

ANRC

Executive Committee

Karen Singletary
Chair

Cairo, Georgia
klsing4@msn.com

Shelby French
Education Chair
Sweet Briar, Virginia
sfrench@sbc.edu

Pam Whitfield
Publications Chair
Rochester, Minnesota
whitfieldpam@yahoo.com

Sarah Babcock
Intercollegiate Chair
Richmond, Virginia
SGBabcock@aol.com

Marion Lee
Executive Secretary
Leesburg, Virginia
marionhlee@att.net

Directors at Large

Jon Conyers
Amherst, Virginia
jconyers@sbc.edu

Malinda Grice
Bellefonte, Pennsylvania
mmg13@psu.edu

Peggy McElveen
Laurinburg, North Carolina
mcelveen@sapc.edu

Jill Randles
Columbia, Maryland
jrandles@umbc.edu

Patte Zumbrun
Baltimore, Maryland
pzumbrun@goucher.edu

Troy Hendricks
Charlottesville, Virginia
Advisory Committee
Claiborne Bishop

Charlottesville, Virginia
barracks@sprynet.com

Paul Cronin
Rectortown, Virginia
pdcronin@aol.com

Dacia Funkhouser
Romney, Indiana
dacia@tctc.com

Kit Sydnor
Forest, Virginia
kbsydnor@att.net

Officials Committee
Shelby French
Sweet Briar, Virginia
sfrench@sbc.edu

Peggy McElveen
Laurinburg, North Carolina
mcelveen@sapc.edu

Susan Sjolund
Lynchburg, Virginia
ssjolund@ves.org

New board member Troy Hendricks joined the ANRC Executive Committee in July, 2004. Troy is currently associated with Claiborne Bishop at The Barracks in Charlottesville, Virginia.

Visit the ANRC Website (www.anrc.org) for up-to-date information:
Calendar of Events
Articles of Interest

If you would like to make a tax-deductible contribution to ANRC, the Federal tax identification number, 501 C-3, non-profit status, for the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) is 520886491.

2004 Nationals Results

Virginia Intermont edged out St. Andrews at the ANRC National Intercollegiate Equitation Championship hosted by Sweet Briar College on April 17 and 18.

Virginia Intermont College bested St. Andrews College by the narrowest of margins—0.78 of a point—to nab the team title at the 27th annual ANRC National Intercollegiate Equitation Championship. Sweet Briar junior Karen Dennehy took home the title of individual champion riding Sweet Briar's Hocus Pocus.

Angee Quattro, Ericka Jewell, Siobahn Fitzgerald, and Morgan Graber rode for Virginia Intermont. The team competition was decided only after the final phase, hunter trials equitation. Their team

won with 240.92 points to St. Andrews= 240.14. Goucher College of Baltimore, Md. amassed 233.33 points to place third overall. St. Andrews sophomore Christina Kalinski earned the reserve individual title, while Sweet Briar=s Jodie Weber took third..

Eleven schools sent teams of riders.. Many, like Vanderbilt and Miami University of Ohio, were competing at Nationals for the first time. Anne Kenan of Dahlongea, Ga., and Dacia Funkhouser Johnson of Romney, Ind., judged the competition.

For complete competition results, visit the website www.anrc.org.

New Rider Ratings

Congratulations to the following riders who received Intermediate ratings from their scores at the 2004 Nationals: Katie Barnette, Lydia Davies, Karen Dennehy, Kate Fournel, Rebecca Glover, Jennie Hartman, Christina Kalinski, Sarah Mouri, Angee Quattro, and Jodie Weber.

At the St. Andrews Rating Center in April, Katie Delucas, Natalie Norwood, Sarah Rymer, and Cara Thompson all earned Novice ratings.

The ANRC National Intercollegiate Championship in 2005 will be held on April 17 & 18 at Sweet Briar College in Sweet Briar, Virginia. Judges Kip Rosenthal and Rita Timpanaro will officiate, and R. Scot Evans will serve as course designer. For more information, contact Jon Conyers at (434) 381-6367 or jconyers@sbc.edu

Other upcoming ANRC events:

October 24 - Invitational competition at Goucher College. For information, contact Patte Zumbrun at (410)337-6247 or pzumbrun@goucher.edu.

October 30 - Equitrial at St. Andrews Presbyterian College. For information, contact Jackie Dwelle at jackie@firsthorse.com.

October 31 - Equitrial at Sweet Briar College as part of the Commonwealth Games of Virginia

For more information, contact: Shelby French at (434)381-6347 or sfrench@sbc.edu.

April 2, 2005 - Equitrial at Sweet Briar College. Contact Shelby French at (434)381-6347 or sfrench@sbc.edu

May 27, 2005 - Rating Center at Sweet Briar College. Contact Shelby French at (434)381-6347 or sfrench@sbc.edu.

