



## Dressage4Kids is excited to announce D4K UP!

D4K UP stands for Dressage4Kids Unmounted Programs and will encompass what was previously known as D4K WEP (the Dressage4Kids Weekend Equestrian Program) along with new educational experiences.

D4K UP will include in-person and virtual (via Zoom) events and act as a platform for the unmatched educational opportunities that participants have come to expect from Dressage4Kids Programs.



Previous participants of all ages, levels, and disciplines attend a past D4K UP event

D4K UP has had a long history of educating equestrians. D4K WEP, the foundational program for D4K UP, first began in 2003. Over the past 20 years, thousands of participants have enjoyed access to lectures and demonstrations from nationally and internationally renowned riders, trainers, judges, equine law practitioners, veterinarians, farriers, saddle fitters, equine biomechanics specialists, stable managers, grooms, biosecurity experts, massage therapists, fitness leaders, sports psychologists, artists, and more.

Some past highlights of the program include USEF “S” Judge Margaret Freeman discussing the new USEF/USDF Tests. Attendees were also able to hear from Ali Brock, who discussed her journey to the Olympics.

Other past speakers have included Olympians Robert Dover, Denny Emerson, Laura Graves, Adrienne Lyle, Steffen Peters, and Sabine Schut-Kery; Para-Equestrian athletes

Sydney Collier and Gigi McIntosh; FEI 5\* Judge Janet Foy; equine biomechanics expert Dr. Hilary Clayton; author Beth Baumert; and many others.

The D4K UP program has even taken young riders all over the world! In 2018, Dressage4Kids organized a trip for a small group to attend the FEI Pony European Championships. The championships took place at Bishop Burton College in the UK. The riders were able to broaden their riding knowledge as the championships covered many disciplines, including, dressage, showjumping, and eventing. Dressage4Kids founder and Olympian, Lendon Gray led the group in discussions of warm-ups, competition test riding, riding theory, and more! The trip was incredibly worthwhile as riders also enjoyed cultural excursions, with a visit to Windsor Castle and Gloucester Cathedral. The opportunities that D4K UP offers are certainly one of a kind!



The D4K UP trip to the FEI Pony European Championships included a visit to Carl Hester's facility to watch Carl Hester and Charlotte Dujardin train. Participants even got to meet Valegro!

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Participants gain access to an arsenal of knowledge on horsemastership that they can apply to their futures in the horse world and at home.

D4K UP will provide both in-person and virtual events and learning opportunities. The unmounted programs that D4K UP focuses on are collaborative and conducive to building team camaraderie. Participants have the opportunity to network with each other and meet up with friends, old and new!

Dressage4Kids is grateful to the experts who dedicate their time to sharing their equine-related passions and educating equestrians of all ages and experiences. D4K UP will continue to provide invaluable experiences to all those interested in horses. Riders of all ages, levels, and disciplines; parents; trainers; coaches; and judges are welcome.

To make a donation to D4K UP, visit <https://dressage4kids.org/donate/> or contact Mary Livernois at [d4k.org@gmail.com](mailto:d4k.org@gmail.com).

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# Upcoming Programs as part of D4K UP

## D4K UP Virtual Educational Series

To register to go: <https://dressage4kids.org/programs/d4k-unmounted-programs/d4k-up-virtual-educational-series-2024.html>

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

- *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 25th at 7:30pm EDT via Zoom

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

To register to go: <https://dressage4kids.org/programs/d4k-unmounted-programs/d4k-up-virtual-educational-series-2024.html>

## D4K Focus on the Collective Marks

Dressage4Kids is offering the USDF Focus on the Collective Marks Remote Workshop with USEF 'S' Judge Margaret Freeman.

Part 1: Monday, February 12th at 7:30pm EST via Zoom

Part 2: Monday, February 26th at 7:30pm EST via Zoom

For more info and to register, go to: <https://dressage4kids.org/programs/d4k-unmounted-programs/d4k-focus-on-the-collective-marks.html>

## D4K Intro to the USDF Trainer Development Program

Dressage4Kids is offering an Intro to the Revamped USDF Instructor/Trainer Development Program.

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

Stay tuned for more info.

## D4K Taste of the L Education Program

Dressage4Kids is offering the USDF Taste of the L Education Program Remote Workshop with USEF 'S' Judge Lisa Schmidt.

Part 1: Monday, April 22nd at 7:00pm EDT via Zoom

Part 2: Monday, May 6th at 7:00pm EDT via Zoom

For more info and to register, go to: <https://dressage4kids.org/programs/d4k-unmounted-programs/d4k-taste-of-the-l-education-program.html>

## D4K UP Lectures and Open House at Tufts Equine Center

Saturday, April 13th, stay tuned for further details

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For more info and to register, go to:<https://dressage4kids.org/programs/d4k-unmounted-programs/d4k-taste-of-the-l-education-program.html>

### **D4K UP Lectures and Open House at Tufts Equine Center**

Saturday, April 13th, stay tuned for further details

# Save the Date

Saturday, April 13, 2024



**Dressage4Kids**<sup>TM</sup>

**D4K UP Lectures  
Open House**

**Tufts**  
UNIVERSITY

Cummings School  
of Veterinary Medicine

Equine Sports Medicine Complex  
53 Willard Street, North Grafton, MA

## D4K UP By Date:

January 22, 2024 - D4K UP with Sarah Tubman and Marin Roth: The Pan Am Games (via Zoom)

February 5, 2024 - D4K UP: Equine First Aid (via Zoom)

February 12, 2024 - D4K UP USDF Focus on the Collective Marks Remote Workshop Part 1 (via Zoom)

February 26, 2024 - D4K UP USDF Focus on the Collective Marks Remote Workshop Part 2 (via Zoom)

March 11, 2024 - D4K UP with Ann Guptill: The Pyramid of Training (via Zoom)

March 18, 2024 - D4K UP Intro to the Revamped USDF Instructor/Trainer Development Program

March 25, 2024 - D4K UP with Heather Beach, DVM: Equine Tendons and Ligaments (via Zoom)

April 13, 2024 - D4K UP at Tufts Equine Center in North Grafton, Massachusetts

April 22, 2024 - D4K UP USDF Taste of the L Education Program Remote Workshop Part 1 (via Zoom)

May 6, 2024 - D4K UP USDF Taste of the L Education Program Remote Workshop Part 2 (via Zoom)

For more info:

D4K UP Virtual Educational Series 2024:

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

D4K UP USDF Focus on the Collective Marks:

<https://dressage4kids.org/programs/d4k-unmounted-programs/d4k-focus-on-the-collective-marks.html>

D4K UP Intro to the Revamped USDF Instructor/Trainer Development Program:

stay tuned for further details

D4K UP Taste of the USDF L Education Program:

<https://dressage4kids.org/programs/d4k-unmounted-programs/d4k-taste-of-the-l-education-program.html>

D4K UP Lectures and Open House at Tufts Equine Center:

<https://dressage4kids.org/programs/d4k-unmounted-programs/d4k-up-at-tufts-equine-center-april-13-2024.html>

For more D4K Events, check out the full calendar at:

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

See what's happening on our social sites:



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