



Q4 2023

# NEWSLETTER

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MEET THE 2024 BOARD

~CONGRATULATIONS AND THANK YOU FOR ALL YOU DO TO KEEP NFDA GOING STRONG!!!~

**President:** Martha Moore

**Vice President:** Adriana Smith

**Secretary:** Barbara Turner

**Treasurer:** Kathee Cook

**Members At Large:** Barbara Cadwell, Kathy Daly, Beth Gould, Linda Overbey, and Kirstin Prince



\*\*\* **Please, remember to renew your NFDA Membership**\*\*\*

[Membership | NFDA \(nfladressage.org\)](#)

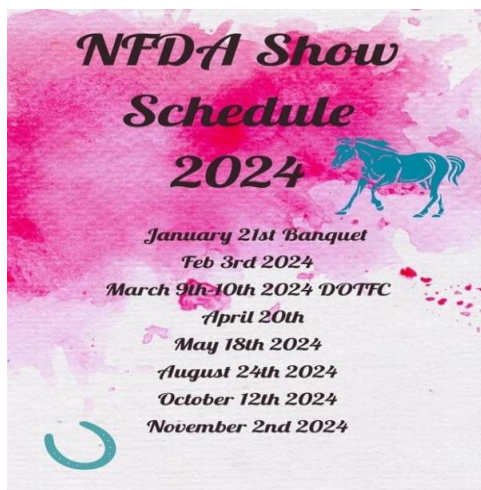
## **\*\*In This Newsletter\*\***

### **A History of NFDA Chapter One**

**Highlighted Jr. Members past and present Kirstin Prince and Cate Rose Stroble share their experiences with NFDA.**

**Scholarship recipients let the membership know what they did with their NFDA scholarships!**

**MARK YOUR CALENDARS FOR THE 2024 NFDA SHOW SEASON**



**\*\*\*NEWSLETTER SUBMISSIONS OF ARTICLES AND PHOTOS**

**WELCOMED!!! [kjinusvi@hotmail.com](mailto:kjinusvi@hotmail.com)\*\*\***

**Stay up to date with live info on the NFDA FB page.**

# HISTORY OF NORTHEAST FLORIDA DRESSAGE ASSOCIATION

**Author: Jill Morris**

## **~CHAPTER ONE~**

Dressage in Jacksonville was born when five women from various disciplines and experience in riding and handling horses came together at the request of Jean Brinkman of Valhalla Farm on Ft. Caroline Road.

Meeting in her living room in the fall of 1976, they shared a common complaint and mind set, there had to be a better way to train horses to show and ride, in such a way that they received fair recognition for their hard work. These women came from various origins, cowboy, hunt seat, backyard pleasure and trail riding, all of them wanted to improve under a humane and sensible system.

Brinkman had purchased a horse from Dorita Humphreys in Sarasota, FL and in the process learned about a method of training called dressage.

Investigation turned up an organized body of riders in Tallahassee already chartered as “The Deep South Dressage Association” At the first meeting, Jean Brinkman, Jocelyn Griffo, Gail Hughes, Paula Reefo and a working student at Valhalla Farm (our very own Kathy Daly) chipped in \$5.00 each to commence a treasury and mailing to other interested riders in the area....Soon new members, schooling shows and clinics featuring renowned clinicians came to our area.

Active participation in the newly forming “United States Dressage Federation” followed from these humble beginnings and NFDA became a chapter of the Deep South Dressage and Combined Training Association, which is a charter GMO of the USDF. NFDA was a chapter of Deep South Dressage for almost 25 years.

In the mid to late eighties, NFDA experienced “hard-times” and went dormant for several years. In 1993 the three remaining members held a meeting. These three determined members were Mary Farr, Betty Stich and Pam Prince. They decided to give NFDA another breath of life and all threw money into the pot to start up a new treasury. Mary Farr became the President and held that office until the end of 1997. During this time, new members were recruited, and Pam Prince and Suzanne Graham began organizing our schooling shows.

**STAY TUNED FOR CHAPTER TWO.....**



Kirstin Prince

When I asked my mom, Pamela Prince, how old I was when she joined NFDA she replied “You were just a twinkle in my eye”. Actually, my first handful of times going down centerline was while in utero. So you can say I was an unofficial NFDA member before birth. Some of my earliest childhood memories involve being at the Clay County Fairgrounds where NFDA hosted their shows long before the Jacksonville Equestrian Center was constructed. While the adults were busy with arena setup and show prep, the showgrounds were my playground. I have fond memories of the old show office where the sound of printing calculators was a constant buzz and the ladies - Anne Ramsay and Betty Stitch - were in their zone, sure to calculate accurately.

