

D4K scholarship report 2018 - Rory Pranchak

The Scholarship money I got from Dressage4Kids went towards the 3 day boot camp my stable provides to prepare for D4K. During camp we study for the written test, have group and individual rides, and clean up the horses and their tack.

The first day of camp, we started out with balimo (balance in motion). We walked around the edges of Hollie's farm matt, we walked on our heels and toes then on the inside and outside of our feet. We did this to acknowledge that we can ride on the inside or outside of our feet and what is easier on the horse. We also did cross coordination exercises to improve brain coordination. After balimo i had a ride with Gail Kapiloff, a judge Hollie brings to help with our dressage test. I rode my dressage test then Gail helped me with my left lead canters and transitions since the horse i ride has trouble with those. Gail also gave me tips on diagonals and how to improve my horses bend. After she worked with me we went through the test again and I tried to do all the things she helped me with. After riding, me and a couple of my teammates went with Nicole Wilber to learn horse management, which included how to wrap a horse's leg, TRP, and signs of illness. After I went to Julie Crosier who helped us study for the written test.

The second day of boot camp started out with a 90 minute yoga class my instructor Hollie set up. After yoga I felt kind of soar but it really loosened me up. I am sharing a horse with Hadley Perkins and while she had a ride i was supposed to clean the horse and his tack. Since we share everything I helped my teammates clean their horses. Hadley left the lesson early so we could clean the horse we are riding, Lear. We cut his bridle path and fetlock, trimmed his tail, and pulled his mane. We left bathing him, cleaning his tack, and braiding his mane to Thursday. Then i had to tack him up for my group lesson. Hollie had our lesson based on how lessons are in Germany, wear you warm up and work on what you want and the instructor just gives tips to improve on. Every time i had free time I studied Training Horses the Ingrid Klimke Way, the Prize List, and USEF Dressage Attire and Equipment. We also made stall cards with the horses name and emergency contact.

The third and last day of camp, we started off with Pilates. Hollie booked an instructor who came for 90 minutes. Hollie also brought in a horse massagist, Eva Peterson who worked with all the horses. Lear the horse I ride had a huge bulge in his neck and as Eva was working with him she found out that the bulge was twisting a tendon causing Lear to have a huge headache. The headache has been there for a long time and she didn't know how long but most likely from before Hollie got him. Getting rid of the headache was a relief because when i rode him after his ears were up and was a lot happier. In my ride we had an equitation based class and helped with my positions and transitions.

Thank you for granting me the scholarship money, boot camp helped me improve my overall placing at D4K. Boot camp really helped with the Written test because I by accident got the wrong book, I found out at camp and then got to borrow the right book and my teammates studied with me a little extra to help. D4K is my favorite event of the show season and I always look forward to it. By giving me the money it really helped me improve as a rider and I can't wait to come next year.

Sincerely, Rory Pranchak