

Off the Racquet

the official
publication
of the
American
Polocrosse
Association

www.americanpolocrosse.org

JANUARY 2006

From the President

Audrey Schmidt

Wow, can someone tell me where 2005 went? No? Well, let me give you a hint by recapping just some of the promotional activities that our clubs and members hosted or participated in this past year:

The Minnesota Extreme club:

- 6 Demos at MN Horse Expo
- 4 Pony Club Clinics
- 1 Clinic/Demo Dakota 4H Club
- 1 Clinic Dakota Mounted Patrol
- 1 Clinic/Demo in Alexandria (2 days)
- 1 Clinic/Demo in Hinckley
- 1 Clinic in Forest Lake
- 2 Beginner/new potential member clinics by David Firmin and Paul & Susan Johnson

The Alamo club in San Antonio:

- Paul Johnson put on a new player clinic.
- Hosted an Alamo area pony club clinic.
- Will participate in the San Antonio Stock Show and

Orange County, North Carolina:

- Harvey and Josh Webb, participated in a demo at the Equine Affair show in Richmond VA with Patrick and Caitlin O'reilly. Tom Bowman and We3Polocrosse had a booth. The O'reillys went back and did a clinic for a pony club east of Richmond.
- Paul Johnson held a clinic in July with around 25 participants.
- David Brooks held two clinics at his farm; one for a 4-H club and another conducted by the coach of UNC and Duke's equestrian teams.
- The Irish international exchange also drew spectators and sponsors.

The Spring Valley club, Richmond, VA:

- 3 day clinic with Old Rose Tree pony club. As a result their club bought racquets & plan to start playing.

The Plano Posse club in the Dallas/Ft. Worth area:

- Presented demos and had a booth at the two day 4-H Equine Expo in McKinney, Texas in the spring.
- Hosted Clinton Anderson's filming of two shows showcasing Polocrosse.
- Booth and exhibitions at the Equine Expo of Texas in May
- Introduced Polocrosse at the USPC Red River Region Multi-discipline camp in the summer, where polocrosse was voted the favorite event of the week.
- Exhibition match for the Cleveland Bay Horse Association Annual Meeting in Ft. Worth in November
- One-day pony club clinic in November

The Southfork Polocrosse team:

- Exhibition match in November with several top players from the Lone Star Club in between polo matches at the Las Colinas Polo Club.

Paul Johnson:

- January - Assisted slightly with Women's Development Team clinic
- March - Florida clinic
- April - U16 Development Team clinic was held at my place with their own coaches
- April - Missouri Pony Club clinic and rally
- May - Demonstration at Fort Worth Expo

- June - Minnesota clinic
- July - Clinic at Alamo Polocrosse Club in Castroville TX
- July - North Carolina clinic
- August - Polocrosse camp in Pennsylvania
- August - hauled horses for Irish test match
- November - Exhibition at polo match in Fort Worth

Hill Country:

- John Jameson and his wife Amy umpired at the Pony Club Nationals in Lexington, Virginia in August along with Britt Lovelace, Richard Pugh, Manny Diemer and Shayne Haysom.
- Quentin Jameson and his mom, Amy put on a clinic for several pony clubs including those from the Lufkin, Conroe and Waco areas in September.

Continued on page 4.

ELECTION RESULTS

Congratulations to **all** candidates for taking the time to let the membership know they were willing to step up and be a part in the organization part of polocrosse. Here are your new officers for the 2006-2008 term:

Vice President

Edmund Schenecker

Treasurer

Kara Fielder

Board At Large

Betsy Lovelace and

Richard Pugh

Mountain Zone Rep

Thea Chesney

Western Zone Rep

Wayne Cooper

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PUBLICATION NOTICE

Are there members out there who do not need to get a publication of the Off The Racquet in the mail? Rather get it on the APA website? You'll find it under the 'News' section on the web. If so, please let Laura Humphreys know at battlaur@frontiernet.net or leave a message at 845-858-2913. If you would still like to get your issue in the mail, you do not have to take any action. Thanks!

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Continued from page 4.

And these are just the activities of clubs that responded to my request for information! I'm sure there was more! I hope you are as encouraged as I am by the amount of effort that your fellow members are putting into spreading the word about Polocrosse all over the US. This is how we will grow this sport!

