

Finally...My Recap of the 2017 Courtney King-Dye Clinic at Hassler Dressage Tessa Holloran

It has been such a busy and wonderful show season for me and Beau and I am still catching up on a lot of things. We were on the road quite a bit and in addition to showing, I was auditing clinics, grabbing lessons and cheering on friends. Now with some down time, I still remember quite clearly just how great it was in August in Maryland at possibly one of the most beautiful facilities anywhere. And, many thanks to Dressage4kids for the Scholarship toward the program.

I couldn't have asked for a better experience at the 2017 Courtney King Dye Clinic. It was my first time attending this clinic and I learned so much from everyone. It was an incredible clinic and so much fun. I met many new people but also already knew a few and it was fun to catch up. The freedom and trust that they give you makes it even better. There were about nine of us sharing one house and it just brought everyone closer and we got to know each other a little better. The facility was absolutely gorgeous and I couldn't have asked to have met a nicer group of staff. Beau wasn't too crazy about the hay we brought so they made sure we had some of the hay from their gorgeous fields. Every morning most of us would get up at different times depending on our ride times and depending what time fitness was, then we would ride our bikes through the field to the barn. I learned a lot of new exercises from the fitness that can be applied to my riding.

During the clinic I not only gained knowledge from riding in the clinic but also auditing other lessons as well. And since I was familiar with some of the riders and horses it was even better. My favorite part of the clinic was sharing a house with the other girls. We had so much freedom at the clinic but it brought us closer together to room with each other. It was nice to go back to the house and talk to the other girls about our lessons and what we could do to help our riding and them actually understanding what I was talking about.

Every morning after we arrived to the barn we would start with barn chores. Our chores included feeding our horses, cleaning their stall, dump and scrub water buckets and then we either did fitness outside the barn or we did it in the clubhouse. Everyday we did something different whether it was working on our core or finding our balance or even doing some yoga. We got many exercises that we can do on our own that will help improve our riding. We also had a lecture everyday. The lectures helped me gain lots of knowledge that not only I can use for riding but also the care of my horse.

I had a great experience at the Courtney King Dye clinic. There were so many familiar faces and I couldn't have asked for a better group of girls to spend my week with. I chose to clinic with Ali Brock and Scott Hassler and they were amazing. That week was probably some of the best lessons I have ever had and I still use some exercises that they had me do in my rides today. Scott really helped me use my seat a lot more in my riding and gave me tips and how to help me improve when I am

schooling on my own. And probably the biggest surprise was his suggestion to give Beau marshmallow fluff to encourage her to chew more. She's not a big fan of it but we did certainly try when we got home. Ali helped me get my horse really supple and through her back more, lifting her shoulders and focusing on less of her head placement and more making sure she was supple.

The Courtney King-Dye week was a great experience and since then I have seen many of the girls from the clinic. We talk about how much we enjoyed it, what we learned, and how we are improving in so many ways. Dressage4Kids opens so many doors for riders. Whenever I get back from an event, the people I talk to at the barn are just so impressed by all the opportunities. I know how lucky I am and so many others. But when you see adults who have been riding for longer than you have been alive, be starry eyed about what YOU get to do, it is really special.

A very special thanks to Dressage4Kids for the Scholarship toward this clinic. This is the second Scholarship I have received over the years and I am so grateful that they help make these amazing opportunities possible.