

THE QUARTERLY COLLECTION

AZWEC Quarterly Newsletter



Welcome To Our Newsletter

WRITTEN BY KASEY REEDER

Welcome to our new Newsletter for Members of the Arizona Working Equitation Club. We are excited to be able to improve communication to our members and have a vehicle to help keep everyone informed.

We welcome any suggestions for items you would like included and invite submissions of written articles to include in future editions. If you would like to introduce your horse and yourself to everyone, please submit written article and photo(s).

All submissions should be sent to kasey@reflectivehorsemanship.com. For information on becoming a sponsor and advertising in this newsletter, contact Kasey.

Stay up to date with AZWEC information by joining Facebook group: Arizona Working Equitation Club or going to our website www.azwec.org

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President's Ponderings

BY JUDY MACKENZIE

This is the time of the year we start to look back at the portion of the year that has already passed – but we have so much still ahead of us for 2023!

It has been an extremely active year for AZWEC, with many shows, clinics, many new faces trying out Working Equitation for the first time, and a fabulous representation of not only AZWEC, but also the USA, by Summer Star, who competed in the Young Riders World Championship in Portugal. As I write, we also have Members competing at the Western Zone Championship in Montana.

October and November have both Rated and Schooling Shows coming up – don't miss out, there's still time to win those Year End Awards!

And in December we will be having a wonderful Gathering of our Members in Rio Verde (Scottsdale) as we celebrate the end of our year, look forward to 2024, and present Year End Awards to the worthy winners.

I would like to thank all the Committee Members, Show Managers, Judges, Scribes, Gate Stewards, Tabulators, Arena Stewards, and all the Volunteers that make everything we do at AZWEC possible. Your valuable time and efforts are so very much appreciated.

One final item to mention: Club Nominations. Very shortly you will be notified of open positions on the AZWEC Board and Committees, and will be asked to put forward nominations for those positions. I highly encourage you to consider submitting your own name, and giving back to the Club in such a very positive way – especially if you have commercial experience in the areas which are open – we would love to benefit from your skills!

Meanwhile, enjoy the Spooky Season, enjoy your horses – and enjoy your Working Equitation!

Judy Mackenzie
President Elect



*Happy
Holidays!*

*Cheers,
Everyone!*

Save The Date!

AZWEC AWARDS BANQUET

JOIN US FOR AN ENJOYABLE EVENING WITH FRIENDS, FEATURING A DELIGHTFUL DINNER, AN AWARDS CEREMONY, AND AN EXCITING 50/50 RAFFLE!"



RSVP TO [HTTPS://FORM.JOTFORM.COM/232915685289168](https://form.jotform.com/232915685289168)

YOU'RE INVITED TO OUR
AZWEC

AWARDS BANQUET

DECEMBER 2, 2023
CHAPAROSA RANCH
RIO VERDE FOOTHILLS, AZ

STARTS AT 3PM	\$40 PER PERSON	DINNER INCLUDED
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A CASUAL AFFAIR
SPACES ARE LIMITED
RSVP BY NOVEMBER 15, 2023
WWW.AZWEC.ORG

AZWEC News

CONGRATULATIONS!!

Dear AZWEC Members,

We are thrilled to announce the fantastic achievements of our dedicated members at the recent Working Equitation Western Zone Championships. Your hard work, passion, and commitment have truly paid off.

Please join us in extending our warmest congratulations to:

- Randy Gassett and Nobre do Summerwind, who displayed remarkable skills and earned a well-deserved 5th place in Level 2 AA. Your performance was nothing short of outstanding.
- Kaylee Overman and Lady Cricket, who achieved a remarkable 1st place in Level 3 Youth. Your dedication and talent are an inspiration to us all.

Your impressive achievements reflect the unwavering dedication to the art of working equitation, and we couldn't be more proud of your accomplishments. Your success not only reflects your hard work but also the strong sense of community and support that we share as members of AZWEC.

These championships are a testament to the exceptional bond between rider and horse, as well as the endless possibilities that working equitation offers. We hope that your journey in this discipline continues to be filled with success, learning, and joy.

