



In this Newsletter

- Calendar
- Lendon's Tips
- Ring Stewards Needed
- Spot available in the Summer Intensive Training Program
- Dressage4Kids Store in Person at Lendon's Youth Dressage Festival
- Winter Intensive Training Program Applications Due
- Dressage4Kids Donated Horse Lease Program
- Working Student and Professional Opportunities
- Allison Brock's 5 Tips to Improve Mental Focus
- USDF and USEF Youth Awards Reminder
- Interview with Nick Wagman
- Upcoming Grant Deadlines - The Dressage Foundation

Scroll down to continue reading

Dressage4Kids Calendar

<https://dressage4kids.org/news-events/event-calendar.html>

Lendon's Tips

In keeping with the hot weather theme - I'd like to add a tip sent in from Sue B. from Cross Fields Farm in California. "Keeping a clean muck tub full of fresh water in a corner of the arena, preferably in some shade, really helps with R&R in hot weather. The rule for my riders is, every time you stop for a drink from the fence feeder holding your water bottle, offer your horse a drink, too."

Additionally, interesting research about cooling horses with water: to scrape or not to scrape. Posted by Alexandra Beckstett in TheHorse.com.

Study: To prevent exertional heat illness, handlers should reapply cool water to hot horses every minute without scraping it off. [Click here to continue reading the full article.](#)

Ring Stewards Needed

Calling all volunteers! We are still in need of volunteer Ring Stewards for Friday, August 13th and Saturday, August 14th at Lendon's Youth Dressage Festival at HITS on the Hudson Showgrounds in Saugerties, New York. If you or a friend are interested, please email our Volunteer Coordinator, Amanda Gifford at atahorse@gmail.com.

Spot Available in Summer Intensive Training Program

A spot has become available in the Dressage4Kids Summer Intensive Training Program. For more information, including the application form, go to <https://dressage4kids.org/programs/summer-intensive-training-program.html>.

Dressage4Kids Store in Person at Lendon's Youth Dressage Festival!

Come check out our Dressage4Kids Merchandise Store at Lendon's Youth Dressage Festival!

HITS on the Hudson Showgrounds
Saugerties, New York

August 13th and August 14th

WIT Applications Due

Are you interested in the Dressage4Kids Winter Intensive Training Program? Send in your application asap! More information, including the application can be found at <https://dressage4kids.org/programs/winter-intensive-training-program.html>

Dressage4Kids Donated Horse Lease Program

Do you know about our Dressage4Kids Donated Horse Lease opportunities? Learn more about our lease program.

[Click here for more information.](#)

Working Student and Professional Opportunities

Lendon knows of a few job opportunities for both working students as well as established professionals. For more info email Lendon at graydressage@gmail.com.

Allison Brock's 5 Tips to Improve Mental Focus

Featured in Dressage Today
By Allison Brock with Eliza Sydnor Romm

<https://dressagetoday.com/rider-wellness/allison-brocks-5-tips-to-improve-mental-focus>

1. Pick an Appropriate Instructor
2. Be a Receptive Student
3. Film Your Lessons
4. Learn to Be Present
5. Quiet Your Inner Critic

[Click here for the full article.](#)

USDF and USEF Youth Awards Reminder

- USEF Youth Sportsman's Award – applications are due to USDF **by August 15** – please note this deadline has been moved earlier than in previous years!
 - https://www.usef.org/forms-pubs/dG-Y2_JiOjE/national-youth-sportsmans-award
 - Youth Volunteer of the Year – nominations must be submitted **by August 31**
 - <https://www.usdf.org/docs/awards/service/USDFYouthVolunteerOfTheYear.pdf>
 - Youth Convention Scholarship – applications must be received **by August 31**
 - <https://www.usdf.org/docs/awards/other-awards/scholarship/USDFYouthConventionScholarshipApplication.pdf>
-

Interview with Nick Wagman

As part of the Winter Intensive Training Program all the WITees had to interview someone in the horse industry. Below is an excerpt of Caroline Cadorette's interview with Team USA's Nick Wagman.

Wagman gave many words of advice and wisdom — he expressed the importance of watching and studying others — taking things home and figuring it out yourself. The Team USA rider expressed that his favorite thing about this sport is that “you never stop getting better”. Wagman talked about how it can often be hard to look around and see others doing things you may wish you were doing, or thinking that one must do something by a certain age. Wagman’s advice on this topic was a huge take away. His emphasis on patience was extremely powerful — “everyone’s path is different”. His words resonated when expressing that at 20 he wanted to be going to the Olympics, “but I wasn’t half the rider at 20 that I am today — it’s a slow journey, not a quick rise”.

TDF Grant Applications Due

<https://www.dressagefoundation.org>

Anne Barlow Ramsay \$25,000 Grant One annual Grant of \$25,000 is awarded to showcase talented American-bred horses ridden by United States citizens, by providing funds to train and compete in Europe or Wellington, FL.

Application deadline - August 15th of each year

Carol Lavell Advanced Dressage Prize Two \$25,000 Prizes are available each year, to provide financial assistance for coaching and training to a talented, committed, qualified rider whose plan is to reach and excel at the elite, international standards of high performance dressage.

Application deadline – August 1st

Carol Lavell Gifted Memorial Fund Offers up to eleven \$1,000 grants per year – one for each USDF Region plus two wild card grants. The grants enable adult amateurs to set aside quality time, in concentrated training, away from the daily pressures of job and family with a horse the recipient owns or formally leases.

Application deadline – September 15th

Cynthia Aspden Youth Development Fund The goal of the Cynthia Aspden Youth and Young Rider Development Fund is to provide financial assistance to youth and young adult riders (age 25 and under) to aid in their development in dressage. Grants awarded will typically be \$1,000.

Application deadline – September 1st

Lynn Palm Western Dressage Fund for Individuals Grants in the amount of \$1,000 each are available for riders who need financial help to continue their Western Dressage education. Applicants can be professionals, amateurs, or youth. The grant review committee will look for applicants who are eager to grow and improve, have shown a passion for the sport, have financial need, and who have demonstrated a commitment to learning.

Application deadline – July 20th of each year

Team Tate Mentorship and Leadership Fund The goal of this Fund is to provide one annual grant of up to \$5,000 for a dressage professional, age 25 and over, to receive business, leadership or personal coaching education and/or to work with his/her dressage mentor to improve equestrian skills.

Application deadline – July 15

<https://www.dressagefoundation.org>



About Dressage4Kids

Dressage4Kids, Inc. is a non-profit 501(c)(3) organization incorporated for the express purpose of providing educational and competitive opportunities for youth riders and the adults who support them.

<https://dressage4kids.org>

[Check out our videos on YouTube](#)

Dressage4Kids | d4k.org@gmail.com | dressage4kids.org

See what's happening on our social sites:

