

I would like to thank you for your generous donation, allowing me and my horse to participate in Riding Right's Youth dressage boot camp. This camp allows my horse and I to be fully prepared for the Dressage for Kids weekend. This camp is a three day camp, Monday, Tuesday, and Wednesday. On Monday we started out the camp with Hollie showing each and everyone of us riders the schedule for the day. After everyone saw when and where they had to be we started the morning with Hollie teaching us Balamo, which loosens up our bodies. We started balamo with plucking and loosening muscles, from our neck down to our ankles. Then we started to walk around trying to stretch ourselves out to see how far and big we could make ourselves be, this helps me with riding because I always ride as if I am in a box. After balamo I was scheduled to study with Julie Crosier. She goes through the Grooming book with us and we all write down notes, and key information to remember. After our study group I had a mini equitation lesson with Hollie. She critiqued our position and told us what to work on. After the lesson we had our lunch break. After our lunch break I was scheduled for grooming with Dennis Film. This is where we clip our horses bridle paths, shorten their manes, and clip their tails to make them look sharp. At the end of the day everyone regrouped and we talked about how our day went at camp. After we talked about our day Hollie showed us how to use our inner eye. She took out some of her books from when she took this course in college and read some key points. She had us lay down and close our eyes for the first time and, she told us to focus on our senses, smell, hearing, touch, and taste. After a couple minutes went by she had us sit up and we all reported back to what we heard, smelled etc. The second time around she had us keep our eyes open this time but do the same thing. By the end of this we all felt, heard, saw different things. It was very educational to hear how we use our inner eye while riding without even knowing that we do half the time.

On the second day of camp we started out by doing pilates, with a pilates instructor. This helps strengthen our core and muscles. After pilates we looked at the schedule and saw where we had to be next. I went to my study session with Julie and we looked over the book Dressage In Harmony book and wrote down important sayings and information. After the study session I went to my private lesson with Gail Kapiloff. I rode my training level 3 test, then we talked about ways that I could improve. We worked on bending and bringing my horse's shoulders around when I do the bending lines. We also worked on my entrance when turning down the Centerline, and which way worked best when entering the ring. At the end of the ride we talked about the improvements that I have made. After my ride we had a lunch break. Then we went back to studying with Julie again. At the end of the day we all regrouped and talked about our day and how everyone's rides went etc.

On the third day we started out with doing yoga with a yoga instructor. We did similar movements that we had done while doing pilates but it still helped with strengthening our core, arms, and legs. After yoga I had a group lesson with Hollie. This was a much larger group than Monday's, but the lesson was to help us get used to warming our horses up in a big arena with a lot of other people. It helps us plan our warmup for the weekend, and helps to see how our horses will react with the crowded space. After the lesson we went to Julie and took a practice quiz of our books. This helps us because it shows what we know or don't know about the books. After the quiz we made our stall cards with our horses emergency information on it. After we made our stall cards we cleaned our tack. Everyone brought out the soap and cleaning tack and we started cleaning our tack piece by piece. After we cleaned our tack Hollie had a special guest come and teach us all something new called qi chi, that helps with relieving stress and anxiety. The guest speaker started out with our breathing. She had us taking long deep breaths in and out. After we did this a couple of times, she handed out containers of bubbles, and had us breathing in and out. Doing this we would get big long bubbles. Doing this helped us all get rid of all of our stress that had been built up getting ready for the weekend. After the bubbles, the guest speaker had do these movements that rid the stress and anxiety of our

bodies. After the qi chi we had ice cream sandwiches and talked about any last minute details before Dressage for kids weekend.

The Riding Right boot camp gets me and my horse fully prepared for the D4K weekend, so thank you for your generous scholarship.