classified ads on the PA/ADA website and Facebook page
- Membership with the ADA (and AJYR for Jr's) is included
- Have a voice in the central Alberta dressage community

*Must meet eligibility requirements. Refer to PA/ADA website for more info.

Thank you, **Centerline Paving**, Major Sponsor for the Spring into Dressage Show



**PA/ADA Spring into Dressage
Gold and Wildrose Show
May 14 – 15, 2022**

at Westerner Park in Red Deer

Also offering:

- Para-Equestrian
- Western Dressage
- Prix Caprilli
- Iron Horse Competition
- Pony Club Classes

Check out the PA/ADA and the Spring into Dressage Facebook pages for more info.



For the Spring into Dressage Show

Contact Suzanne Hanley at

springintodressage@gmail.com



Next PA/ADA Board Meeting

**March 23, 7:00 PM
Via Zoom**

All PA/ADA members welcome!

Contact Kim Aasman at wilowmistfarm@me.com for details.

Congratulations to the PA/ADA 2022 Board of Directors

- Chair – Kim Aasman
- Vice-chair – Jean Duckering
- Treasurer – Suzanne Hanley
- Secretary – Diane Luxen
- Communications Director – Pam Vust
- Membership Director – Paula Meehan
- Promotions/Marketing Director – Jackie Maga
- Directors at Large – Alexis Soltice and Rebecca Cade
- Youth Representative – Pyper Snow

The Board currently has vacancies for the Event Representative, Schooling Show Director and a second Youth Representative.

If you are interested in volunteering, please contact Kim Aasman.

For more info, please see our website:
<http://www.albertadressage.com/parkland>