

A SNOW START TO THE SEASON

Kaiti Saunders, Area Chair

Happy February! From the amount of snow and ice out my window (and on my Facebook feed), I am reminded that spring is still a month or so away in much of Area II. Luckily, I'm living vicariously from the reports of those able to travel far enough south this year to avoid the worst of the storms.

Area II riders have started off the season in style, celebrating wins in Ocala and Aiken, successful schoolings and training events, and a few too-exciting travel stories. Big congrats to our Area II

competitors down south and safe travels back north!

Closer to home, Area II members braved the ice for the USEA Area II Open Meeting and Annual Awards Presentation in late January. Dr. Julie Augustine

put together a fabulous set of speakers and, as always, our awards committee pulled out all the stops with gorgeous ribbons, big trophies, and fancy coolers. Congrats to all. Our Young Riders and YRAP program started off their year with a great clinic over the holidays. Coaches Sinead

Halpin (YR) and Lynn Symansky (YRAP) put together lessons that had everyone thinking about applying consistent, positive basics. And the Adult Riders stove off the



Truman says snow beats ice boots

winter weather for a dynamite clinic that coupled Daniel Stewart's sports psychology with mounted and unmounted rider fitness, plus yummy meals together as a group and fun camaraderie. Please see below

YOUNG RIDERS T-SHIRT SALE

The Young Riders are sponsoring a t-shirt sale fundraiser. Help send our Area II riders to the North American Junior Young Riders Championship!

www.booster.com/area2youngriders

Sale ends March 3, 2014

for more information about what's going on in the Area and plans for the upcoming season.

Whether here or down south, make sure you check your rulebook before you start competing this year. Several rules have changed recently, including revisions to the one-fall rule at BN and N (riders who land on their feet and remain standing are permitted to remount and will be assessed 65 penalties), and to the total number of refusals or disobediences allowed on cross-country at Preliminary and above (now three total on course, to match the FEI rules). While the revisions to the one-fall rule caused considerable discussion when proposed, the purpose was described by USEF as allowing riders who gently "pop-off" or

"slide-off" to remount if it is appropriate for them and their horse to do so. As always, you and your team are the best advocates for your safety and preparation, and you should never feel like you must remount if it's not your day.

No matter if you've already started your season or are still waiting out the ice and cold, your Area II Council and volunteers wish you and your horses the best of luck this year (and perhaps a little less snow or freezing rain in your forecast). As always, if you have any questions or suggestions, please reach out to us. We encourage you to check the Area II website (<http://www.usea2.net/>) for all of the news and updates as the season gets started. Go eventing! -Kaiti

YOUNG RIDERS

By Rich Frankel

Meg and Rich have been very busy handling Young Rider business, and it's only the beginning of February! They want to be very proactive to ensure that all Young Riders have an amazing experience in 2014.

Fundraising is on the move! Currently, there is an Area II Young Rider T Shirt campaign at www.booster.com/area2youngriders. Not only can you buy an amazing limited edition Young Rider t-shirt, but you can also donate money with a t-shirt purchase. This fundraiser has

TENTATIVE SCHEDULE FOR 2014 NAJYRC SELECTION TRIALS	
February 21-23	Pine Top Spring Adv. HT CIC2* CIC1* (GA)
February 28- March 2	Rocking Horse Winter III HT (FL)
March 8-9	Southern Pines HT (NC)
March 5-9	Red Hills Int'l HT CIC3* CIC2* CIC1* (FL)
March 21-23	Carolina Int'l CIC and CIC3* CIC2* CIC1* (NC)
April 2-6	The Fork HT CIC3* CIC2* (NC)
April 5-6	Chatahoochee Hills HT (GA)
April 12-13	Plantation Field HT (PA)
April 18-20	Fair Hill Int'l HT CIC3* CIC2* CIC1* (MD)
May 3-4	MCTA HT (MD)
May 7-11	Jersey Fresh Int'l CCI3* CCI2* CIC3* CIC2* (NJ)
May 10	Plantation Field HT (PA)
May 17-18	Fair Hill Int'l HT (MD)
May 22-25	Virginia HT CCI1* & CIC2** (VA)
June 6-8	Bromont 3 Day Event CCI3* CCI2* CCI1* CIC3*
June 14-15	Little Bromont HT & CIC*

Our eyes and ears will be present at all of these selection trials. We will be evaluating your riding performance as well as your horsemanship skills and your general attitude. In order to be part of a successful team you must be a team player. The way you treat your horse and others around you is as important as the way you ride!