Not only has there been substantial activity at the club level in promoting the sport; the board has also made significant advances towards completing the three strategic initiatives identified in the inaugural board planning retreat held in Feb 2005: 1. Increase revenue 2. Increase membership 3. Strengthen the infrastructure. These are just some of the highlights:

- The Development Committee was formed to identify sources of revenue, pursue sponsorships, foster relationships with other organizations and promote the APA to the general public.
- The Membership Committee was established to develop a program to improve recruitment, motivation and retention of members, and to determine methods and create tools to support clubs in their membership drives.
- The documentation of the infrastructure in the APA Manual has been a continual project that is nearly ready for publication on the web in its first edition. Although it is intended to be updated as policies and people change, it will provide an overview of the association and how it operates thus providing information and inviting suggestions for improvement which translates into strength and growth.
- Updated by-laws were adopted to conform to Texas law where the APA is now incorporated. The By-law/Club Charter committee was formed to review and suggest changes to further update the association by-laws.
- The 501c3 application was filed with the IRS June 28, 2005.
- The APA is an Associate Member of the United States Equestrian Federation.
- The Board established an operating budget which will be instrumen-

tal in managing the APA funds for its programs.

- Created a 4-H/Youth Liaison to help promote Polocrosse in those areas.
- Established a National Dress Code for international exchanges.
- Established and elected Hannah Venne to the Clinic Coordinator position.
- Established an annual APA award for Exemplary Sportsmanship at USPC Nationals and created a perpetual plaque to be hung in the USPC headquarters office as well as an individual plaque for the recipient.
- The Umpire Program was updated to classify umpire skill levels and the process for nominating the Chief Umpire was defined.
- The Player Development Program hosted three separate international exchanges involving seven different tournaments across the US.
- Formally engaged Joy Poole as the US Coach for the 2007 World Cup games.
- Received international television exposure through Clinton Anderson's Down Under Horsemanship program.
- Established a dialogue with Polocrosse Canada to promote the growth of the sport in North America.
- NATIONALS in 2006 will be held October 7-8, 2006 at Southfork Ranch in Parker, Texas. You can view the facility at www.southfork.com.
- NATIONALS in 2007 will be held at the Pinehurst Harness Track on Labor Day Weekend 2007.

I hope you have a renewed sense of where 2005 went! Many of you were very, very busy and I'd like to challenge the rest of you to find where you can make a contribution to this association. We still have plenty of work to do!

Your board will be meeting in Dallas again this January to spend a weekend brainstorming for the future. In 2006 we will use the momentum created during 2005 to propel our programs and committees towards their goals. This will require many more volunteers and we'll need all available members to pitch in; so get ready to roll up your sleeves and join in the effort. We don't want you to be left out!

BOARD MEETING HIGHLIGHTS

August 18, 2005

- Documentation needs to be created for the Player Development Committee.
 - Agreed to establish an appeals system that ends with the Board.
- Approved players age 18, 19 and 20 will be allowed to apply to and play for both the U-21 and the Men's/Women's development teams in the same year, in order to field the strongest teams possible in international exchanges.
- In order to ensure as democratic selection process as possible, the board asked for documentation of the process to include criteria for selection, evaluation forms to be sent to all players and to expand the application process to include video and references.

November 9, 2005

- 2006 Nationals site and date announced: Columbus Day weekend, October 7-8, 2006 at Southfork Ranch, Parker Texas (North Dallas).
- 2007 Nationals site and date announced: Labor Day weekend, September 1-2, 2007 at the Pinehurst Harness track, Pinehurst, North Carolina.
- Rave reports from 2005 Nationals in the Western Zone. Just about broke even. Almost broke even, but this does not include more income to be collected.
- Received confirmation of the APA's membership in the United States Equestrian Federation.
- The Nominating Committee was established to conduct the 2005 elections.
- The Player Development teams will create videos of their training sessions for those players not able to attend.
- More ideas were discussed for the website and will be investigated.
- Accepted Edmund Schenecker's resignation from his AT-LARGE BOARD POSITION in order for him to run for Vice President. The President will nominate a replacement in accordance with the by-laws.
- By-laws were amended to switch the terms of service of the Secretary and Treasurer in order that the terms of the President and Secretary expire in alternate years.

Administrative Requirements

TOURNAMENTS ARE COMING!

To get ready for the new season, here are some things you need to know if you are thinking of putting on a tournament or clinic this year.

