

Morgan Dressage association



Dedicated to promoting and supporting Morgan Horses in Dressage.



GREETINGS FROM ACROSS THE POND

By Emma Bond

Hi, my name is Emma Bond and I am a 13-year-old international dressage rider from the UK. I live in North Yorkshire, just outside York. My mom has owned and bred Morgan horses since 1995. I have always loved dressage and took part in affiliated competition since I was seven. It was my hope to be the first international pony rider in the UK to produce a Morgan FEI pony, although we always knew this would be a tall order because the European pony ranks are dominated by the Dutch and German powerhouse sports ponies. We decided our homebred youngsters were not suitable as they are the old fashioned, traditional high stepping type. We looked for some time and had just about given up the Morgan idea, when we saw a yearling for sale at Monnington Farm.



Emma Bond and Monnington Fresco

Monnington Fresco was duly purchased and made the move north to Yorkshire. He was advertised as a small, but perfectly formed Morgan, which suited our purposes as we could not risk buying a youngster that would exceed 14.2. "Fresco" is by HVK Bell Flaire x Monnington Artiste. He has inherited his parents striking looks and beautiful paces! As a two-year-old we showed him in hand, where he drew admiring looks everywhere he went.

I broke-in Fresco as a three-year-old and he began training with Olympic dressage rider, Laura Fry. His initial schooling went very well and although she had never worked with a Morgan before, Laura's experience helped us channel his endless exuberance into positive energy.

Sadly, in 2012 Laura was diagnosed with terminal cancer, and passed away on

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July, 2014

News and Reminders:

- Check out [Page 10](#) (and the [website!](#)) for **new Classified** listings—they are growing!
- Been getting your new email newsletter, "MDA Extensions"? No? [Let us know](#) so we can get you on the list!
- How is your season going? Let everyone know by sharing on the MDA Facebook page! 
- Planning to compete for a MDA Award of Excellence this year? Requirements have changed! See the MDA website (<http://www.morgandressage.org/wp-content/uploads/2014/05/Award-of-Excellence-Synergy-Award-Application-2014.pdf>) for details.

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A Lifetime of Morgan Dedication: Mary Jean Vasiloff and the Whippoorwill Program



By Tonya Watkins Bruno

In 1945, Mary Jean (then McCulloch) started her Whippoorwill breeding program. As she says about her goals then, and throughout her almost 70 years breeding the unique and special Whippoorwill Morgan, “I wanted to breed horses that can do whatever activity I wanted them to do and to do it well enough to win.”



Since Mary Jean “had almost no money” she chose to buy very old mares of the bloodlines that she wanted. Mary Jean bred her first Morgans when she was fifteen and as “her family had NO interest in her ‘hobby’ ” she relied on the generosity of others to help her along.



Two of the major sires in the Whippoorwill program: Whippoorwill Duke (top) and Blackwood Correll (bottom)

In talking about how she was able to start her breeding program at such a young age, and with so few resources she is quick to thank the knowledgeable breeders who helped her. “I was so fortunate to meet Mabel Owen in particular, but also Anna Ela, Margaret Gardiner and SO many other generous breeders who were often outspoken and very rigid about what they believed.”

Mary Jean credits so much of her program to her wonderful mares and her one-in-a-million Squire Burger son, Whippoorwill Duke (Squire Burger x Diana Mansfield). Later in her program, she went looking for a Morgan who had the look of the beautiful stallion, Winterset (Captain Jack x Judea). “I started looking for Winterset blood and found Blackwood Correll (Red Correll x Lady Rockwood). He proved to be the right ‘son-in-law’ for Whippoorwill Duke and mate for his daughters and granddaughters.”

As Blackwood Correll was very old when she bought him and in terrible condition, she said she was “showered with

criticism” for introducing him to her breeding program. As the foals would show, her instinct was a good one. “Blackwood Correll sired deep bodies, type, size, intelligence, stamina and soundness plus a great temperament.” When describing the foals by Blackwood Correll the same kind of athletic, trainable and pleasant horses I had when I was raising foals by Whippoorwill Duke himself.”

If asked about conformation and soundness Mary Jean replies that, “The true Morgan build is strong from front to back with both width and depth. The conformation has to include a LONG laid back shoulder, short cannon bones and a big, round body.” Mary Jean has definite opinions on the movement of the Morgan, what some people refer to as the back to front wheelbarrow motion of the Morgan Horse. “The Morgan moves on well-oiled springs, powered by innate energy. The action should be round and smooth with big, lifting shoulders and thrusting hind quarters.”

Conformation and soundness are key to the longevity of many Whippoorwill Morgans and something that Mary Jean always made a hallmark of her program. In addition to their physical ability, what makes the Whippoorwill Morgan special is their temperament and personality. “No matter how well a horse is put together if he doesn’t have the *mind* (intelligence, willingness and spirit) to do the job he may just be ornamental.”

In speaking to some well-respected professionals who have taken Whippoorwill Morgans to the competitive

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Spotlight on the Members

Many of our members have farms and services they would like to promote and share.
Please take the time to visit their websites and Facebook pages!



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Conditioning Sport Horses—Part II Strength and Suppling

By Hilary M. Clayton, BVMS, PhD, Dipl. ACVSMR, MRCVS

Strength Training

Strength training improves the strength, power or endurance of the muscles. It is often neglected in preparing the equine athlete and, although some horses succeed in spite of not strength training, it is probable that many fail to reach the pinnacle of success through lack of strength. Improvements in muscular strength, not only enhance performance, but also reduce injuries by stabilizing the joints more effectively. The importance of joint stability should not be underestimated; in human athletes it has been suggested that more than half of the injuries in sports could be prevented by appropriate strength training. However, irrelevant muscle mass acts as a handicap when a high ratio of strength to body mass is required (jumping) and when extra energy must be expended to transport excess body weight over a distance (endurance racing, eventing). Therefore, strength training, like cardiovascular conditioning, should be sport specific.

Strength is the force produced in a single maximal effort; power is the rate of force generation; and endurance is the ability to perform repeated sub-maximal contractions before local muscular fatigue occurs. It is important to determine whether the primary requirement in a sport is for muscular power or muscular endurance, and to base the strength training program on exercises that simulate the range and speed of joint motion and the neuromuscular activation patterns used in competition.

Muscular power is the prime requirement in sports that call for explosive bursts of activity, as in taking off over a jump or accelerating rapidly from a standing start. For these activities, high intensity strength training is used, with a relatively small number of repetitions of the exercise. Progressive loading is accomplished by increasing the intensity rather than the duration of exercise i.e. by making the muscles work harder not longer.

Muscular endurance is required when submaximal contractions are performed repeatedly, as in highly collected dressage movements, such as the piaffe. Strength training for these sports is performed at a lower intensity, but with a larger number of repetitions. Progressive loading is achieved by increasing the number of repetitions of exercises that target specific muscle groups.

In the early stages, strength training workouts are performed 3 times a week on alternate days, which balances the need for sufficient muscular stimulation with enough rest for tissue regeneration. As strength training progresses to a higher intensity, the frequency is reduced to twice weekly, which allows a longer recovery period between sessions. Once per week is sufficient for maintenance of muscular strength.

Because horses cannot be trained to lift weights or work resistance machines, we must be somewhat innovative in devising strength training exercises that load the relevant muscle groups in an appropriate manner. Gradients, gymnastic jumping, working on a loose, deep surface, and sport-specific movements repeated in an IT format with a work:rest ratio of 1:6 have been used to good effect.

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Morgan Dressage
association

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Membership Form

Membership year runs from January 1 – December 31. Please print out this form, fill it out, and send it with payment to: Morgan Dressage Association, Karin Weight, 1069 N. Geneva Rd., Provo, UT 84601. Refer to the MDA website for Paypal options.

Name _____ Year _____

Farm name (if applicable) _____

Address _____

City _____ State _____ Zip _____

Telephone _____ E-mail _____ (required)

Please list family members participating in MDA programs and note birthdate of any junior young rider members.

1. _____ 2. _____

3. _____ 4. _____

Please check your membership category (check all that apply):

- | | | |
|----------------------------------|--|--|
| <input type="checkbox"/> Renewal | <input type="checkbox"/> Jr/Young Rider (\$10) | <input type="checkbox"/> Individual (\$25) |
| <input type="checkbox"/> New | <input type="checkbox"/> Farm/Family (\$35) | <input type="checkbox"/> Patron (\$100) |

Please indicate if you are willing to help the organization by donating your time and skills. Check all that is of interest to you:

- | | | | |
|--|---|---|---------------------------------|
| <input type="checkbox"/> Newsletter | <input type="checkbox"/> Membership directory/advertising | <input type="checkbox"/> Write educational articles | <input type="checkbox"/> Awards |
| <input type="checkbox"/> Breed promotion | <input type="checkbox"/> Other _____ | | |

- Business Listing.** For an additional \$25, a link to your farm/business is included in the membership directory with the option of a color business card/logo display and a listing in the Directory of Services and Professionals on the website with a brief description of services.

Please check all that apply: _____Breeder _____Sales _____Training _____Clinics

Web site URL for listing in directory and link on MDA web site: _____

Please be sure your **email address is clear and legible**, all newsletters and MDA Extensions will be sent via email.

Please make your checks payable to MDA and return this form with membership dues to:
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