



Quick quiz - in what year did the D4K Horse Donation Program start?

The Dressage4Kids Horse Donation Program started in 2011!

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Dressage4Kids Calendar

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

May

May 6-7 D4K TEAM Clinic at Sagewood Farms in Ravenna, Ohio

May 8 D4K Weekend Equestrian Program Zoom with Laura King

May 13-14 D4K TEAM Clinic at Asolare Sporthorses in Greenfield Center, New York

May 20-21 D4K TEAM Clinic at Mills Farm in Opelousas, Louisiana

May 22-23 D4K TEAM Clinic at Mills Farm in Opelousas, Louisiana

May 27-28 D4K TEAM Clinic at Winchester Stables in Newfane, Vermont

June

June 3-4 D4K TEAM Clinic at the National Equestrian Center in Devonshire, Bermuda

June 10-11 D4K TEAM Clinic at Meadowbrook Farm in Naples, Maine

June 10-11 D4K TEAM Clinic with Mica Mabragaña at RER Ponies in Hatfield, Massachusetts

June 23-24 D4K TEAM Clinic in British Columbia, Canada

June 25-26 D4K TEAM Clinic at Windsum Enterprises in Langley, British Columbia

Dressage4Kids Horsemastership Clinic June 28-30th

Dressage4Kids is excited to offer a D4K Horsemastership Clinic with guest instructors Allison Brock and others to be announced.

Dates: June 28-30, 2023

Location: Hilltop Farm in Colora, Maryland

Auditors are welcome.

For more information, including the application form, go to:

<https://dressage4kids.org/programs/d4k-june-2023-horsemastership-clinic.html>

Dressage4Kids Zoom Series Continues

Registration in advance is required. For more information, including how to register, go to: <https://dressage4kids.org/programs/weekend-equestrian-program-2023.html>

Monday, May 8th at 7:30pm EDT via Zoom

- *Discussion with Laura King about Sports Psychology*

Monday, May 22nd at 7:30pm EDT via Zoom

- *Discussion with Georgia Vigo and Beth Beukema about applying to college as an equestrian*
-

Volunteers Needed

Volunteers, we need you!

Who: You!

What: Dressage4Kids Youth Dressage Festival

When: August 10-12, 2023

Where: HITS on the Hudson Showgrounds in Saugerties, New York

How: There are many things to help with that require varying amounts of time and knowledge. Whether you have a few hours or a full day or more, your help is welcome! If you or someone you know would like to volunteer, please contact our volunteer coordinator, Amanda Gifford, at atahorse@gmail.com.

If you cannot volunteer at the Youth Dressage Festival, please consider volunteering at another clinic or horse show. The equestrian community is always in need of volunteers!

Dressage4Kids Winter Intensive Training Program - Rider Spotlights

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



Alexa Derr

"The WIT program was truly life changing. It kickstarted my career as a young professional; it gave me the foundation to my training and horse management system; it helped me develop lifelong mentorships and friendships; but, most importantly, it taught me the value of persistently working hard for my dreams. I wouldn't be where I am or who I am without this program."

WIT Participant 2013



PC: Dawn Maurer Derr

Alexa Derr is a Grand Prix Dressage Trainer & Owner of Vue de Lou Dressage. She is a recipient of D4K donation horse: Versace N. She has her USDF Bronze, Silver and Gold Medals as well as USPC C2 Flat and H-B Certifications. With a B.S. in Business Administration and Marketing from Albright College, Alexa is able to embrace both of her passions: dressage training and industrial/operational business.

Scholarship Report - Brynne Varvel

Many thanks to Oded Shimoni, Anne Baber Wallis, and to all those who helped make this scholarship possible!

Brynne Varvel was this past year's recipient of the D4K Christian Kennedy Young Adult Scholarship. This scholarship is awarded in memory of Christian Kennedy and funds one advanced rider, age 18-26, for the winter training season in Wellington, Florida. Follow along with Brynne through her blog at <http://www.varvelsporthorses.com/blog>.



Key Takeaways from Dressage4Kids Zoom with Robert Dover and Steffen Peters

Many thanks to Robert Dover and Steffen Peters for joining Dressage4Kids for a discussion about the sport of Dressage! Some of the key takeaways:

- be kind to yourself and to others
- stand up against bullying
- you need honesty and trust in your relationships (with humans and equines)
- ground work is important and helps build mutual respect between horse and rider
- help your horse build confidence
- once you set a goal, commit to it 100%
- be okay with failures
- know there might be disappointments and find a way to move forward
- the importance of positive visualization - see your best you so you can be your best you

[Click here to view the recording on YouTube.](#)

World Class Grooming Clinic with Emma Ford and Cat Hill

[Click here for more info.](#)

World Class Grooming Clinic

May 6th, 2023

Sprieser Sporthorse
6782 Olinger Road
Marshall, VA 20115

Cat Hill & Emma Ford quite literally wrote the book on the care and grooming of the world's top horses. Co-authors of the best-selling book "World Class Grooming for Horses," they bear decades of experience working as elite grooms in the eventing and

dressage world, and now travel to teach hands-on lessons so you can take care of and turn out your horses to the Olympic standard!

This clinic isn't just a day of lectures - this is a HANDS-ON learning experience, and no horse required - we'll provide them, so you can just come and learn.

[Register by May 2nd. Click here for more info.](#)

NCDCTA Equine Festival

[Click here for more info.](#)

NCDCTA Equine Festival
July 21st-July 23rd, 2023
Portofino Equestrian Center
213 Portofino Dr
Clayton, NC

The NCDCTA Equine Festival will bring a fun-filled, educational event for all equine enthusiasts. Over the 3 day event, we will host 3 internationally renowned clinicians, offer a variety of lectures and seminars on various equine topics, and shopping galore in our vendors paddock.

NCDCTA will host 3 clinics with international clinicians, Leslie Morse (Dressage), Phillip Dutton (Eventing), and Daniel Stewart (sports psychology/riders fitness). NCDCTA members will have the opportunity to apply to ride with these clinicians at a discounted rate.

Tickets are available for spectators to audit clinics, attend equine related lectures and seminars, as well as shop in the Vendor Paddock.

[Click here for more info.](#)

Dr. Jenny Susser - The More Skills We Have, The Less Fear Bothers Us

<https://yogaforhorseriders.com/blog/psychologist-dr-jenny-the-more-skills-we-have-the-less-fear-bothers-us>

Published in Mat & Saddle Equestrian Yoga

When she first became a sports psychologist, Dr Jenny Susser, or “Dr Jenny”, could not have envisaged she would end up working with equestrians. As a former All-American swimmer and athlete, she says for her, sports psychology lived elsewhere, and that for some people horse riding didn’t even really qualify as a sport.

“Working with equestrian athletes wasn’t even on my radar, it wasn’t even a thought,” she explains. “Actually, when I was in graduate school, I really wanted to work with pro football.”

It was around this time that Jenny took up riding again after a decades-long break and – in her words – became “re-smitten”.

But it wasn’t until she met American dressage rider and Olympian Lendon Gray, and started coaching children at Lendon’s [Dressage4Kids](#), that Jenny became open to the idea of working with equestrians.

“I did stuff for Lendon for years and just absolutely loved it, she is just an extraordinary human being,” she tells me.

“Then people started asking me for individual sessions and then I started [doing clinics], it

kind of, was, by accident.”

Since then, equestrians have come to dominate the work Jenny does as a sports coach. She works with riders of all levels from amateur to professional, and is currently an Equestrian Masterclass instructor for the educational website Noellefloyd.com. In 2012, she served as Team Sport Psychologist for the American dressage team at the Olympics in London.

[Click here to continue reading.](#)

Important Dates for Youth Riders

May 1

Applications open for USEF Youth Sportsman's Award

June 30

USDF Youth Dressage Rider Recognition Pin Program - program year ends

The Dressage Foundation Grant Application Deadlines

May 15

Military Grant Fund

June 1

George Williams Fund for Young Professionals

June 1

Veronica Holt Fund for Dressage Technical Delegates (if not awarded in March)

June 30

Debbie McDonald Fund

For more information about The Dressage Foundation, go to

<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:

