

The Rocky Mountain Dressage Society

Foothills Chapter

President: Kris Cooper • kris@anchoragefarm.com
Vice President: Jan Danis • jandalusian@gmail.com
Secretary: Nicole Riffe • nriffe21@gmail.com
Treasurer: Laura Quakenbush • laura.quakenbush@comcast.net
Education Chair: Cassandra DiPentino • dipentinodressage@gmail.com
Scholarship Chair: Marilou Metcalf • metcalfmmd@me.com
Show Chair: Jan Danis • jandalusian@gmail.com

Monday, August 3rd
6:30 PM
Tuscany Tavern
32214 Ellingwood Trail, Evergreen, CO

Attendees:

Nicole Riffe
Laura Quakenbush
Koba Skelton
Jim Cooper
Kris Cooper
CC Ross
Jan Danis
Cassandra DiPentino
Susie Primgaard
Linda Gaber
Lexy Donaldson
Paul Donaldson
Seth Swary

Meeting Minutes

1. Approve Previous Meeting Minutes

Laura approved, CC Ross 2nd the motion and the motion carried.

2. Treasurer's Report

- ❖ Current balance is \$6,489.60. Net income made between Jan 1st and August 2nd was \$1,021.64.

- ❖ Foothills Events this year so far have been a success:
 - Western Dressage Clinic: made \$105 profit after expenses
 - Ride-A-Test Clinic: lost \$70 after expenses
 - Foothills Schooling Show: made a \$775 profit after expenses
- ❖ Report approval: Jan approved, Linda 2nd the motion and the motion carried

3. News from RMDS Board Meeting

- ❖ Board is encouraging people to apply for RMDS scholarships
- ❖ Show entries are down overall across the shows
- ❖ CC Ross inquired about sponsorship options for the Championship show but has not heard back yet

4. Last Chance Show Update

- ❖ Venue: Has officially changed to Table Mountain Ranch. Nicole will update the website and notify members.
- ❖ Kris & Jim offered to let the chapter borrow their walkie talkies if needed for the show.
- ❖ Jan may work on creating a show program if there is enough interest. She already has a template created and companies/groups can purchase ads for a low price. She will email the membership to see if anyone is interested.
- ❖ The group decided against doing the flea market at the show this year.

5. North American Junior/Young Rider Dressage Championships Report

- ❖ Lexy and Paul Donaldson and Lexi's trainer Susi Primgaard shared their stories from the Championship show.
- ❖ Lexy was one of the junior riders representing the Region 5 Team.
- ❖ Paul shared how the team worked together on fundraising efforts and working towards supporting other riders and families.
- ❖ Paul and Lexy shared video presentations of preparing for the Championships and clips from the show grounds
- ❖ The Foothills Chapter donated \$400 in July to Lexy Donaldson in support of her expenses to the Championship show.

6. Sports Psychology Presentation

- ❖ Seth Swary from the University of Denver Center for Performance Excellence (CPEX) gave a presentation on the consultation services his group provides including mental and physical relaxation and preparation, dealing with pre-competition stress and coping with performance after an event.
- ❖ The center can provide individual as well as team sessions
- ❖ The group was interested in organizing an event in the future such as a clinic to share with riders some of these techniques
- ❖ <http://www.du.edu/gsp/services/cpex.html>

7. Education Chair

- ❖ Cassandra DiPentino expressed interest in serving as the chair and organizing some clinics, etc in the future.
- ❖ The group unanimously approved the motion to approve Cassandra as the new Education Chair.