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## In this Newsletter

- [Calendar](#)
- [Training4Teaching January 7 2024](#)
- [Training4Teaching January 15 2024](#)
- [D4K UP Virtual Educational Series January 22 2024](#)
- [Thank you D4K TEAM Clinic Speakers](#)
- [Meet Youth Dressage Festival Competitor Abigail Parent](#)
- [D4K WIT Rider Spotlight](#)
- [D4K Horse Donation Program](#)

[Scroll down to continue reading](#)

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## Dressage4Kids Calendar

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

### January

D4K Winter Intensive Training Program at Top Meadow Farms in Wellington, Florida - visitors welcome, contact Lendon Gray at [graydressage@gmail.com](mailto:graydressage@gmail.com)

January 7: Training4Teaching Classroom Seminar Series with Ali Brock "Teaching Considerations"

January 15: Training4Teaching Panel Discussion with Jennifer Baumert, Ashley Holzer, Olivia LaGoy-Weltz and Marsha Lewis

January 21: Training4Teaching Classroom Seminar Series with Laura King "7 Keys to Developing Mental Toughness and Avoiding Burn Out"

January 22: D4K UP with Sarah Tubman and Marin Roth

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## Training4Teaching January 7th - Open to All

Register today!

Sunday, January 7th Dressage4Kids is pleased to welcome Ali Brock for a discussion on teaching considerations.

Sunday, January 21st Dressage4Kids is pleased to welcome Laura King for a discussion on 7 keys to developing mental toughness and avoiding burn out. Being an equestrian trainer can be physically and mentally demanding and developing mental toughness is crucial to avoiding burnout. Laura will teach you seven keys to help you cultivate mental toughness and maintain resilience in your role as a trainer.

Additional dates include:

February 4  
February 18

Registration in advance is required at <https://dressage4kids.org/programs/d4k-training4teaching/training4teaching-classroom-seminar-series-january-march-2024.html>



*Join Us*

Dressage4Kids kicks off its in-person  
Training4Teaching educational series:

**Sunday, January 7, 2024**

## Ali Brock presents: Teaching Considerations

### SAVE THE DATES

- January 7
- January 21
- February 4
- February 18

6 p.m. - 8 p.m.  
The Media Room  
Wellington Community High School  
2101 Greenview Shores Blvd.  
Wellington, FL 33414

Complimentary Event - Light Supper Provided - R.S.V.P. at [www.dressage4kids.org](http://www.dressage4kids.org)

This series features Lendon Gray with invited professionals, dressage instructors, psychologists, and more to cover such topics as teaching skills, special considerations for teaching non-competitive amateurs and very young riders, ethics and professionalism, teaching vs. coaching, dealing with fear or overconfidence.

Questions? Would you like to be an in-person or Zoom speaker? Email [graydressage@gmail.com](mailto:graydressage@gmail.com)

There is an opening for a speaker, if you are interested, contact Lendon Gray at [graydressage@gmail.com](mailto:graydressage@gmail.com).

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## Training4Teaching January 15th - Open to All

Sponsored by Stillpoint Farm and Tuny Page

Register today!

Monday, January 15th Dressage4Kids is pleased to welcome speakers Jennifer Baumert, Ashley Holzer, Olivia LaGoy-Weltz and Marsha Lewis for a panel discussion on coaching riders of all levels in competition - and how riders prefer to be coached.

Registration in advance is required at <https://dressage4kids.org/programs/d4k-training4teaching/training4teaching-january-15-2024.html>.