On behalf of AZWEC, we applaud your accomplishments and look forward to many more victories in the future. Thank you for being shining examples of dedication, sportsmanship, and the true spirit of working equitation.

Congratulations once again to Randy Gassett, Nobre do Summerwind, Kaylee Overman, and Lady Cricket. We look forward to celebrating your successes with you and witnessing your continued growth in the world of working equitation.

Warm regards,

AZWEC Officers

USAWE News

SUPPORT FOR AZWEC

Dear Working Equitation Enthusiast,

Thank you for joining us in this year's Working Equitation events. We hope you had a fantastic time. Your participation has been invaluable to our community.

You have a special opportunity on November 1st as an adult USAWE member. You can designate \$5 from your membership fee to support an Affiliate Organization of your choice. This helps us continue to offer Working Equitation events in your area.

Consider choosing the Arizona Working Equitation Club as your designated recipient. Your contribution will aid us in providing a diverse range of Working Equitation events next year. This program is a way the national organization supports local affiliates like us.

By selecting us, you directly contribute to the growth of Working Equitation opportunities in your region. We appreciate your support when you fill out your USAWE ballot in November.

Looking forward to welcoming you to our events next year.

Happy riding!

Support
AZWEC



Sponsor Highlight

LESLIE HAIT

On behalf of the AZWEC officer team and its members, we wanted to take a moment to express our heartfelt thanks for the outstanding work you've done on our website. Your dedication, expertise, and creativity have truly transformed our online presence and significantly contributed to our success.

Your commitment to this project was evident from the very beginning. Your innovative design concepts, meticulous attention to detail, and ability to turn our vision into reality have exceeded our expectations. The website now not only looks visually stunning but also functions seamlessly, providing an excellent user experience.

The positive feedback we've received from our members and visitors about the new website is a testament to your talent and dedication. It will undoubtedly enhance our brand image and online presence, and we owe this success to you.

Please accept our deepest gratitude for your outstanding contribution to our website. Your work has made a significant impact on our club, and we are incredibly fortunate to have had the opportunity to work with you.

We look forward to continuing this partnership and exploring new opportunities together in the future. Thank you once again for your exceptional work and commitment.

"Volunteers do not necessarily have the time; they just have the heart."

- Elizabeth Andrew



Editor's Corner

THE WINNING EDGE: HOW BODYWORK AND BIOMECHANICS EXPERTISE CAN TRANSFORM YOUR WORKING EQUITATION PERFORMANCE

Working Equitation is an exhilarating equestrian discipline that demands precision, harmony, and a deep connection between rider and horse. As riders, we're always in pursuit of excellence, seeking ways to improve our skills and enhance our partnership with our equine partners. In this quest for greatness, two vital elements often go overlooked but can make all the difference: bodywork and biomechanics expertise.

Working Equitation presents a unique set of challenges that require us to be at the top of our game. Whether we're executing intricate dressage movements, maneuvering skillfully through the ease of handling phase, showcasing speed and agility in the speed phase, or demonstrating our partnership in the cattle phase, the sport places extraordinary demands on both rider and horse.

While we focus tirelessly on perfecting our riding skills and our horse's training, we often neglect two critical aspects: our own bodies and the science of biomechanics.

The Benefits of Bodywork:

- **Physical Wellness:** Bodywork isn't just for our equine partners; it's for us too. Regular bodywork sessions can alleviate tension, reduce muscle fatigue, and enhance overall physical well-being. A supple, relaxed rider is more effective in the saddle.
- **Injury Prevention:** Bodywork can help prevent riding-related injuries by identifying and addressing imbalances or discomfort early on. It can also aid in the recovery process if injuries do occur, getting us back in the saddle sooner.
- **Communication:** A balanced and comfortable rider can communicate more effectively with their horse. Bodywork enhances our ability to give subtle cues, resulting in better performance and a deeper partnership.