- **Check with the APA Secretary (Laura Humphreys, battlaur@frontiernet.net) first to make sure your intended date will not conflict with another tournament near your area.** We want the opportunity for the most number of players to be able to participate at one event. We don't want to make players choose between events on the same date in nearby areas; some players do travel to other zones to play for greater experience. Many of you check with others in your area for planning, which is good! Club contacts are sent sanctioning

forms at the beginning of each year and they are available by request.

- **Fill out a sanctioning form** if you intend to sanction the event with the APA, and include the \$100 sanctioning fee. A sanctioned event is one way to support the APA programs; the APA will send you a certified umpire to officiate the event and allow for additional liability insurance coverage for all non-members who may be present. **Please note the changes made early last year as to when information is due (a requirement to help get info to the next tournament) and when cap fees are to be mailed in (a deadline requirement in order to get your sanctioning fee back).** Below are the requirements listed on the second page of

the sanctioning form that your club contact signs before sending it on to the APA Secretary.

- **Send in the sanctioning form with the fee with enough time for the APA Chief Umpire to arrange a certified umpire's travel to your event.** There will most likely be a time requirement set for this in the next board meeting. You cannot expect the APA to arrange for airfare for an umpire at the last minute. Forms can be mailed to the APA office (P.O. Box 915, New Hampton, NY 10958) or faxed to 845-856-4265. The sanctioning form also makes your tournament official.
- **You will get a 'tournament packet' with all the information you will need to do registration:** a letter of instruction (please give this to whoever is doing it), the insurance certificate for the landowner of the site, current membership roster, ratings to help set teams and divisions if needed, membership forms, liability forms if you need them, score-sheets if you need them. The time frame this information gets to you has a lot to do with when information from previous tournaments is sent to the office. Whether by mail or by email (if time gets tight); you will have it before your tournament.
- **Members are to be current in 'in good standing':** we will be addressing the 'in good standing' issue at the next Board Meeting because there is sometimes a problem with bounced checks paid at previous tournaments. Clubs cannot be expected to carry this problem with the check writer continuing to play during the season without correcting the bounced check.
- **Once the tournament is over, you need to send in membership information and cap fees. See below for the deadlines.** If you meet the deadlines, your sanctioning fee will be sent back.

As always, if you have any questions, please contact me: Laura Humphreys at battlaur@frontiernet.net or 845-858-2913.

2006 Player Development Team List

The Player Development Teams will be selected from these groups.

Men's Team

Seth Alcott
Jason Bradner
David Brooks
Cody Christopher
Clayton Crabtree
Gordon Duff
David Firmin
Phillip Granger
Cody Gosch
Daniel Johnson
Mat Linson
Britt Lovelace
Ryan Murphy
Chris Pickens
Jeepers Ragsdale
Bill Shuttles
Rob Shuttles
Dan Smoyer
Jeremy Stern
Ryan Strider
Josh Tielke
Ryan Trueblood

Wendi Hendricks
Tina Hutcherson
Susan Johnson
Amy Keith
Jessica Lovelace
Stephanie Martin
Kiki Pantaze
Catherine Pickens
Prissy Rumel
Renee Sissons
Taylor Smith
Erin Smoyer
Renee Thompson
Sunni Valencia
Anna Whorton

Under 21 Team

Seth Alcott
Aaron Bennett
Casey Brown
Sam Burrows
Rachel Gayler
Adrian Gill
Sarah Harrington
Dylan Hendricks
Summer Kneese
Von Lennox
Josh Lovelace
Stephanie Martin

Ashley Masters
Tess Oberdick
Robert Pohl
Paul Repenning
Taylor Smith
Ryan Strider
Josh Tielke
Ryan Trueblood
Hanna Venne
Kyle Young

Under 16 Team

Jessica Arriaga
Aaron Arriaga
Codie Brown
Andrew Diemer
Quentin Jameson
Joyce May
Reese May
Alexandra Plonk
Nicole Plonk
Sam Pohl
Derek Rumel
Kyndal Stanley
Brianna True
Joey Venne
Jordan West

Women's Team

Nancy Alcott
Thea Chesney
Sarah Ferebee
Krii Hendricks

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SANCTIONING FORM, SECOND PAGE, DEADLINE REQUIREMENTS:

"The above registered club/organization requests APA sanctioning for the event specified. Upon acceptance of sanctioning, said club/organization agrees to run the event by the guidelines of the Rules and Regulations of the APA, revised in 2001.

