

February 2017

Dear Lendon,

Thank you again for the wonderful gift of a Lendon Gray Scholarship! I used the scholarship to train over the summer at Carbery Fields Farm with Elizabeth Caron. I also used part of the scholarship to continue training this past fall. Working with Liz has been an amazing learning experience. I kept a journal of my rides and lessons and I have been able to reflect on all I have learned the past 6 months.

Today is a perfect day to write about my training with Liz. We are having a big snow storm up here in Connecticut and I am enjoying a snow day from school! As I look over my notes, I remember how excited I was to begin training with Liz. She has a lot of experience working with young, green horses and I have a sensitive, green Morgan mare. Liz said that my horse, "Nixie" needed more experience understanding contact and using her body correctly. Also I needed to work on suppling my mare and bending her. Liz had me work on leg yielding exercises, shoulder in, haunches in, and haunches out. We also did a lot of canter work because Nixie's canter was a little unbalanced. Serpentine also helped to supple Nixie. Liz said it was also important for me to "ride every stride!" We worked on many of these exercises preparing for The Youth Dressage Festival at HITS.

I had a great time at Dressage 4-Kids! The judges really liked Nixie and felt she had potential. I did really well in my equitation class and also scored a 65 on my dressage test. I ended up placing 4th in my division which was quite exciting considering I was riding a sensitive, green horse! I remembered to use many of the techniques that Liz had taught me to keep Nixie relaxed in an exciting venue. I remembered to hold my reins like baby birds so I didn't squeeze too tight and I was able to maintain a steadier connection.

I have continued to work with Liz after Dressage 4-Kids. We have made some great progress with my mare Nixie. Liz rides Nixie a few times a month to teach her new movements. I also take weekly lessons with Liz and then practice what she teaches me during the week. I have exciting goals for this show season. I plan to show at Training 3 and First level. Nixie and I have learned so much thanks to a generous Lendon Gray scholarship and the excellent training from Liz Caron! I can't wait to see what 2017 has in store for us!

Sincerely,

Anneliese Woods age 13