The Power of Biomechanics:

- **Efficiency:** Biomechanics analysis focuses on the mechanics of movement. By understanding how our bodies work in the saddle, we can optimize our position and movement to be more efficient riders. This leads to improved precision in executing movements and better scores in dressage.
- **Enhanced Communication:** Biomechanics analysis also helps us understand how our movements affect our horses. We can refine our aids, making them clearer and more consistent, which is crucial in Working Equitation where precision is key.
- **Injury Prevention:** Biomechanics analysis can reveal movement patterns that may contribute to rider or horse discomfort. By addressing these issues, we reduce the risk of injury for both partners.

Editor's Corner

THE WINNING EDGE: HOW BODYWORK AND BIOMECHANICS EXPERTISE CAN TRANSFORM YOUR WORKING EQUITATION PERFORMANCE CON'T

Imagine the edge you gain by having a balanced, supple rider who communicates flawlessly with their horse and executes every movement with precision. This is the power of bodywork and biomechanics expertise in Working Equitation.

As dedicated Working Equitation riders, we're always striving for greatness. To truly excel in this demanding sport, it's essential to recognize the significance of bodywork and biomechanics. These two elements can be the missing pieces of the puzzle, elevating your performance, enhancing your partnership with your horse, and helping you achieve your goals in the sport.

Don't miss the opportunity to unlock your full potential; embrace the transformative benefits of bodywork and biomechanics expertise in your Working Equitation journey.



Kasey Reeder

Equestrian Performance Coach

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Lessons ~ Clinics ~ Workshops

Rider Spotlight

KATIE FRANKLIN

I've been competing in Working Equitation for a little over two years with my 16 year old Quarter Horse Montana Doc Surprise; we recently made a big leap into level four and haven't looked back! It's been very exciting and challenging to make this transition, but I enjoy the training and discipline it takes! When I reflect on my riding history and the equestrian sports I have participated in throughout the years, there is not another sport that compares to working equitation! You will often hear me say it has forever changed my partnership with my horse!

I am also your Regional 2 Director; if there's questions or concerns that you have about our sport or looking for guidance for coaches. You are always welcome to reach out!

Katie Franklin

R2Director@usawe.org



Overcoming Obstacles

ROUNDING POSTS

a. Description. Two parallel lines of three posts each create a 1.5-m (5-ft) wide corridor. The posts in each line are separated a minimum of 2.5 m (8 ft) and a maximum of 3 m (10 ft) from each other and are aligned with the posts on the other line. A cup is placed upside-down on the tip of each of the end posts in the corridor.

b. Execution. The rider advances through the corridor at the prescribed gait and halts between the end posts to pick up a cup. The rider then reins back in a reverse slalom around the middle post on the side of the corridor from which she/he removed the cup and halts between the entrance posts to deposit the cup on the tip of the post at the entrance of the corridor corresponding with the side from which the cup was retrieved. The rider must keep the cup in her/his hand throughout the execution of the obstacle, but the obstacle can be completed with two hands on the reins if the rider is performing two-handed.

The horse must halt between the posts, showing immobility when the rider picks up the cup from the post and places the cup upside down on the top of the first post. To complete the obstacle, the horse must rein back fully to exit (i.e., all four feet) from the last pair of posts. For the obstacle to be considered complete, the first two and the last two posts must stand up and the cup must be placed correctly on the last post with the rider mounted. For Introductory and Novice levels (L1-L3), the horse and rider rein back straight between the posts without performing a slalom.

If the cup is dropped, a member of the ground crew will hand the cup to the riders competing at the Introductory (L1) level. Novice (L2/L3) riders must dismount, retrieve the cup, remount with the cup in hand, and replace it on the post or may request permission to pass and receive a 0 for the obstacle. Intermediate (L4) through Masters (L7) riders must dismount, retrieve, remount, and place the cup or be disqualified.

