



**Q1 2024**

# **NEWSLETTER**

[HOME | NFDA \(NFLADDRESSAGE.ORG\)](#)

[PLEASE FOLLOW NFDA IN REAL TIME ON FB FOR EVERYTHING UP TO DATE](#)

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

**Meet the President and VP of NFDA**

**History of NFDA Chapter #2 Author Jill Morris**

**Highlighted Jr. Members past and present Kaleigh Kozdras and Lily Hampton share their experiences with NFDA.**

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

**Importing a stallion Author: Barbara Cadwell**

**2024 is off to a fabulous start for NFDA! The schooling show in February resulted in many Q scores, many "firsts" for horse and rider teams, and many many smiles! DOTFC did not disappoint with fabulous rides from several members and non-members alike from Intro-Grand Prix. BIG thanks to the show management teams, judges, participants, and VOLUNTEERS! We couldn't do this without you!!!!**

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

## MEET THE 2024 PRESIDENT AND VICE PRESIDENT

**Martha L. Moore – President**



I'm happy to serve as President of this great GMO! I've been a member of NFDA since 2002 and have always believed that amateurs are the backbone of our club and USDF. Along with your Board, we strive to keep shows running smoothly and to provide fun and educational opportunities.

I am a native of Jacksonville and have been involved with horses for most of my life. For the past 20+ years, my husband and I have lived on a horse ranch on Black Hammock Island in northeast Jacksonville. In addition to dressage and my horses, I love all things circus and take trapeze lessons and circus horse/trick riding lessons when I get the opportunity. In my non-horse life, I am a graduate of Georgia Tech and work as a traffic/safety engineer.



**Adriana Smith – Vice President**

Adriana was first introduced to horses at age 3 watching the Chincoteague ponies swim. She began riding at age 8 and hasn't looked back. She competed in hunters, eventing, and dressage, moving on to IHSA competition in college, and then coaching an IHSA team for 2 years after grad school. Upon moving to St. Augustine in 2009 she started earnestly working to improve her dressage skills, riding with Arthur Kottas, Allegra Hohm, and currently Anna Marek. She has slowly built the training business that has become Cavalo Rosa Dressage and currently has 6 horses in full-time training at various skill levels. Adriana has competed through Prix St. George and earned her USDF Bronze and Silver medals. She is currently training several horses who have the potential to allow her to compete at Grand Prix. Adriana also manages a second career as a mental health counselor and fully enjoys the successes that her clients experience in both areas of her life. Adriana has been an active participant in NFDA since she moved to Florida, showing regularly since 2009, joining the board in 2019, serving as President in 2020 & 2021, and serving as VP since then. Adriana began a second position with NFDA as Show Secretary in 2023 and has piloted the transfer to the most current horse show software and online scoring systems to better streamline our competitions. She enjoys encouraging correct basics from a classical foundation in her training and enjoys helping build a successful local dressage show series that not only allows the community to enjoy their horses but encourages everyone, regardless of skill level, to have fun and be proud of their accomplishments.

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

[Membership | NFDA \(nfladressage.org\)](https://nfladressage.org)



**\*\*\*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 TWO~**

In 1998, NFDA's new President, Jill Morris, took what Mary had started and grew the club from 45 to almost 100 members when her term ended in 2001. During this growth stage, NFDA became more organized and added a full Board of Directors. It was also during this time that NFDA held its first recognized show in almost 20 years and "Dressage on the First Coast" was born. During her term, Jill Morris initiated several new programs and awards. A scholarship fund, volunteer program, a Junior Year End Awards program, a Medal program and two new awards: The President's Award and the Jane Price Spirit Award. With the help of Suzanne Graham, the two developed the NFDA

Spring Schooling Show Series. This Series had become the cornerstone of the schooling show program. Morris had a very dedicated and hard-working Board of Directors who assisted her in developing and instituting these programs and awards.

In 2001, amidst steady membership growth, NFDA became its own Group Member Organization with USDF under New President, Wanda Wiggins. Wanda held the office for two years. NFDA incorporated and became a 501C (3) non-profit organization. Schooling Show attendance reached an all-time high with rides averaging 130 per show. At the end of 2002, NFDA had almost 125 members. Wanda Wiggins led NFDA with a steady hand as we entered a new era of opportunities and growth. Wanda was the rock we needed as we entered this transition from Chapter to GMO.

