

Lendon's Scholarship Committee,

I cannot express how excited I was to receive your letter of acceptance for the Lendon Gray scholarship. Thank you so much for your generosity. The funds helped me pay for a boot camp at Riding Right Farm, where we prepare ourselves for the D4K Festival. I rode my horse, Calea, who is a 20 year old Dutch Warmblood mare. This year at boot camp we did several activities that I will continue to use further in my riding.

On the first day we did balimo at 9am and I learned new stretches that I can use to stretch out my neck and back, which often and block me from riding effectively. Then we went on to study our grooming book as a group, review notes, read, and share thoughts together. Next I had a practice equitation ride with Hollie McNeil where we picked certain areas of our riding position that needed improvement for our equitation ride at the D4K Festival. I worked on keeping my head up and maintaining a sense of "not working" as Hollie put it, because I tend to tighten and lock up when I try to force the motion. This idea helped me so much Saturday during my equitation ride as I remembered to stay soft and fluid even when my mount, as I put it that day, was being a "big mare." I am proud of that ride and happy with the the results considering. We received a 7.5.

On the second day of camp we did pilates in the morning and I really loved it. It was a great work out and I will defiantly use the new movements in my personal routine. Later I had a private lesson with Gale Kapilof. In my ride, I was asked to open my ride by riding my dressage test, then we worked on improving it from there. Together we worked on maintaining a steady tempo, and she gave me exercises to improve our impulsion. By the end of the ride I was more confident for the show. For the schooling show Friday I received a 64% on my test. Saturday's ride was not the best we have had, but I was still proud of it and my ability to recover from a bad movement and make the next one better, like I worked on with Gale. For the dressage test I ended up placing 6th in my division with a 61%. I am happy with it because I did receive good scores on the movements that we have been working on.

On Wednesday of camp we did yoga in the morning, and I learned even more stretches that helped my ride later that day, I will definitely add those to my routine. Wednesday we rode in two big groups to practice a good warmup, strategized time, and made a warmup plan, all while practicing the rules of the ring, as there were about 7 of us in the ring. This ride was helpful for me and I was able to confidently set a warmup plan for my rides at the D4K Festival. We also took a practice written test and applied all of our studying. That test became a great study guide for the real test on Friday and helped me so much. If it were not for camp and studying with my team I would not have done so well on my written test. I received a 92% and a 4th place in my division. I was very happy with that accomplishment because as Hollie told us, the written test is the only section of the show that we have complete control over. During the last few hours of camp Wednesday we had a group tack cleaning, and that is always a fun time. I love my team and a good part of the excitement is to be able to grow together through the good rides and the bad rides, and to be able to share our accomplishments and experiences together. This year at the D4K Festival I received 8th place in my 1st level division, and though Calea and I did not place high or have the best rides, we rode our hearts out and did our best. Looking back to last year Calea and I have grown so much together and she has taught me so much. I want to

express again my sincere appreciation for your generous scholarship that allowed me to participate in the Riding Right boot camp, that is always a great learning experience for me.

Gratefully yours,
Adelle Woodcock