YOUNG RIDERS TRAINING SESSIONS, CLINICS, & CAMPS

April 2	Training Sessions at the Fork with Sinead Halpin
April 12-13	Open Clinic at the Fork with Sinead Halpin
May 2, 3 & 4	NAJYRC Official Vet Eval with Team Vets and Mini Camp at MCTA (Mandatory for all those long listed for 2014 champs. We are doing our best to make it an efficient weekend so that it does not conflict with those wanting to compete at MCTA.
July 8-14	NAJYRC Camp The Fork Farm and Stables All horses to arrive July 8th PM at the Fork and we ship to KY 14th.
July 15-20	NAJYRC Kentucky Horse Park, Lexington, KY

shown great potential and they plan on having a tank top campaign in the summer and a sweatshirt campaign in the fall. The other planned upcoming fundraiser will be Yoga at the Fork. Stay tuned for more information on this great event!

Training sessions, clinics and camps have been finalized. Also finalized are the selection trial dates. This information is listed in

the box to the right, and riders should also have received this information via email or Facebook. (If you have not separately received it, contact Rich Frankel at rcfrankel@msn.com to ensure you are on our email lists.

Thank you for your continued support of the Area 2 Young Rider Program. Meg and Rich couldn't do it without you!!!

ADULT RIDERS

SPORTS PSYCHOLOGY SYMPOSIUM IS A HUGE HIT AT PENMERRYL FARM

By Donna Bottner

For those of us not able to travel south for the winter, this past weekend afforded ten riders a unique opportunity to work on their riding mindset while managing stress and improving their energy and fitness. Yes, it was a jam-packed weekend at Penmerryl Farm in Greenville, VA where Ken and Deanie Pittkin welcomed us with open arms and all the comforts of home. The Sports Psychology Symposium was sponsored by the Area 2

with Coach Stewart each day and we were treated to his sports psychology seminar while enjoying possibly the most delicious dinner at the farm's "tavern", a large, warm and friendly room where we gathered after a full day to recharge our energy, better understand the mental training techniques we can use in our riding and everyday lives. His enthusiasm is downright infectious and he kept everyone upbeat and positive

a certified energy medicine practitioner and has lived and worked with horses and riders for more than 40 years. She helped us learn simple techniques to use on a daily basis to keep our body's energies aligned and balanced.

Day two started with everyone meeting for a most delicious gourmet breakfast and Sandra taught us some easy energy exercises we can do, even while mounted, to help calm nerves and de-stress before competition. That was good timing considering Daniel announced that the two riding sessions today would be even more challenging than the previous day! Coach Stewart again put both groups of rider through their paces and increased their confidence with two unique mounted exercises over some pretty challenging courses.

Following the last ride of the day we all gathered back at the tavern where the pain train really took shape! Daniel showed us his latest exercise routines specifically to help riders develop the core strength and stamina needed for competition and effective riding. Using techniques reminiscent of cross-fit, but adapted to develop the correct muscles for riding, he really put us through the paces and helped us understand how to adapt and



Adult Riders meet with Daniel Stewart at the start of the clinic

Adult Riders and featured renowned coach Daniel Stewart and introduced the benefits of Quantum Equestrian's energy medicine with Sandra Wiseman.

We started on Saturday where Daniel welcomed everyone and promised a challenging, yet fun and rewarding weekend. Each group of five riders rode in two different "Pressure Proof" clinics

throughout the day.

During the day and again that evening we got to enjoy dessert two ways: first we enjoyed something truly decadent (chocolate tuxedo pie) and then we had dessert for our mind-body connection after a challenging day with Daniel! We learned more about Quantum Equestrian with Sandra Wiseman. Sandra is

progress with these exercise techniques. His goal was to impress upon us that whether we have three minutes or 45 minutes to exercise, it is an important component and we have options for fitting it in. We finished up with a wonderful lunch and trading stories of what we gained from the weekend. It's a good thing we got such a good workout with all the great food we had all weekend.

Best of all, the entire symposium was held at Penmerryl Farm where we had lodging, stabling, food, and fabulous riding facilities. I'm sure everyone appreciated only having to walk about 30 yards from their rooms to care for their horses. I'm also certain that even though Gammon Nuckles is a wonderful rider, coach and TD, she truly missed her calling as a caterer! Gammon helped keep everything running smoothly and fixed a dinner and lunch that were second to none. Deannie Pitkin, co-owner of Penmerryl with her delightful husband Ken, treated us to a true southern gourmet breakfast on Sunday that we won't soon forget.

One might think this was an enormously expensive weekend, but thanks to the Area 2 Adult Riders, it wasn't. The Adult Rider fund subsidized the cost of the clinic heavily to make this educational opportunity more widely available to Adult/Young/YRAP members.

Any rider in Area 2 could participate, but the fee was reduced by \$75 for members of our area programs. The symposium fee included dinner Saturday night and lunch on Sunday (breakfast was included in the price of lodging). The Adult Rider fund subsidized nearly \$100

per rider and that's some serious bang for your buck!