In 2003, Marge Savage became President and continued to lead a strong group of very dedicated members. By the end of her term, NFDA membership reached approximately 150. Not only did Marge serve as NFDA President but also as Schooling Show Manager. Under her leadership, NFDA continued to have "overflowing" schooling shows and the Spring Series was joined by the Fall Series. To hold the two most labor-intensive jobs in the club in the same year was quite a remarkable feat.

In 2004, Mary O'Brien became President for the next two years. Mary's leadership skills were very strong, and she was able to juggle many balls at once. Under Mary's term, NFDA became the Host GMO for the 2005 Region Three Championships. Mary once again took a strong leadership role and accepted the responsibility of Chairman of this very important show. Mary developed (in 2003) NFDA's Beauty in Motion – Beauty in Art - Equestrian Art Exhibit which highlighted local artists. In 2004 the show grew to include a Silent Auction. This special event, which benefited local equestrian projects such as Jacksonville Equestrian Center, continued to grow and in 2005 was held in conjunction with the Championships.

In 2006, Jill Morris once again became President for a fourth term. During her term, Jill developed The Northeast Florida Dressage Championships (NEFDC). Modeled after the USDF Regional Championships, The NEFDC was designed for the schooling show rider to give them a feel for what it is like to qualify over a year's time for our Championship show held in November. Complete with neck sashes, Champion jackets and victory gallops, The NEFDC became a hit. Dressage on the First Coast, since being revived in 2005, returned for good in 2006 as our Spring Recognized show.

In 2007 and 2008, Molly Tatham became President. With all that was added to NFDA the previous 3 years, Molly held us on a steady course. With 6 schooling shows,

### **STAY TUNED FOR CHAPTER THREE.....**

**Q1 2024**

### **~ HIGHLIGHTED JR MEMBERS PAST AND PRESENT~**



**Kaleigh Kozdras**



My story with the NFDA begins in 1999 when I attended my first show with my horse My Litte Shadow a Connemara Pony. My journey TO the NFDA began in 1995 with Suzanne Graham and her daughter Hannah and her blue roan pony Violet. We were neighbors and I will never forget the times I got to go to the barn with them. Watching Ms. Suzanne ride Helga was something magical and watching Hannah ride Violet was something out of an adventure journal. Hannah was so brave, and Violet was so sweet she even let us ride double bareback! Truly taught me trust between a horse and rider. Between watching the

two of them and taking my little rides on Violet I fell in love with these magical horses. I ended up moving to CA and bought my horse shadow and continued taking lessons and moved back to Florida. My pony was quite spicy, and Ms. Suzanne convinced me to try dressage to learn the fundamentals. I boarded my horse with Ms. Jan Kukar who was the most supportive woman who also had a love for dressage. She and her horse Ginger truly supported me on our journey through the years. I spent many hours with them, and she helped me so much through the years. Thanks to these women I have been hooked on dressage ever since!

One thing I really love about the NFDA is that they are encouraging and supportive. My very first show I landed in the dirt and my coach Ms. Robin Harris caught her shortly after. Instead of people saying this is a bad pony and being snooty. The first person that got to me said are you Ok? Don't worry, we will get your horse. And not only that, but several people also gathered and said you have to brush off your pants and get back on. I did! And you know what that taught me? Confidence and Courage. Shadow had to try really hard to dump me after that one. Chin up, chest out, heels down, ride between the hands and feet, confidence is your key! The NFDA also taught me how to be prompt and time management. From packing the trailer, to preparing my horse, to the warmup ring, to being on time at the gate to go in! All beginning at the young age of 9, I am now in my 30's. I was also very very shy and in order to ride in year-end championships you have to volunteer. They taught me how to be brave. I would say "Kaleigh you CAN go up to those judges and get those scores!" I will never forget the sound of the calculator and helping lay out the ribbons. I now am a successful veteran, a nurse, have a farm of my own, am a decorated rider, and I wouldn't be able to do it without the life lessons I learned growing up with the NFDA.

My advice to the Jr members and newcomers would be a few things. 1. To go out and have fun and enjoy all the little things. Don't let things stress you out. Remember that we are just so lucky to enjoy these horses. 2. Never stop learning. You can always take the advice you like and throw away the advice you don't. 3. Be kind and encouraging. Be that person you want to see when you come out of the ring. 4. Be brave! You can do this and think of all the other things it will teach you along the way! My advice to the members in general would be to just be kind and encouraging overall. You get farther with honey than vinegar.