1. To sanction a tournament; clubs must send this form to the APA office with a \$100 sanctioning fee deposit. A tournament is not considered sanctioned until the office receives both. Please give the office enough time to arrange for an umpire, umpire travel and insurance for the event.

2. **It is the responsibility of the registered club to collect any new or renewing memberships at the time of registration. If a player's name is not on the official APA membership list or if the date paid is not in the current year, the player must pay one of the three types of memberships. Your tournament contact will get an instruction sheet with the APA information; please make sure this instruction sheet is given to the person responsible for registration at the tournament.**

3. Tournament committees need to **email membership information** (names, type and amount paid) to the APA office at battlaur@frontier.net within **3 days of the event**. This allows us to give correct information to the next tournament.

4. **All tournament results, player's names, number of players, the grades in which they played, cap fees and membership dues** (with forms) need to be sent to the APA office **within 14 days**. **If not, the club forfeits their \$100 sanctioning fee.**

5. **All cap fees have been returned to \$8 for every player.** Please make sure that the APA forms are completed and signed. The sanctioning fee will be returned if the receipt of cap fees and tournament information is within 14 days of the tournament."

Requests From Your Horse For the New Year

This is from Harmony Horse Works at the Horse Rescue and Equine Sanctuary in the Colorado Front Range, listed as 'Gifts Your Horse Wants From You at Christmas'. Horsemen or trainer will agree with these and we should all take note of them. Too often, in the heat of the moment (game or riding to condition) we don't think about the fact that every interaction with our horses has an impact. Copied below is

1. Train me the right way, because every time you interact with me, I learn something whether you want me to or not.
2. Make your cues really simple for me to understand.
3. STOP giving cues, PLEASE, once I respond correctly!
4. If I don't satisfy you right away, don't let me off the hook; but let me keep on trying. If no response is good enough for you, it is for me too.
5. If you don't think I can do it now, try a little and go on to something I am good at if it doesn't work out.
6. Give me every opportunity to succeed.
7. If I am getting good at something, stop. If you try to make me an expert right away, I'll make you lose face.
8. If I do it right, tell me right away. I forget that you love me immediately and need constant reminding.
9. If I do it wrong, don't buy into my grief and don't give me a cookie. I see you worried and then I worry and then you worry.....
10. But don't hit me, either. We are very sensitive sentient beings. Punish me and I'll remember it forever (unless I receive Equine Stress Control Therapy).
11. If you don't know what you are doing, **STOP**.
12. Don't use flooding, sacking out, or breaking me to make me calm down. This only makes me go inward and shut down. Use Equine Stress Control Therapy instead. It reprocesses my brain's response and makes me a calmer animal through learning, not intimidation.
13. **Show up in a good mood**. We don't like crabby people. Even if we were fish-eaters, we would not like crabby people.

Harmony Horse Works is a non-profit organization, sells books and does clinics on ESCT. Here is their explanation. "Equine Stress Control Therapy (ESCT) is based on the human Post Traumatic Stress disorder therapy called EMDR, short for Eye Movement Desensitization and Reprocessing. Modified for the horse's body, behavior and vision, ESCT works directly with the brain to transform spooky memories into positive reference points by allowing the horse to experientially (in-body) modify his behavior during therapy. This changes the brain and cellular memory, modifying the horse's automatic startle reaction into a chosen response in the presence of stressor(s)."

AMERICAN POLOCROSSE ASSOCIATION

Membership Form

Complete below: (All information will be sent to first name that appears on form)

Name: _____ APA# (if renewal) _____

Mailing Address: _____

City: _____ State: _____ Zip: _____ Date of Birth(DOB): ____/____/____

HmPhone _____ WkPhone _____ Fax# _____ Club: _____

Player _____ Non-player _____ Email Address: _____

Family Membership: (list family member, APA # and date of birth below)

All memberships end on December 31st of each year; renewals are due on January 1st. After January 31st, there will be a 20% penalty late fee for renewing members. This is to encourage early membership renewal and help the administrative process.

Table with columns: Renewal, New Member (no late fee), Are you a Pony Club or 4-H Member?, and membership categories (Family, Individual, Junior, Handicap, Foreign, Associate, Day Member) with associated fees.