Stay tuned for more great opportunities sponsored by the Area 2 Adult Riders. Better yet, if you're not already a member, sign up today to stay in the loop for all the latest information and more clinics and camps coming

ADULT TEAM CHAMPIONSHIPS UPDATE

National Criteria Adult Team Championship

Minimum Area Level Criteria to correspond with the National Qualifications:

1. **Time Frame** same as the national criteria for the AEC's.
2. Horse and rider combination, together, must have three clean cross country jumping rounds (no jumping penalties)
 - a. Qualifying score is void if dangerous riding penalty received.
3. Rider must be a current member of their Area's Adult Rider Program by the ATC closing date.
4. Non-amateur riders may not have completed competitions, more than one level higher in the current or preceding year.
5. Each Area can have eight teams of four riders from their Area.
6. Teams must be coordinated through the Area's Adult Rider Coordinator.
7. Areas are allowed to combine teams and team members.

Benefits in choosing to compete in the ATC's:

- Sponsorship and Prizes
- Fewer entries per division
- Individual and Team prizes
- Competing against other Adult Riders
- Fun team activities and Adult Rider socials
- Stable with Teammates/Area

Area 2 Criteria Adult Team Championship (in addition to National)

1. Riders may qualify as individuals or as part of a team. Entire team must meet National Qualifications listed above. Individuals without a complete team may be placed on a team with members from Area 2 and/or other areas.
2. Riders must participate in at least one team competition during the qualification timeframe of the AEC's (Fall 2013 team competitions at ESCDTA, VAHT and Windridge count towards 2014 ATC Qualification)
3. Maximum of 32 riders from Area 2 may participate.

Area 2 Qualifying Team Competitions for 2014 (more may be added):

- Kelley's Ford - May 17
- Waredaca - May 31-Jun 1
- Horse Park of NJ - Jun 28-29
- Maryland HT - Jul 12-13
- Waredaca - Aug 16-17

Area 2 Adult Team Challenge and Qualifying Team Competitions for 2015:

- ESDCTA - Oct 4-5
- Area 2 Adult Team Challenge at VAHT - Oct 31-2 Nov
- Full Moon Farm - Nov 14-15

your way in 2014 (we have BIG plans for you!). Sign up on the USEA dashboard or visit the Area 2 website to download a membership form.

Finally, you'll find in this newsletter some updates and explanation of qualifying requirements for the 2014 National ATC at the USEA AEC's at Texas Rose, September 25-28. Please keep in mind we will still hold our Area 2 Adult Team Challenge at Virginia Horse Trials in November with all the fun and excitement we've had in the past

at VAHT. There may be a few more events added to this list, so mark your calendars and start planning now! Organizers, if you want to host a team competition please email drbottner@gmail.com.



After a successful 2013, Area 2 Adult Rider Melissa Fox is looking forward to the 2014 ATCs

YRAP PLANS FOR 2014

By Chris Donovan

The YRAP season is starting out strong with many clinicians hosting activities in their indoors. Look for the Area 2 Young Riders' tent near the score boards and learn more about our program.

The Heart of the Carolina Team Challenge is a great goal for riders competing Beg Novice – Training Level. For those who email Chris Donovan cdonovan03@gmail.com of their intent to compete, as we have

Jimmy Wofford's Training for a Three Day book we will send you. The trophies and prizes for this 3-day are really nice. It would be fantastic if Area 2 "brings it home" this year while we are on Area 3's turf.

UPCOMING YRAP EVENTS

March 8-9	Southern Pines H.T. I	YRAP Individual Ribbons
March 15-16	Morningside Training Center (Lynn and Skyeler)	YRAP Spring Clinic
March 29-30	Morven Park Spring H.T.	Behind the Scenes
April 2-6	The Fork CIC3*/CIC2* & HT	FEI Show Jumping Support
April 30-May 4	Heart of the Carolina Team Challenge 3-Day (Area 3)	YRAP Team Competition

Scenes From Around Area II



Maryland Aussies Kate Chadderton and working student Rhiannon Bosma enjoy the sun from the Pine Top Winter event. Both rode Beth Sokohl's horses (Checkout the Charmer and Buckharo) successfully over the course.

Photo by Seema Sonnad



Proving how hard it is to escape the season, not 72 hours later the February 12th winter storm in Aiken covered Sally Cousins' farm sign (and most of the local roads) in ice.

Photo by Sally Cousins



Well-bundled up, Tiffany Catledge's eventers enjoy the chance to play in the Virginia Valentine's Day Snow Photo by Tiffany Catledge

What is Optimum Times? Regular news from USEA's Area II, including updates on Area events and programs, happenings in the Area, and stories about our members. Let us know what you think, submit articles or pictures for our Scenes From Area II feature, or offer comments or suggestions.