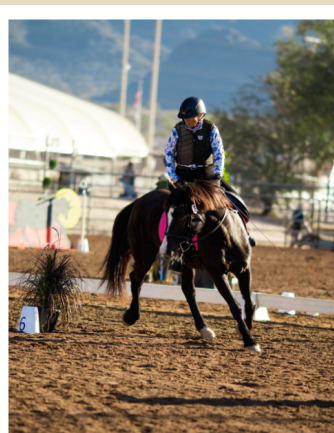
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Overcoming Obstacles

ROUNDING POSTS CON'T

If the rider knocks down one of the first two or last two posts, a member of the ground crew will reset the post for L1 riders. L2/L3 riders have the option of dismounting, resetting the post, remounting, and replacing the cup, or requesting permission to pass and receive a 0 for the obstacle. L4 through L7 riders must dismount, reset the post, remount, and place the cup on the post; failure to do so will result in disqualification.

c. Assessment Criteria (EOH). The Judge should consider the quality of the gait and the halt transition. The Judge will evaluate the fluidity of the horse's movements and its response to the use of the aids, enabling the obstacle to be performed with maximum smoothness and accuracy. An entry at canter (or trot for L2/L3) is more valuable than an entry at walk. A rider performing the obstacle with one hand may earn a higher mark.

The horse should remain immobile in the halt; failure to do so will result in a negative mark. Touching any of the posts will result in a lower mark. Knocking over a post will result in a negative mark. Failure to replace the cup on the designated post will result in a disqualification. Exiting the destination end of the corridor with all four feet will result in a negative mark. The Judge will give a lower mark to a horse that drags its feet during the rein back.

Serious Mistakes

- Touching or knocking down posts
- Resistance in transitions
- Poor quality of reinback (loss of diagonals)
- Lack of immobility at the halt



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Minutes

EXECUTING A JUMP OBSTACLE.

In Working Equitation, negotiating a jump obstacle involves a specific set of techniques and considerations:

- **Approach:** As you approach the jump obstacle, maintain a balanced and controlled canter or gallop, depending on your horse's gait. Ensure that your horse is in a good rhythm and listens to your aids.
- **Position:** Maintain a secure and balanced position in the saddle. Keep your weight centered over your horse's center of gravity and maintain a light contact with the reins. Look ahead at the jump to where you want to go.
- **Timing:** Your aids for the jump should be clear and well-timed. Use your legs and seat to ask your horse for impulsion and collection as you approach the jump.
- **Release:** As your horse takes off for the jump, release the reins slightly to allow them to stretch their neck and make a clear jump over the obstacle. Keep your hands steady but elastic to follow your horse's motion.

- **Balance:** Maintain your balance throughout the jump. Stay in a two-point or half-seat position as your horse jumps. This allows your horse to move freely and use their body effectively.
- **Landing:** As your horse lands on the other side of the jump, absorb the shock by softening your joints and following their motion. Be prepared to immediately transition to the next element of the course.
- **Communication:** Throughout the jump, maintain clear communication with your horse through your legs, seat, and reins. Your horse should respond promptly to your aids.
- **Practice:** Regular practice is key to improving your jumping skills. Work with an experienced coach who can provide guidance and set up appropriate jump courses for training.

Remember that safety is paramount in working equitation, so always prioritize the well-being of both you and your horse when negotiating jump obstacles.

“If you fail to plan, you are planning to fail.