"American System of Forward Riding" Teaches Riders to Partner with Horses by Pam Whitfield

The "American System of Forward Riding" is a new educational series produced by R. Scot Evans and Shelby French that teaches "the way forward," a process that helps riders produce quality in their work with their horse. The series of DVD's and accompanying workbooks provide models and teach techniques that promote greater understanding and connection between horse and rider. The ANRC has provided rider testing and awarded rider ratings using a multi-level system for half a century, but in the past riders had to test at an ANRC rating center, national equitation championship, or equitrial in order to earn a rating. That has changed with the publication of the "American System of Forward Riding: Life Lessons Learned with Horses." This new educational series allows riders to use the DVD's and workbooks to progress through a series of exercises and tasks with their horse, then apply for an ANRC riding level by videotaping their performance. The ANRC awards five riding levels. Volume I provides tools for the Introductory Level and Level One. These DVD's focus on stabilization of the horse and why it is effective as a tool for both horse and rider, as well as development of the rider's position that is necessary to create a stabilized horse. Volume II instructs the rider in Levels Two and Three and focuses on developing stabilization, putting the horse in front of the rider's leg,

and riding towards contact. Additional volumes will teach exercises and skills at Levels Four and Five. "We're trying to give all riders a process that will produce quality in their work with every horse," explains executive producer Shelby French, a USEF "R" hunter judge and director of riding at Sweet Briar College in Virginia. "If you don't have access to an instructor, you can work with these educational materials at home. They give you a visual picture of what you're trying to accomplish and exercises to accomplish it. We include a list of what you need to submit in a video to apply for a riding level. You can send videos of yourself performing the tasks to an ANRC instructor and receive written feedback and possibly earn a riding level." The American system of forward riding is used by many top hunter-jumper, eventing, and even dressage riders today. "I use the American system of forward riding in teaching my students and training my Grand Prix horses. I used the system in preparing for the Olympic Games in Sydney," states veteran international show jumper Laura Kraut. The forward riding system is easy for the horse to understand and helps him to enjoy his work. "I think it is the purest way of riding," says Olympic gold medalist Joe Fargis. "This is a wonderful way to teach an average rider how not to interfere with the horse and to help the horse..... As long as we are going to ride it, I think it ought to have a good day." FEI-level dressage rider Lendon Gray also lauds the forward riding system for putting the horse first. "What I learned from this system helped me to become more sympathetic to horses," she explains. "In my way of riding, [that means] being able to be a part of the horse, to go with the horse, not to interfere with the horse, to feel how the horse moves and thereby be able to react to it." Co-producer and USEF "R" judge R. Scot Evans concurs. "This is what I have been using in all of my training, teaching, and clinics during the course of my career," he says. "Horses understand this way, and respond in a way that they like their 'job.' That is the goal. When the horses are enjoying their jobs, we're having a good day." Evans and French focus on making the system available to riders at every level of ability, and emphasizing the key ingredient of partnership. When a partnership is built between horse and rider, "each one has her own responsibility, but each one can fill in for the other," explains French. The "American System of Forward Riding" series makes the system accessible to riders who may not have a trainer or instructor by breaking down riding theory and skills into fun and useful exercises. "The DVD series and workbooks are meant to be used at all levels of riding, whether one is interested in creating solid flatwork, developing a solid foundation of aids, or targeting a specific competition or goal. This is the 'way forward,' where everything begins in riding horses," says Evans. This system of teaching, training and riding has a great deal to offer today's horsemen and horsewomen. "First of all, this is a system which focuses on partnership between horse and rider," Evans states. "Second of all, these tools are used in all formal training whether one is looking to create quality in performance for competition or developing a stabilized horse for everyday riding. The levels are simply a guideline in taking the step by step format and making it your own." This system of training is based on the concept that one takes small steps which lead to the goal: partnership and better communication between horse and rider. The "American System of Forward Riding" series will be useful to any student of the horse, whether a professional, amateur or pleasure rider. The series also provides a framework for courses in riding, training and schooling the American hunter. "We look forward to many colleges using this series to develop courses around it where the students will take it out into the world and make it their own," adds Evans. Each volume sells for \$89, which includes tax and shipping fees. The DVD's and accompanying workbooks can be purchased by ordering online at www.anrc.org or by calling 1-888-502-2672. For more information, please contact: Shelby French, ANRC Education Chair, at 1-888-502-2672 or visit www.anrc.org

Thank You to Our Donors The ANRC Executive Board wishes to thank the generous donors who have made development, production, and marketing of the DVDs possible:

an anonymous grant for marketing
The Lewis Hall and Mildred Sasser Singletary Foundation, Inc.
Stephanie Speakman Charitable Trust
Shelby French

Karen Singletary **More good news** Paul Cronin's eagerly-awaited new text on forward riding *Schooling and Riding the Sport Horse: A Modern American Hunter/Jumper System* is due out October 1. Paul has translated a lifetime of riding, learning, and teaching into this book, which promises to introduce a whole new generation to the principles of forward riding and the development of the American sport horse. The book is for amateur riders and their instructors. It includes sections on position, position theory, and controls. It also covers conformation and movement, schooling on the flat and over fences, and riding over uneven terrain. The many photos and illustrations provide ample visual examples. Emphasis is on the horse, who benefits from a secure, non-interfering rider and a compassionate relationship. Joe Fargis speaks for the value of a calm, confident horse in the text's foreword when he writes, "Horses everywhere will appreciate this book. If the horses could talk, they would say, 'Read this book; this is how to ride me'." The book can be ordered via the ANRC website: www.anrc.org or by mail from: Marion Lee, 705 Longfellow Dr., NE, Leesburg VA 20176. The price including tax and postage is \$26.95 for ANRC members and \$30 for non-members. Checks should be made out to ANRC.

Future Newsletters to be Emailed

In the future, newsletters will be distributed via email. Doing so will save ANRC a great deal of money and will enable us to reach a wider audience. If we have an email address for you, your newsletter will contain a label with the email address currently in our database. If we do not have your email address, or if your email address has changed, please notify Marion Lee at marionhlee@att.net. If you do not have email and wish to continue receiving a mailed newsletter, you may call Marion at (703) 669-2920.