# Monday, January 15<sup>th</sup>

## Dressage4Kids™ Training4Teaching Program

Panel Discussion: Coaching at Shows – Riders of all Levels

*with Jennifer Baumert, Lendon Gray,  
Ashley Holzer, Olivia LaGoy-Weltz and Marsha Lewis*

6:00pm Hors d'Oeuvres

7:00pm Panel Discussion

Wellington National Golf Club in Wellington, Florida

Register in advance at [dressage4kids.org](https://dressage4kids.org)

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### D4K UP Virtual Educational Series - Open to All

Monday, January 22nd at 7:30pm EST via Zoom

- Moderator: Lendon Gray
- *Presentation with Sarah Tubman and Marin Roth: The Pan Am Games from the perspective of a competitor and a groom*

Monday, February 5th at 7:30pm EST via Zoom

- Moderator: Lendon Gray
- *Presentation with Dr. Cleo Bubulka: Equine First Aid*

Monday, March 11th at 7:30pm EDT via Zoom

- Moderator: Lendon Gray
- *Presentation with Ann Guptill: The Pyramid of Training*

Monday, March 18th at 7:30pm EDT via Zoom

- *Intro to the Revamped USDF Instructor/Trainer Development Program (separate registration form, check back for updates)*

Monday, March 25th at 7:30pm EDT via Zoom

- Moderator: Lendon Gray
- *Presentation with Heather Beach, DVM: Equine tendons and ligaments*

Register today at <https://dressage4kids.org/programs/d4k-unmounted-programs/d4k-up-virtual-educational-series-2024.html>

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### Thank You D4K TEAM Clinic Speakers

Many thanks to all the 2023 TEAM Clinic Speakers!

Are you interested in hosting a TEAM Clinic? Contact Lendon Gray at [graydressage@gmail.com](mailto:graydressage@gmail.com).

Colleen Akin

Dr. Kate  
Echeverria

Tania Kowalski

Sheldon Riturban

Dr. Sean Allison	Dr. Kate Frasier	KC LaPierre	Stefanie Rosso
Madelyn Baer	Margaret Freeman	Marsha Lewis	Marla Royer
Corie Bannon	Megan Frye	Dr. Alex Lognion	Brandi Sangster
Dr. Jill Barbaras	Cody Gilreath	Brian Lomax	Mike Schoenborn
Brian Barret	Brynne Gingras	Kat Ludewig	Trisha Schreiber
Nicole Birkholzer	Ms Glitter	Mica Mabragaña	Catherine Schultz
Michael Bragdell	Kerrigan Gluch	Jess Macho	Brianna Sears
Ali Brock	Caroline Grosso	Janine Malone	Dr. Patricia Seebach
Dr. Bunn	Eric Grover	Vee McKey	Abby Share
Grace Burley	Kevin Hadfield	Dr. Andy McWhorter	Dorothy Skierkowski
Kathy Childs	Angela Halloran-Smith	Liz Molloy	Lynne Smith
Rachel Cintula	Nicole Hamilton	Brie Murray	Lacey Spencer
Beth Clarke	Debra Harrison	Emily Nitzsche	Sue Strohmeier
Molly Czub	Zachary Hebert	Ali Perkins-LaTorre	Scot Tolman
Dr. Bess Darrow	Nicole Himmelwright	Dr. Paul Perreault	Dr. Aimee Vaughn
Debbie Davenport	Dr. Breanthy Humphrey	Christopher Peterson	Dr. Carol Vischer
Toby Densmore	Hannah Irons	Veronica Ramirez	Cheryl Williams
Natalie DiBerardinis	Deborah Johnson	Kaycee Richard	Krystal Wilt
Jadelyn Downer	Emme Johnston	Rood and Riddle	Agi Yother
Bettina Drummond	Jason Koffel	Danielle Rigby	Lori Zunigar

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## Meet Youth Dressage Festival Competitor Abigail Parent

Abigail Parent was the Walk/Trot/Canter U14 Division Champion of YDF 2023

Q: How many years have you been riding?

Abigail: I've been on horses since I could sit up. I tried a little bit of everything when I was

younger. Now, I mainly focus on dressage but I still love jumping and going on trail rides. We have had my pony since before I was born. She is now 26 and I am still competing with her to this day!

Q: How many years have you competed at YDF?

Abigail: This year was my second year competing at YDF.

Q: What was your favorite part about YDF this year?

Abigail: I really enjoyed the demos. The last time I went was during COVID so they didn't have demos. I really enjoyed seeing horses competing at very high levels but with very different conformation while Lendon narrated what they were doing.

Q: What was your reaction when you found out you were the Walk/Trot/Canter Division U14 Champion?