In the beginning, I was along for the ride...no pun intended...always in tow of my horse crazed mom who was determined NFDA would survive and thrive. She and a group of other women worked together to keep the club alive. Horses had always been a part of my life and it wasn't until I was older that I chose them for myself. I was a child in my own world and I didn't understand how the shows ran or why certain things were important, like why the arena placement needed to be so precise.

But eventually...I wanted to do more than run around in circles with my pony and at 8 years old, I attended my – official – first show with NFDA. I wish I can say that it was all over from there, that I got the bug and a fire was lit in my soul. However, it was not. There was no spark. No fire lit within my soul and sadly, I was a one and done until years later. Partly because I didn't make the connection between how I rode the test and the scores. I didn't understand the reason behind doing the patterns and the true beauty of the foundation work.

Yes y'all...I was the kid who just wanted to run in circles with her pony. I thought this dressage stuff was BORING. But this has given me a great insight to many young

students of mine now. They want for instant gratification. They want to just have fun, run and jump. Many riders not seeing the correlation between the foundation work and their scores. NFDA, while an educational club, offered that competitive push I needed and now offers that little push my students need to understand how to level up and be better riders for their horses.

While involved with the club my mom wore many hats; Vice President, show secretary, newsletter, board member for many years while she continued showing, bringing client horses and students with her. She had hoped to encourage the next generation of trainers, instructors, and riders. Eventually I started teaching lessons and started bringing my own students as my mom slowly transitioned out of it and handed me the reins. Today, I am a USDF bronze medalist, run my own lesson program at my own facility, sit on the NFDA board and believe in making better horse people for horses.

All this to highlight how special our club is. It's generational. It connects us all. It is a beautiful community.

So, if I were to offer some counsel to our junior riders...I'd remind them to be humble. Be willing to learn, practice good sportsmanship, and connect with the community around you. This industry is hard, but you are never too small to do great things and make a difference.

**THANK YOU, JR MEMBERS, PAST AND PRESENT YOU ARE THE FUTURE OF NFDA!!!**



**Show entries are processed and results reported online: [Sign up: Schooling Show | NFDA \(nfladressage.org\)](#)**

**We appreciate all volunteers in ALL capacities! NFDA doesn't happen without volunteers: [Volunteer | NFDA \(nfladressage.org\)](#)**



My name is Cate Stroble, and I am glad to be a part of the North Florida Dressage Organization! I have always loved horses. Everything about horses – outside feeding, cleaning, riding, and just being with them. I am blessed to have Pepper. My beautiful Bay Quarter Horse mare. Our favorite time is when I ride bareback. There is a special kind of freedom and confidence that comes with being on a horse, especially without a saddle—like there is nothing separating you from the power and amazing beauty of the horse beneath you. I joined NFDA when I was 11. Jill was my first NFDA partner. A cute little Quarter Horse with lots of attitude and an absolute love for dressage! SHE gave me the love for this sport! Our victory lap at the 2019 Championship Show brings back so many emotions as we trotted proudly with that big ribbon around her neck! She had won the show and my heart. The next year I leveled up a few tests and a new horse. DJ is beautiful. Every judge loved him (but not as much as me and every girl at our barn), his collection and strides look effortless. We had an incredible 2 years together. We mastered the higher techniques. Today I ride Pepper and we have a NEW appreciation for NFDA. I love that their shows are schooling shows, where judges are gracious and fair. NFDA allows us to grow together in confidence and technical skills. My goal for Pepper and I for next year is to begin performing as well at shows as we do at home. My advice for junior members is that performances and training both get better over time (for riders and horses). Trust me it does! It's also very important to not compare yourself to others. Dressage is unique to any other sport in the fact that you can ride the highest level with your beloved well trained horse and earn a high score then in the same show jump on your "green" amazing horse and ride into the arena to perform an introductory pattern and be pleased to get a score! So don't compare but be thankful for where you and your partner are and grow from there! Being part of NFDA allows riders to be creative and competitive. My favorite element is the leg yield, where horses are trained to shift onto a diagonal path while crossing their legs – it is beautiful. Musical freestyle is my favorite to perform where you can make your own pattern as long as it includes key elements. My last routine was set to Disney's Pirates of the Caribbean theme song – I get to close my eyes and pretend I am Johnny Depp on the Black Pearl! I am excited to see NFDA expand! I think it would be great if more young riders could see these horses in action. NFDA has also hosted show clinics that were so meaningful and helpful to students—I wish there were more I could attend! I was able to meet with a judge who gave me input and advice on what mistakes to avoid at shows and what elements earn the most points. For example, I never knew that in the free walk, there is one special part where you give the horse a break, and the judges especially want to see the horse walking with its head down to the ground, still working and walking purposefully but taking breaths as a break from the "work". I never would have known or understood details like this without the clinic. This judge also spoke of her love for dressage and how it is truly a lifetime sport. We have competitors from very young to very old. There is never a chance for boredom and always the opportunity to grow closer to your horse and your friends! This is one of the many reasons I love Western Dressage and NFDA. I have grown up in the NFDA and am looking forward to growing together!

