

# My SIT Experience

By: Emma Nasados

During the month of August, I had the amazing opportunity to participate in the first ever Dressage4Kids Summer Intensive Training Program. SIT was held at Pineland Farms Equestrian Center in New Gloucester, Maine. This program was definitely life-changing, and I am so thankful that I was able to receive a D4K Scholarship for this!

A typical day in the SIT program would start at 6:30 am. We would start off with morning chores, which would include feeding, mucking stalls, sweeping the aisle, etc. After chores were over, lessons would begin. Most days I had a semi-private lesson, but I did occasionally have a private. Throughout the day we would watch lessons, clean tack, and help out with various chores in the stable. At around 1:30 everyday we had a lecture on various topics such as, public speaking, the equine digestive system, nutrition, acupuncture, saddle fitting, you name it! After the lecture we would begin afternoon chores which involved feeding, cleaning stalls, and our assigned daily chore. Some of the daily chores were emptying arena muck buckets, cleaning the wash stalls, sweeping the feed room/hay loft, and tidying the tack room. After chores we would go to fitness led by the incredibly innovative Angie Morin. We had such a well-rounded fitness program! We had Core days, HIIT days, Bootcamp days, Yoga days, and then every Friday we would head to a local park to play a game, such as Capture the Flag and Sharks and Minnows. My favorite workouts were Bootcamp days! After fitness we would head back into the stable to sign up for lessons the next day and to make sure everything was set out for night check. Then I would head home to have dinner and go to bed early!

Every Thursday was hack day! There were so many fields and trails that were PERFECT for hacking. We also got Sundays off and split our AM and PM chores with our day off partner. My partner was Finley Peterson!

I learned so much from my lessons with Lendon Gray. We also had two guest instructors come in and teach (Liz Austin and Hope Cooper). During my lessons, we would work a lot on releasing tension and relaxing, with my mare, Hereford. One of the biggest things that stuck with me was with the Shoulder-In. Lendon told me how the outside rein controls the amount of angle, and the inside rein controls the bend. So, if you are getting too much angle, think of giving your outside rein.

Of course none of this would have been possible without everyone's unconditional support. Big thanks go to Rick Lane for allowing us to use your beautiful

facility and take over your arena and paddocks, Meagan Cadorette for being the best barn manager and bringing barn breakfasts on Thursdays, Caroline Cadorette for helping organize, Angie Morin for being a PHENOMENAL fitness instructor, Lendon Gray for the very helpful lessons, and of course D4K for making all of this possible. I had such a great time during SIT! I wish I could have stayed for September!