

## **ANRC Newsletter - February 2009**

### **ANRC Board of Directors**

Patte Zumbrun, Chair, Baltimore, Maryland, [pzumbrun@goucher.edu](mailto:pzumbrun@goucher.edu)  
Mimi Wroten, Intercollegiate Chair, Amherst, Virginia, [mwroten@sbc.edu](mailto:mwroten@sbc.edu)  
Marion Lee, Executive Secretary/Treasurer, Leesburg, Virginia, [marionhlee@verizon.net](mailto:marionhlee@verizon.net)  
Susan Deal, Director at Large, Culpeper, Virginia, [skdeal@earthlink.net](mailto:skdeal@earthlink.net)  
Shelby French, Director at Large, Sweet Briar, Virginia, [sfrench@sbc.edu](mailto:sfrench@sbc.edu)  
Sue Glover, Director at Large, Abington, Virginia, [sueglover@vic.edu](mailto:sueglover@vic.edu)  
Peggy McElveen, Director at Large, Laurinburg, North Carolina, [mcelveen@sapc.edu](mailto:mcelveen@sapc.edu)  
Susan Sjolund, Director at Large, Winston-Salem, North Carolina, [susansjolund@gmail.com](mailto:susansjolund@gmail.com)  
Kit Sydnor, Director at Large, Forest, Virginia, [kbsydnor@att.net](mailto:kbsydnor@att.net)  
Andrea Wells, Director at Large, Savannah, Georgia, [awells52@aol.com](mailto:awells52@aol.com)

### **ANRC Advisory Board**

Claiborne Bishop, Charlottesville, Virginia, [thebarracksfarm@gmail.com](mailto:thebarracksfarm@gmail.com)  
Karen Fenwick, Jefferson, Maryland, [mountainlit@yahoo.com](mailto:mountainlit@yahoo.com)  
Jill Randles, Columbia, Maryland, [jrandles@umbc.edu](mailto:jrandles@umbc.edu)  
Karen Singletary, Cairo, Georgia, [klsing@alltel.net](mailto:klsing@alltel.net)

### **Remembering Jon Conyers**

We sadly note the passing of Jon Conyers, a dear friend, colleague, and staunch supporter of ANRC, on November 5, 2008. In his 26 years of commitment to intercollegiate riding, Jon had a significant impact on numerous riding programs. He served ANRC in many capacities at several National Intercollegiate Equitation Championships, including Course Designer, Organizer, and Meet Director. For the last several years, he was ANRC Intercollegiate Chair as well Head of Field Riding at Sweet Briar College.

As a student at St. Andrews Presbyterian College, Jon gained his ANRC Level 4 Certification and later became an ANRC Recorded Judge. After graduation, he stayed on as Assistant Director of Riding. Following six years of coaching at St. Andrews, he accepted an offer from the Barracks to gain more experience in a top show stable and to work with UVA team riders. He later moved to Wesleyan College in Macon, Georgia where under his leadership the college moved from an informal program offering dressage and combined training to a real force in intercollegiate competition. During his eight years at Wesleyan, Jon honed his skills as a teacher, coach and horse show organizer and twice hosted ANRC competitions at the Georgia Horse Park. He spent a year as the hunt seat coach at Savannah College of Art and Design, then decided to work as a free-lance instructor. During this period he mentored young coaches and their riders at Findlay University and Sewanee. Though he loved working with a variety of rider and schools, Jon was ready in 2004 to accept an offer from Sweet Briar College and settle down in Virginia, where he remained until his death. Jon's influence has been amazingly far-reaching because of the number of programs, coaches and riders with whom he has had the opportunity to share his passion for horses and quality riding. In addition to his many achievements with ANRC, he was honored by IHSA in 2008 with their Lifetime Achievement Award.

## **ANRC Board Members in the News**

We welcome Mimi Wroten as the new ANRC Intercollegiate Chair. Shelby French, Director of Riding at Sweet Briar College, has been invited to write an article for the Chronicle of the Horse's Between Rounds feature. Look for it in the April collegiate issue.

## **Upcoming Nationals**

Join us at this year's National Intercollegiate Equitation Championships at St. Andrews Presbyterian College in Laurinburg, NC, on April 18 and 19, 2009. For more information or a prize list, contact Peggy McElveen at [mcelveen@sapc.edu](mailto:mcelveen@sapc.edu) or Mimi Wroten at [mwroten@sbc.edu](mailto:mwroten@sbc.edu). The Nationals competition is conducted at the intermediate level with teams of two or three riders from each school. Individual riders may compete as well. The Saturday competition consists of an intermediate program ride on contact using the 1-19 USEF tests ridden from memory. On Sunday there is an outdoor course 3' in height and a 3' hunter seat equitation course in the ring. All of the courses may be schooled on Thursday and Friday, and all are judged on equitation. ANRC memberships are required for competing schools. Memberships are free to schools competing at Nationals for the first time. Sweet Briar College in Sweet Briar, VA, will host next year's Nationals on April 17 and 18, 2010. For more information, contact Mimi Wroten, at [mwroten@sbc.edu](mailto:mwroten@sbc.edu).

## **Equitrials, Clinics and Certification Centers**

Twenty-nine riders participated in the Sweet Briar College Fall Equitrial on October 18 and 19, 2008, and Sarah Lightbody and Lauren Perhala were certified at Level One. At the North Fork School of Equitation on November 16, 2008, Nadine Miglio and Sara Hoffman received Level One certification. Congratulations to all riders. Jill Randles judged both events. Sweet Briar College will be holding an Equitrial on April 4, an ANRC clinic on May 17 - 19 and Certification testing on May 2. Contact Shelby French at [sfrench@sbc.edu](mailto:sfrench@sbc.edu) for details. If you are interested in hosting a clinic, equitrial, or certification center with ANRC instructors and/or judges, contact Marion Lee at [marionhlee@verizon.net](mailto:marionhlee@verizon.net). The "Clinic and Certification Center Handbook" provides more information and can be ordered from the ANRC website <http://www.anrc.org>.