Abigail: I was hoping for the top five and I was very surprised when I won! My dressage and equitation riding scores were good but I didn't actually win those classes... but I had the highest written test score. I already want to start studying for next year!

Q: What are your future riding goals/plans?

Abigail: I would like to do first level next year with Benny and bring him up the levels. My long term goal is to get my bronze medal with him. I would also like to continue showing my 26-year old Arab who I just spent a year rehabbing and am now showing again.

Q: Are you planning on returning to YDF next year?

Abigail: Yes, definitely!!!

Q: Can you tell us a little bit about your horse?

Abigail: I attended YDF with my 5 year old Connemara cross, Benny. My mom and I got him as a yearling from Blackwing Connemaras in Louisiana. He is like a puppy dog and will follow me anywhere! I was the first to back him and have been riding him tackless, loose in the paddock since he was very young. A girl on my team actually owns Benny's cousin so he was able to meet him!

Q: Are there any funny quirks about your horse?

Abigail: He loves to lick things just like a dog. If he's nervous or stressed he "power licks." He also loves learning new things. I am currently teaching him new tricks, one of which is lying down on command.

Q: What's your horse's favorite treat?

Abigail: I actually have a horse treat business called Abby's Sweet Treats that Misty View Equestrian (owned by my mom and aunt) distribute. He really likes them. He is weird about textures though, so if I make a batch that gets a little burnt, he refuses to eat them. He also loves the usuals like carrots and apples.

Q: Does your horse have a favorite class at YDF?

Abigail: The trail class was really fun but Benny is a big wimp and scared of everything! At the end of the class, Margaret Freeman let him take the carrots. This class was only his fifth time in the show ring so being able to leave with carrots in his mouth made it a particularly great experience. I know he will always enjoy going into a ring for the hope of some carrots ;).

Q: What's your horse's favorite dressage movement to perform?

Abigail: I think his favorite move is the halt! Benny has learned to move forward off my leg but he always would prefer to halt and just hang out.

Q: Did you compete on a team this year? If so, what was it like?

Abigail: Yes, our team was made up of 8 girls. Some of them I knew, and others I met at the show. We are already planning to be a team again next year and are brainstorming ideas for the tack room decorating contest.

Q: Is there anything you would like to add?

Abigail: Yes, I would like to thank my mom and my aunt for inspiring me to do dressage and for helping and coaching me almost every ride and for my grandmother who is my ultimate riding cheerleader. I am also thankful to all the great coaches I have ever ridden



with particularly Colleen O'Connor-Dzik, Meghan Hamilton, and Anna Phillips. In addition I am thankful to Maciel Dum who provided me with great last minute coaching at the YDF that was extremely helpful! I am also thankful for Lendon Gray and all the wonderful volunteers that made this show a possibility. Lastly, I am so incredibly thankful for the amazing horses that I have in my life.



Abigail Parent and Benny

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## Dressage4Kids Winter Intensive Training Program - Rider Spotlight

For more information about the Dressage4Kids Winter Intensive Training Program, go to:  
<https://dressage4kids.org/programs/winter-intensive-training-program.html>





Olivia Martz

"The D4K WIT program gave me the opportunity to meet people I never would have expected to meet and ride a horse I never would have expected to have. The kind of dressage it exposes you to is mind blowing and the community it creates is so welcoming."

WIT Participant 2022



## D4K Horse Donation Program

Since its inception, Dressage4Kids has had over 100 horses (and ponies) donated. Each horse is matched with a rider who agrees to care for the horse forever. We have several horses that have competed at the highest levels in dressage, and others that have successfully helped their riders advance through the national levels. It is incredibly important the each horse or pony is matched with the right rider as the happiness of all is our premier tenet. For more information, go to:

<https://dressage4kids.org/programs/dressage4kids-horse-donation-program.html>



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## 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

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Dressage4Kids | [d4k.org@gmail.com](mailto:d4k.org@gmail.com) | [dressage4kids.org](https://dressage4kids.org)

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See what's happening on our social sites:



Dressage4Kids Inc | 21 Lake Avenue, Bedford, NY 10506

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