Add'l Contributions to APA approved funds: Name of Fund _____ Amount _____ (General, Player Development Program, Coaching, Umpiring, Nationals)

The American Polocrosse Association offers to its membership, newsletters, rulebooks, coaching and umpire certification programs, eligibility to participate as a player in sanctioned tournaments, eligibility to compete in international competitions, a general liability insurance policy, and a commitment to promote the American Polocrosse Association.

I, as a member, agree to abide by the By-Laws and all Rules and Regulations, of the American Polocrosse Association.

RELEASE OF LIABILITY

The undersigned states the following: I acknowledge that the game of Polocrosse involves inherent risks of personal injury to me personally, my horse, and damages to equipment and property. Knowing and understanding this, I still desire to participate in and attend APA sanctioned events.

In consideration for my participation in and attendance to these events. I hereby, for myself, my heirs, executors and assigns, discharge and hold harmless; The American Polocrosse Association, the APA Club, its officers, directors, members and agents, and all other persons or organizations in any way connected with this event including, but not limited to properties, their owners and operators, their officers, directors, employees, agents, representatives, heirs, administrators and assigns, from any and all rights, claims or liability for damages from any and all claims of any kind of nature, that might arise out of my participation in any activity in any way connected with this event or taking place upon the grounds.

I further acknowledge that this release will extend to any accidents, damages, or claims arising out of my participation, caused by my own act or the acts of anyone or any animal within my control.

I hereby certify that I am covered by medical, health and accident insurance and/or I am responsible for any costs I may incur for my own medical injuries.

By signing this release and waiver, I am assuming all risks of this activity in which I will be engaged and releasing all of the parties indicated above of any and all liability for their negligence of any description whatsoever. It is my intent to assume all risk and to waive and give up my rights (for myself and my heirs) to sue. And I do so knowingly and voluntarily.

Parent or Guardian Release and Waiver (Please list all minor members, in space below, whether player/non) I am the parent/guardian of _____,

a minor, and on the minor's behalf, and on the behalf of all other parents and guardians, I accept the release and waiver of liability above as an inducement for allowing my child to participate in polocrosse games, practices and related activities. I further authorize any emergency medical care which may be necessary.

Signature _____ Date _____

Send To Our Address:

APA
P.O. Box 915
New Hampton, N.Y. 10958
845-856-4265
battlaur@frontiernet.net

Telephone/Fax Number:

E-Mail Address:

2006 Tournament Dates

April 1-2

Lone Star Polocrosse
(Austin, Texas)
Susan Johnson;
zupxmcd@earthlink.net
512-853-9719

April 14-16

Waldemar
(Hunt, Texas)
Liz Pohl;
lizpohl@ktc.com

April 29-30

Palmetto Polocrosse
(Charleston, South Carolina)
Lynn Huggins;
lynn.huggins@comcast.net
843-538-2581

June 24-25

Minnesota Extreme Polocrosse
(Hopkins, Minnesota)
Kristi Beall;
plxmn@hotmail.com

July 1-2

Kentucky Polocrosse
(Lexington, Kentucky)
Diane Strong;
didstrong@hotmail.com

July 8-9

Warwick Valley Polocrosse
(Warwick, New York)
Gary Gittleson;
overtime@warwick.net
973-853-4783

July 21-22

Tomahawk Polocrosse
(Douglas, Wyoming)
Thea Chesney;
thea@ccthoroughbred.com

October 7-8

2006 Nationals
(Southfork Ranch, Parker, Texas)
Laura Humphreys;
battlaur@frontiernet.net
845-858-2913

IT'S MEMBERSHIP TIME

All membership ends each December 31st. Membership for each year is due by January 31st; after that date there is a late fee.

BEFORE JANUARY 31st

Family \$90.00

(spouses and children UNDER 18)

INDIVIDUAL \$60.00

(all those over 18)

JUNIOR \$30.00

(17 and under)

AFTER JANUARY 31st

Family \$108.00

Individual \$72.00

Junior \$36.00

DAY MEMBERS: \$20.00

The day fee was introduced to help those first trying the sport at a tournament, not sure of how much involvement they might want; and for those who do not wish to pay for full membership. It is payable at each tournament, does not count towards full membership and the payee does not get full membership benefits. This is listed on the membership form.



American Polocrosse Association
P.O. Box 915
New Hampton, NY 10958