I have a few equestrian Goals for 2024. My first is to start my new rescue Arabian horse H Loren Gazi H (Penny) in her riding career with her foundation in dressage and career in endurance. My second is to continue to learn and earn scores for my rescue horse Polished Pearl to earn her silver medal with WDAA and NFDA. My third goal is to continue to learn in general and take lessons at Prince Equestrian Sports. My Fourth goal is to continue to encourage and support others on their equestrian journey. I sure hope If I see you, I give you a good smile and an encouraging word in the future! Your future is bright!



## Lily Hampton



My name is Lily Hampton and I am 13 years old. I have lived in Yulee Florida my whole life. I started riding horses when I was 8 years old after begging my mom for months; she got so annoyed she just gave in. I have always been fascinated with horses since before I could even walk, but didn't start wanting to ride until I saw my cousin jump her little chestnut pony around the hunter rink. I started with Kirsten Prince when she was still at her Mom's facility. I remember riding all the lesson horses and Kirsten asking me which horse I would like to continually ride for my lessons. I'm sure she thought I was going to say Zola, Abbey, or Crooks; as they were most students' favorites. But I instead said Lindor; a 16 hand bay thoroughbred that had bad ground manners at the time. Looking back I don't know what made me choose him but I'm glad I did because he means the absolute world to me now. I really couldn't imagine life without him as we have come so far in our little journey. In 2022, Lindor and I started showing at NFDA schooling shows. We started with Introductory level as our dressage wasn't at its finest back then; it wasn't great. But over the summer I really took the time to focus and really work at it; so when we got to the October show we would get good scores. I was very proud and made it to championships and won the championship in our division. I walked out of the arena in tears because the ride felt terrible. Turns out it wasn't and I was just really hard on myself. Moving forward, we went to the end of year banquet and I got the "Seattle Chief Award"; an award for OTTBs(off the track thoroughbreds). When Kate called my name up for the award I started to hold back tears as it was unexpected and I was mostly just so proud of Lindor and how far he has come. I got a very pretty purple jacket with our names on it and the NFDA logo. I still wear it almost everyday. Moving on for the next year in showing, I moved up to training level with Lindor. Maybe some of our rides were rough but we walked out of our last training level ride of the year with a 67% in training 2 and came in third at end-of-year championships. I'm so proud of Lindor and thankful for how much he has taught me. I wouldn't be the rider I am today without him. I am also extremely thankful for my trainer Kirsten Prince as I also wouldn't be the rider I am today without her. She is truly an amazing trainer with endless amounts of knowledge, and she puts a lot of effort into helping her students and horses reach their fullest potential. I am also very blessed to be in an amazing organization that takes a lot of time to make sure everything is running smoothly and effectively. The people in it are truly amazing, not just in their riding achievements but also in their horsemanship and teamwork. I am so excited to continue my journey with Lindor through the NFDA.



**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 \(nfladmessage.org\)](https://nfladmessage.org)**

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



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

### **~KATHY DALY FEI TRAINER'S CONFERENCE~**

Some Things Never Go Out of Style...

First, I must thank the NFDA for allowing me to attend the 2024 FEI Trainer's Conference in Wellington, FL, January 15-16th at High Meadow Farms. The conference was conducted by Sven Rothenberger and Sabine Schut-Kery and moderated by Lilo Fore. The over-arching theme of the two-day clinic was stressing the position of the rider as to the influence it has over the biomechanics of the horse. If the basic principles are not robustly confirmed, one must return to those basics: 1) Rhythm, 2) Suppleness, 3) Contact and 4) Impulsion. Every horse and rider combination participating in the clinic had to address at least one of these core tenets before straightness and collection could be addressed. It was interesting to see international quality horses and riders being encouraged to reinforce these basics.

As a lifelong equine professional, it was a good reminder that the rider's position always dictates the quality of the gaits and movement. A few times, both clinicians encouraged riders to lengthen the leg and stabilize the calf. Another valid point that is often ignored, especially as the horse progresses was addressing tension. Sven was particularly sensitive to not over-reacting when a horse spooks and mildly chastised a rider for being too abrupt with forcing the horse forward, rather than leveraging a proper training movement, like shoulder-in, to help the horse through the stressful moment. Another extremely valuable reminder was with the quality of the stretch – it must be first out, forward and then down. Sabine was excellent with reminding participants that a stretch cannot be correct if the rider does not have out, then down.