~Benjamin Franklin



Resource Roundup

A GUIDE TO OUR CURRENT WORKING
EQUITATION PROFESSIONALS

Teresa Bain

Lessons
Kingman, AZ
307-431-6702

Megan Bennett

Lessons, Clinics, Show Manager,
Schooling Show Judge
Buckeye/Seligman

Ashley Bowers

Lessons, Clinics, TD, Show Manager
Phoenix, AZ
623-221-7401

Jeff Derby

Horse Training, Cattle Work
Williamson Valley, AZ
928-642-7177

Beth High

Schooling Show Judge, Scribe
Tucson, AZ
520-404-8144

Judy Mackenzie

Lessons, Clinics, Show Manager,
Scribe
Payson, AZ
303-358-6118

Aimee Miller

Lessons
Tucson, AZ
520-554-2848

Tessa Nicolet

Lessons, Judging, Show
Manager, Schooling Show Judge
Payson, AZ
928-951-4699

Kasey Reeder

Lessons, Clinics, Bodywork,
Scribe
Scottsdale, AZ
602-571-6567

Amy Star

Clinics, Lessons, Judging, Show
Manager
Tucson, AZ
520-591-3649

Summer Star

Horse Training, Lessons,
Schooling Show Judge
Tucson, AZ
520-255-2549

Miguel Undabarrena

Judging, Horse Training, Lessons
Phoenix, AZ
602-293-7788

"Resources are the
compass and fuel on the
journey to success,
guiding us toward our
goals and providing the
energy to overcome
every obstacle in our
path."

~ Anonymous



*If you would like to be added to this list, please contact
kasey@theridersmechanic.com*

Dressage Tips

10 TIPS FOR YOUR NEXT WE SHOW

Horse shows, while rewarding, can sometimes come with their fair share of stress.

Here are 10 valuable tips to help you navigate competition day with confidence and poise.

Plan extra time: Arrive at the showgrounds well ahead of your scheduled ride time. This extra time allows you to calmly settle in, address any unforeseen issues, and ensure you and your horse are relaxed.

Hand walking your horse in the morning: A gentle morning handwalk can help your horse stretch and relax before the day's events. It also allows you to assess their demeanor and well-being.

Visualize your test: Take a few moments to mentally rehearse your dressage test. Imagine each movement, transitions, and your ideal performance. Visualization can help improve your focus and confidence.

Hope for the best and be prepared for the worst: While it's important to stay positive, be prepared for unexpected challenges like weather changes, arena conditions, or a sudden change in your horse's behavior. Having a contingency plan can keep you composed.

Set realistic expectations: Understand that every competition is a learning opportunity. Set achievable goals for your ride, whether it's achieving a certain score, executing specific movements well, or simply improving your overall performance.

Stick to your routine: Maintain your horse's daily routine as closely as possible. Consistency helps reduce stress for both you and your horse.

Give your horse confidence: Reassure your horse with a calm and encouraging demeanor. Positive reinforcement and gentle aids can help your horse feel more secure in the show ring.

Take all your horse's boots off: Before entering the arena, ensure you have removed any protective boots or wraps. Double-check for loose straps or potential distractions.

Don't change how you ride when you enter the show ring: Stick to the techniques and strategies you've practiced during training. Avoid making sudden adjustments that may confuse your horse or disrupt your performance.

Breathe, smile, and have fun: Remember to breathe deeply and stay relaxed. A genuine smile not only improves your appearance but also signals your enjoyment of the experience. Ultimately, horse shows are about celebrating your partnership with your horse and the joy of riding.

Upcoming Events

CLINICS & SHOWS FOR 2023

Schooling Shows

November 11-12 AZWEC
Brownsville
Tonto Basin, Az
*Cattle Trial Included

November 11-12 AZWEC
Sunset in Goodyear
Goodyear, Az.
Megan Bennett
602-565-1514

December 10 AZWEC
Chaparosa Ranch
Rio Verde Foothills, Az.
Judy MacKenzie

December 2
Awards Banquet
Chaparosa Ranch
Rio Verde Foothills, Az.

Licensed Shows

Oct 28-29 AZWEC Rim Riders Show
Payson, Az.
Tessa Nicolet
928-951-4699
cohesivehorsemanship@gmail.com

November 4-5 AZWEC Show
Santa Cruz County Fairgrounds
Sonoita, Az.

December 2
Awards Banquet
Chaparosa Ranch
Rio Verde Foothills, Az.

Clinics

October 21-22
Oak Spring Equestrian Center
Prescott Valley, Az.
Syndy Cunningham 928-830-9329
syndycunningham2@gamil.com

October 27
Patterson Training
Payson, Az.
Judy MacKenzie

November 10
Brownsville
Tonto Basin, Az.
Judy MacKenzie & Dwayne Pike

December 9
Chaparosa Ranch
Rio Verde Foothills, Az.
Judy MacKenzie

