

ANRC

Executive Committee

Karen Singletary

Chair

Cairo, Georgia

klsing4@rose.net

Caroline Aquino

Past Chair

The Plains, Virginia

caquino@infi.net

Shelby French

Clinic and Center Chair

Sweet Briar, Virginia

sfrench@sbc.edu

Pam Whitfield

Publications Chair

Rochester, Minnesota

pamwhitfield@msn.com

Sarah Babcock

Intercollegiate Chair

Richmond, Virginia

SGBabcock@aol.com

Marion Lee

Executive Secretary

Leesburg, Virginia

marionhlee@att.net

Directors at Large

Jon Conyers

Fisherville, Virginia

jon@paradiseventures.com

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

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
sjolund-s@ves.pvt.k12.va.us

Visit the ANRC Website (www.anrc.org) for the following important information:

2003-2004 Membership Applications

Calendar of Events

Articles of Interest

A membership form is also attached to this newsletter. The different levels of membership are explained on our website: www.anrc.org.

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.

Congratulations to the winners of the 2003 National Intercollegiate Championship:

Team Winners:

1. Savannah College of Art and Design
2. Sweet Briar College
3. University of Virginia
4. Goucher College
5. Virginia Intermont College
6. College of William & Mary

Individual Winners:

1. Jordan Siegel - SCAD
2. Meredith Abernathy - UVA
3. Jodie Weber - SBC
4. Kate Fournel - Goucher
5. Frank Bria - St. Andrews
6. Rebecca Glover - UVA

For details of the Nationals competition and a list of participants, see our website www.anrc.org.

Mark Your Calendar: The ANRC National Intercollegiate Championship in 2004 will be held on April 17 & 18 at Sweet Briar College in Sweet Briar, Virginia.

For more information, contact:

Shelby French
sfrench@sbc.edu

(434) 381-6367

Additional Upcoming ANRC Events: September 20

Sweet Briar College Second Annual

Invitational Competition

October 12 Sweet Briar College Equitrial

Remembering Jane Marshall Dillon and Fenwick Kollock

In the past two years, the ANRC has lost two of its most ardent supporters and highly respected teachers of forward riding: Jane Marshall Dillon and Fenwick Kollock. Both were #1 rated riders and National Judges, and during the 1960s, each served as Chair of the Division of Girls and Womens Sports (DGWS) as the ANRC was known in those days. Both credit their success as teachers to the standardized methods of riding based on the teachings of Vladimir Littauer, who regularly conducted clinics for both.

Jane Marshall Dillon died at the age of 85 in November, 2000. She had a long, fulfilling career as a teacher of junior riders. She started Junior Equitation School (JES) in the early 1950s and taught thousands of young riders, including US Olympic team members Kathy Kusner and Joe Fargis. Her riders participated in local shows (one year winning the VHSA Equitation finals) and made memorable trips to Madison Square Garden, Toronto, and Florida. Mrs Dillon and her riders were regulars in the field of the Fairfax Hunt.

Mrs. Dillon also wrote two very popular books, School for Young Riders and Form Over Fences, both of which helped to spread the principles of hunter seat equitation to thousands of horse and pony enthusiasts. She was also one of the founders of the Washington International Horse Show (WIHS) and served on the board of directors for many years. Her enthusiasm and integrity as a teacher have left their mark on her many students, friends, and colleagues.

Fenwick "Fen" Kollock, who introduced riding to a generation of city children in the Washington, DC area, died in June, 2002. She established a riding school at Pegasus Stable in the 1950s and eventually took over nearby Meadowbrook Stable as well. In its heyday, over 550 pupils per week rode at Pegasus/Meadowbrook. Despite the stables city location, her students weren't bound to the ring. They had an opportunity to trail ride and to ride cross country. Her systematic instruction enabled many once-a-week riders to qualify to hunt with the Potomac Hunt.

Ms. Kollock served the WIHS as a board member and executive director. Her Black Stallion Pageant set WIHS attendance records. For the WIHS Evolution of the Horse exhibit, she had a scale model of Eohippus made and borrowed a Przewalski's horse. She recruited top representatives of the five American breeds for the WIHS 1976 Bicentennial Parade of Breeds. This exhibition was then used for the 1978 World Championship Three-Day Event in Lexington, Ky.

Editor=s Note: In this issue, our articles look at ways that different disciplines and techniques can inform one another. For further insight into differences in riding disciplines, check out the articles on our website: www.anrc.org.

Teaching With Lendon Pam Whitfield

After spending half a lifetime as a riding instructor, Shelby French finds that a great way to recharge her teaching is to be a student herself. A[As a teacher] I need some inspiration, I need to see things from a different perspective,@ she stated. She got a rare chance to do just that in 2001, when she spent a week with Lendon Gray in a teaching exchange----and enjoying a unique cross-disciplinary experience.