As the clinic progressed, both Sven and Sabine discussed quality over quantity in a variety of training situations; quality of aids and correct position cannot be compromised without compromising the quality of the horse's movement. I want to encourage anyone who can to attend future events to do so. USDF will be producing a video of the clinic and it will be available for purchase, so please check their website if you'd like to learn more and enjoy the lovely horses and excellent horsemanship.

## ~AUREA THOMPSON ONLINE TRAINING OPPORTUNITIES~




Hi! My name is Aurea Thompson, and I can't tell you how thrilled I was to be awarded this scholarship! I knew I could accelerate my learning during the "unused" commute time in my car. Working full time, I try to soak up as much knowledge as I can from online tutorials or podcasts as I'm driving the triangle of work, barn and home which has become my almost daily norm. With this scholarship I was able to get access to the Dressage Institute as well as Equestrian Plus which includes masterclasses through Dressage Today and Practical Horseman. In my current training, one of the most challenging things has been learning how to ride a sensitive, or some refer to as a "hot" horse. My lease horse Smooth Sail'n is an Appendix with lots of miles of successful show jumping and XC under his belt. He is loveable, he is forward, he is a thinker, and he is very sensitive to the aids. Learning how to use your leg for training/aids on a hot horse is an art. Learning how to harness nervous/anxious energy and use this energy towards positive movements has been one of my biggest hurdles. I am nowhere near mastering this concept, but am making strides inch by inch! One of the online classes was an observation of a trainer working a student through warm-up exercises on a hot horse. It really resonated with me because a lot of the tips the trainer was giving the student applied to my every day ride. For example, "if you (the rider) get quiet (in the aids) too long, it gives the horse a chance to get worried and wonder what's happening next". Moral of the story is never stop riding FORWARD, even on a hot horse. It seems counterintuitive right? If my horse has lots of energy, why would I need to ask him to go forward? I liken it to the smart kid in school who has completed their worksheet before all the other kids and needs guidance to stay out of trouble & move forward with another assignment. By staying quiet yet always guiding, gives my horse confidence knowing that I'm making the decisions for him instead of him having to worry about what is coming up next. A lot of basic training may seem boring i.e. straight lines, circles, and that's OK. In fact, you need to find the JOY in the boring because that is going to make a difference down the line. 😊

**North Florida Dressage Association is passionate about riders and excited to share our NFDA SCHOLARSHIP PROGRAM for 2023**

This program was created to help open doors for riders to pursue and achieve their dreams.

Did you know monies awarded can be used towards:

- Competition outside local shows
- Clinics- either as an auditor or rider with a nationally known clinician
- Educational Programs




If so, spread the word! Apply now.....Guidelines attached.

For additional information/questions on how to apply email Susan Johnson at: [susangjohnson3@gmail.com](mailto:susangjohnson3@gmail.com)

Happy Riding,  
Susan Johnson  
2023 NFDA Scholarship Chair

A BIG shout out to all Juniors, Seniors, Vintage riders, and their successes!



PLEASE VISIT THE WEBSITE TO APPLY FOR SCHOLARSHIPS

[SCHOLARSHIP | NFDA \(NFLADRESSAGE.ORG\)](https://www.nfladressage.org)

## IMPORTING A STALLION: BARBARA CADWELL



Neil is a registered KWPN stallion imported from the Netherlands on December 5, 2023. After two days in CDC quarantine, he was moved to a registered Department of Agriculture for 30 days of quarantine to ensure that he does not carry Contagious Equine Metritis or CEM.

CEM is a venereal disease which causes spontaneous abortion in horses. It is endemic in Europe, but because their breeding is not done through live cover, it does not matter. If there is no live cover, there is no transition of the disease. Likewise, because it is a venereal disease, geldings and horses under two years of age do not have to undergo this extended 30 day quarantine.

The U. S. Thoroughbred industry is based on live cover. No horse bred other than through live cover can be registered with the Jockey Club. Stallions are syndicated for sixty shares, the number of mares they are presumed to be able to cover during a breeding season, and each share owner is able to nominate a mare. If CEM became prevalent in the U. S. The Thoroughbred industry would be destroyed.

Neil will remain in quarantine in Miami and will then proceed to Wellington, where he will be ridden by Patti Becker. Our goal for this year will be the Young Horse Championships at the festival of Champions in Walworth, Illinois. Frozen semen will be available.

**\*\*\*\*NEWSLETTER SUBMISSIONS OF ARTICLES AND PHOTOS**  
**WELCOMED!!! [kjinusvi@hotmail.com](mailto:kjinusvi@hotmail.com)\*\*\*\***

### 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.