## **USEF Collegiate Committee**

ANRC Chair Patte Zumbrun attended the USEF Collegiate Committee meeting on January 16, 2009. The purpose of this committee is to bring together representatives of all collegiate competitive groups that are dedicated to promoting quality in both riding and educational opportunities for today's college students as well as prospective students. Other collegiate riding organizations such as IHSA, IDA, and NCAA were represented. The committee agreed to collaborate on an article to serve as a guide to prospective students as well as educational material for the overall horse industry. The article is expected to appear in USEF magazine June 2009 issue, the USHJA InStride magazine,

Practical Horseman, and other publications. It will contain information on competition format, disciplines, competitive skill level, recruiting, scholarships, amateur status, fees and cost consideration, choosing a college, resource guide, and contacts. In addition, the USEF website is being modified to make collegiate riding information more easily available. Each organization will have its own page to display detailed information.

### **ANRC Benefit Horse Shows**

North Fork School of Equitation in Jefferson, MD, will host its third ANRC Benefit Horse Show on April 26, 2009. There will be equitation classes on the flat and over fences for several levels of riders. The show is open to all. For more information and/or prize lists, call Karen Fenwick at 301-834-9744. Proceeds from the benefit shows help to support ANRC's education and competitive activities. To find out how to host an ANRC benefit horse show, contact Marion Lee at [marionhlee@verizon.net](mailto:marionhlee@verizon.net).

### **ANRC Website**

Take advantage of the free Classifieds on our ANRC website [www.anrc.org](http://www.anrc.org) to post job openings, positions wanted, items for sale and trade. Send ads to Marion Lee at [marionhlee@verizon.net](mailto:marionhlee@verizon.net). Current and past newsletters are also available on the website. ANRC DVDs "The American System of Forward Riding" and Paul Cronin's book "Schooling and Riding the Sport Horse" may be purchased via the [ANRC website](http://www.anrc.org).

***The Selection, Care, and Training of School Horses** (adapted from an article by Joan ("Sam") Morrison in the March 2008 issue of Centered Riding)*

**A sensible, well-trained school horse is a valuable asset; with good management and fair treatment, a school horse will remain useful into old age. School horses give valuable feedback to the rider and instructor. They mirror what the rider does with her own body and respond immediately as changes take place. We just need to listen to them.**

**Qualities** - School horses should have respect for the rider, have good ground manners and be working sound. Use horses of appropriate size for the rider when possible. Beginner horses should be friendly, placid with comfortable gaits and a will to work. More advanced horses can have a bigger movement and be more alert and active but should still be obedient. The most valuable horse is the one who can go slowly on loose reins for the beginner (i.e. stabilization) and then become connected on contact for advanced movements with the more educated rider.

**Health** - Horses should be in good flesh but not overweight. Thorough grooming, rub downs and massages can help maintain a healthy horse. Horses should be on a regular de-worming schedule, and teeth should be checked periodically. Horses should have regular hoof care, whether shod or barefoot. If stabled, horses need regular turnout for time to relax. Northern horses usually get time off in the winter months but horses in more temperate climates should also get a month or so of time away from class work.

**Equipment** - The tack should be fit correctly and be comfortable for the horse, especially the saddle. It should be kept clean and pliable. The stitching should be checked regularly for safety. The saddle seat should fit the size of the rider and be placed so the rider sits in unity with the horse's center of gravity. Leg wraps or splint boots should be used if doing lateral or fast work.

**Training** - Allow a full season to make a solid school horse. The school horse should be trained beyond the level of the rider to allow for progressive education. Train to voice commands for control of the horse by the instructor as well as the rider. Train the rein and leg aids still using voice commands for the beginner horse. The beginner horse should stop, go and turn easily but be a little dull to the unbalanced movements of a beginner rider. The more advanced school horse should be more sensitive and respond to subtle aids. Horses, especially beginner horses, should have periodic tune-up rides from a steady rider to keep them responding correctly. Mix exercises and use cones and ground poles to keep the horses interested. Allow one day off a week and/or take horses on a trail ride.

**Tuning-up for the Season** - Begin at least a month before lessons commence with short sessions, gradually working up to the length of time of future lessons. Lunging is useful for exercise, training, conditioning. Lunging until the horse's eye is soft and body is relaxed will ensure a safe and successful lesson. In-hand groundwork can be used to make each horse more supple, connected and obedient. It is not necessary to have beginner horses extremely fit.

*(Note: Sam was active with ANRC (then known as DGWS) from 1962 for about 10 years. She studied with Pat Horst, Harriet Rogers, Claire Noyes, and Clayton Bailey at Sweet Briar College, was head of riding at Chatham Hall, earned the top rider rating, and became a National Judge. She served on the Board and traveled to many locations to give instructors courses. In her spare time, she was a Whipper-in with Claire for the Bedford County Hunt for two years. Traveling about the country with her husband, she later competed successfully in dressage and combined training. Sam met Sally Swift in 1983, took her instructors' course, and since then has been using Centered Riding to enhance her teaching of dressage, jumping and western riding. She currently operates Welcome Home Farm in Greene, Maine, teaching there and at clinics around the country.)*