AI taught her dressage riders jumping in exchange for the opportunity to ride Grand Prix level dressage horses,@ she explained. Shelby also observed Lendon teaching dressage at her Glen Eden Farm in New York. AOne or the other of us was teaching all day long. I also stayed with her, so we had time to talk and she recommended books for me to read.@

Shelby taught both horses and riders who had never jumped before. AI didn=t think it was hard for people to switch from balanced seat to forward seat, as long as I got their stirrups the right length,@ she recalled. AI think I had an easier time switching to a dressage seat, sitting more erect and in unity, with my hip angle more open because I=ve been riding a lot in a bareback pad because of Natural Horsemanship.@

Shelby found a new respect for accountability while working with Lendon. AShe has high expectations for her students,@ said Shelby. AIf she tells them to fix something, she wants them to fix it so they can go on to something else. It=s a wonderful way to put the responsibility for learning back on the student.@

The horse also should be held accountable. AThe tendency, on a trained horse, is not to expect that when we ask, the horse should respond,@ she explained. AWe work too hard and we kind of buzz the horse, then don=t get the timely response... and that really dulls the horse. It was a great reminder for me when I came back [to Sweet Briar College] to teach, that if the horse knows how to do something and the rider asks for it [correctly], he should do it. So often we nag.@

Shelby discovered that Lendon=s FEI-level mounts didn=t need nagging. AThe first day I was on a Grand Prix horse, I was doing passage. But I didn=t want to be doing passage, and I didn=t know how to turn it off,@ she said with a laugh. But she soon learned to communicate more clearly, with exciting results: AIt=s absolutely a blast to sit on a horse doing one-tempe changes,@ she said.

Riding Grand Prix horses also encouraged Sweet Briar=s director of riding to rethink the expectations that hunter riders have for themselves and their horses. AIt was fun for me to realize---on the first dayCthat as hunter riders, we don=t ride really good corners and straight lines,@ she stated. AIf you don=t know how to ride corners, you don=t get a really straight line and an effective half-halt.@

Shelby also came away with renewed respect for the commitment of a teacher. AWhat was interesting was that somebody who=s been to the Olympics and done what she=s done is so open to teaching any level rider,@ she recalled. ALendon had novices who stabled with her and were just starting out and very excited about it. And then she had students with Grand Prix horses, doing that level. It was an interesting mix of young and old, men and women. [Lendon] is all about taking students where they=re at and helping them get better, and that=s great.@

She also found Lendon highly interested in teaching as a vocation. AShe is very concerned about the training of teachers of riding, so that people are not just learning how to ride, but how to really teach. She really cares about good quality teaching,@ stated Shelby.

According to Shelby, continuing education is crucial for riding instructors, but Atoo many people who teach aren=t willing to put themselves on the line and ride in front of other people. I find that=s unfortunate,@ she said. AIt=s so refreshing to be a student again---it stimulates me as a teacher.@

**Applying Natural Horsemanship to Forward Riding:
An Interview with Mimi Wroten
By Pam Whitfield**

Mimi Wroten, associate director and instructor in riding at Sweet Briar College (Va.), recently completed a week-long clinic at Pat Parelli's new facility in Ocala, Fla. According to Wroten, the groundwork and riding techniques she learned are useful in the instructional program at Sweet Briar. **It gave me tools to work with horses and with students, and also with student-horse problems,** she said.

I did a Level II clinic, she explained. **It's not a certification, but a working through the levels of training that they offer. I had already been exposed to the Parelli system by an instructor who came to Sweet Briar last year.**

I have to say, I wasn't a believer in it before my first clinic, she recalled. **But I can see so many applications to horses and riders now. It's not that much of a modification [to apply Pat Parelli's system to forward riding]. It's a bit more innovative, but it really uses the same system.**

We did a lot of exercises that I found very conducive to forward riding, exercises that focused on getting the rider more in sync with the horse, and to relax and leave the horse alone, said the instructor. **We did a lot of >passenger games=, which focus on the emotional fitness of the riders and horses.**

After spending time on those games, in which the riders allow their horses to move at liberty in the arena, as a group, Mimi said that riders felt as if they didn't have to rely on their reins as much. **It creates a situation where the herd dynamics can happen. Eventually all fourteen horses [at the clinic] were trotting in the arena at once. As a rider, giving up that level of security and control is difficult. It was tough for me.**

Mimi learned a series of innovative techniques that apply well to her day-to-day teaching. **At the trot, we would lean forward with our upper bodies, almost in two-point, and press our hands into the withers. If people were on a hot horse, it would help take the tightness out of the hip and thigh, and they'd end up following the horse's motion better. Within a short period of time the horse would take a breath and go >oh,= and slow himself down.**

Mimi described her work with a **gangly** four-year-old Thoroughbred that she took to the clinic. **It got him to respect me and want to be a partner with me at the same time,** she said. **It helped him become more coordinated, not through force but through willingness.**

Riders at the clinic spent the mornings doing groundwork, and the afternoons using a combination of riding and groundwork. It paid off for Mimi and her young Thoroughbred during the grand finale—riding through a pond, a green, scum-filled pond. I thought, there's no way we're going to get through this, but we set it up using the ground tools [we had learned that week] to make it happen, and my horse started walking through and didn't have any problem.