# \*\*\*NFDA SCHOLARSHIP HIGHLIGHTS\*\*\*

PLEASE WATCH THE VIDEO LINK BELOW TO LEARN ABOUT THE AMAZING EXPERIENCE ALEXA HAD WITH LYNN PALM

[HTTPS://1DRV.MS/U/S!AHZ50LDOQEMSIXUREVOKW2TTTSOS?E=JTGdub](https://1drv.ms/u/s!AHZ50LDOQEMSIXUREVOKW2TTTSOS?e=JTGdub)



Alexa Overbey with Lynn Palm

I WAS HONORED TO WORK WITH MS. LYNN ON MAINTAINING PROPER HAND POSITION AND BALANCE! WE DID A VARIETY OF EXERCISES AND PRACTICED A LOT! I'VE ALREADY STARTED ADDING THESE NEW SKILLS INTO MY CURRENT RIDING PROGRAM! THANK YOU NFDA FOR THIS OPPORTUNITY!

SINCERELY,  
ALEXA





cate 1.pdf

**FOR CATE'S PICTURES PLEASE SEE ATTACHED PDF**

**DEAR NFDA,**

**I WANTED TO LET YOU KNOW HOW THANKFUL I AM FOR GRANTING ME THE SCHOLARSHIP THAT ALLOWED ME TO GO TO 4H HORSEMANSHIP SCHOOL AT THE UNIVERSITY OF FLORIDA HORSE TEACHING UNIT. I ALSO WANTED TO SHARE A LITTLE BIT ABOUT THIS WONDERFUL EXPERIENCE. DR. TENBROECK PACKED OUR WEEK FULL OF ALL ASPECTS OF HORSEMANSHIP. I LEARNED LOTS ABOUT HORSE NUTRITIONAL MANAGEMENT, WE EVALUATED HORSE WEIGHT AND BODY CONDITION SCORES. WE VISITED THE EQUINE SCIENCE CENTER WHERE WE BONDED WITH AND LEARNED ABOUT THE 2023 FOULS. I LEARNED ABOUT HORSE BREEDING AND ULTRASOUNDED A COUPLE OF BROODMARES. AS FOR RIDING, WE EXPLORED MANY DIFFERENT DISCIPLINES. PEPPER WAS INTRODUCED TO RANCH AND SPEED EVENTS. SHE EVEN GOT TO MEET "MR. HOT HEELS" WHO SHE WAS NOT SO SURE ABOUT! I WAS TAUGHT HOW TO BETTER COMMUNICATE WITH MY HORSE THROUGH SEAT, HANDS, LEGS, VOICE AND BALANCE. WE WORKED WITH ENGLISH INSTRUCTORS ON HUNTER EQUITATION, OVER FENCES AND DRESSAGE. AND SO MUCH MORE! MY HORSE PEPPER, DID SO WELL AND I AM VERY PROUD OF HER, I REALLY SAW OUR BOND STRENGTHEN AND I GOT TO SEE WHAT DISCIPLINES SHE ENJOYED MORE THAN OTHERS. I COULD NOT HAVE DONE THIS WITHOUT YOU GUYS, THANK YOU SO MUCH FOR CHOOSING ME FOR THE SCHOLARSHIP!**

**CATE ROSE STROBLE**

**~ Q4 2023 SCHOLARSHIP RECIPIENTS ARE ~**

**AUREA THOMPSON AND ADRIANNA SMITH**

**CONGRATULATIONS!!!**

**EXCITED TO LEARN ABOUT YOUR EXPERIENCES IN THE NEXT NEWSLETTER!**

**PLEASE VISIT THE WEBSITE TO APPLY FOR SCHOLARSHIPS**

**[SCHOLARSHIP | NFDA \(NFLADMESSAGE.ORG\)](https://www.nfladmessage.org)**





## A Region 3 GMO (General Membership Organization) of USDF

The United States Dressage Federation (USDF) is the governing body of Dressage in the United States and boasts a national membership of 45,000. Approximately 35% of that membership reside in Region 3, which includes Florida, Georgia, Alabama, South Carolina, and Tennessee.

### **Our Mission**

The mission of the Northeast Florida Dressage Association is to promote the sport of dressage in our region by organizing clinics, schooling shows, recognized National Dressage Federation Shows, and promote social networking among our members and community at large.

The program of the association is educational and is designed primarily to offer a framework in which individuals can progress with the schooling of themselves and their horses throughout the training spectrum from Introductory to Grand Prix.

**\*\*\*NEWSLETTER SUBMISSIONS OF ARTICLES AND PHOTOS**

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