Clinic riders also rode with rope halters and 22-foot lines, used a carrot stick, and rode bareback. Use of the carrot stick involves groundwork while holding a stick that can have anything on its end, even a ball or trashbag. It's teaching the horse not to look at that, but to look to the rider and say, >Is this okay, explained Mimi.

Mimi found that many of the methods she learned can relax a hot horse, and make a desensitized one more responsive. You'll get a more sensitive horse that listens to your aids, but isn't so sensitive to the rest of the world and what's going on around him.

She recalled spending about ninety percent of her riding time with only one rein, attached to the halter on just one side. It was really hard at first, she said. It made us get more precise with our cues. We did a lot of slow work, walking and trotting.

Mimi felt that the Parelli system helped her clarify her communication skills as a rider. The techniques used the same principles as forward riding—improving both the rider's timing and understanding of the horse. It's getting riders to ask in a more correct way that the horses can understand and respond to, she explained. It helps the riders know [through ground handling] when they need to reward, or when they need to get more assertive.

Riders also spent time watching each other, and Mimi says that you could see the horses take a breath and go, >thank you.= We talk about being non-abusive, having the horse be cooperative, mentally and physically relaxed, and have stability, unity. Those weren't necessarily the words they used [at the Parelli clinic], but they used the same concepts. I found that horses that are already in the system of forward riding get this more quickly because the mental and physical stability are already there.

Back at Sweet Briar, Mimi found the Parelli techniques apply well to college students, and often asks her riders to use a rope halter—with two reins. There will be an instantaneous difference in the horse and the way the horse is going, and it will make the horse so much happier, stated the instructor. Then the rider will say, =Wow, I've been holding too much on the mouth all this time.= Then she can go back to elementary level and work on relying less on the hand and getting stability from the horse.

AI can relate many of the techniques to any level of rider,@ she continued. Mimi recently found Parelli=s methods useful in a lesson where a girl was learning to sit the canter. AParelli talks a lot about body awareness and relaxing the rider=s back and following the horse. With lower level riders I don=t have to do too much convincing to get them to change and try [a rope halter, carrot stick or other Parelli technique]. Intermediate and advanced riders often have years of bad habits and it=s challenging for them to change.@

AI will be continuing with the Parelli system,@ concluded Mimi. AI=ve just found so many useful ways to incorporate it.@

2003-2004 ANRC Individual Membership Application Form

Print form and mail to the address at the bottom of the page.

Affiliate of the American Horse Shows Association, National Association for Girls and Women in Sport, and American Alliance of Health, Physical Education Recreation & Dance
www.ANRC.org

Name _____

Permanent Address: _____

City: _____ State: _____ Zip: _____ Email _____

Address at College (if applicable) _____

City: _____ State: _____ Zip: _____ Graduation Date _____

Telephone Day (____) _____ Telephone Night (____) _____ Fax: (____) _____

Select a category of membership: Life: Full membership benefits for life and a copy of Riding Standards
YYYYYY.....YYYY \$ 500 Sustaining Full membership benefits, a copy of Riding Standards
(\$50 of your membership is tax deductible).....\$ 75

Active Full membership benefits YYYYYYYYYYYYYYYYYYYYYY.YYY.....\$ 15 Do you wish to
purchase a copy of Riding Standards? Riding

Standards YYYYYYYYYYYYYYYYYYYYYY.....\$ 15 Total Amount

Payable YYYYYYYYYYYYYYYYYYYYYY..YY..YY.....\$ _____

Are you currently an ANRC Rated Rider? If so at what level? _____

Have you competed at an ANRC Regional or National Collegiate Championship? _____

Do you own, operate or teach at a Farm, Public Stable, Riding Program, or College that would be interested
in joining the ANRC? _____

Interested in becoming a site of clinics/centers? _____

Interested in hosting an equitrial? _____

Interested in hosting an intercollegiate riding competition? _____

If you are an ANRC judge, please list the Rating Center, ANRC Clinics, and/or Equitrials at which you have
officiated in the past two years. _____

Please make checks payable to the Affiliated National Riding Commission (ANRC) and mail with
application to Marion Lee, ANRC Executive Secretary, 705 Longfellow Dr., NE, Leesburg VA
20176.