

Youth Dressage Camp

By: Emma Nasados

Thanks to the help from Dressage 4 Kids, I was able to attend a youth dressage camp in Wellington, Florida, that took place from February 17-23, 2019. The camp was hosted by Nancy Lavoie and Carousel Dressage Horses. Leah Drew, along with myself, were the participants. We had daily lessons and coaching in mental fitness.

Most days would start at 7 A.M. We would start by helping out working students, Olivia and Lexie, with mucking stalls and tidying up the barn. Next, we would normally eat breakfast, and during that time, Nancy, Leah, and I would talk about our workbooks that we had completed. Our workbooks consisted of questions about our goals and areas we wanted to improve on that week. I really wanted to work on staying positive about things. After breakfast, we would either watch Nancy, Olivia, or Lexie ride, or we would ride. For most of the duration of camp, I rode an Oldenburg gelding named Pnut. He was a very good boy! After we rode, we were responsible for cleaning our tack and giving our horses a bath. We also worked on groundwork throughout the week with a horse named Bugs. On the last day, Nancy taught us a yoga movement called a “sun salutation”. This movement is very helpful in finding your balance that can also help you in the saddle.

Overall, I had an amazing week at dressage camp. I have learned so much, such as, keeping my seat independent, and asking for “down” transitions in the moment of “give”. I have also brought home amazing tricks to help with my mindset. I cannot thank Dressage 4 Kids enough for helping me participate in this amazing opportunity. I have learned so much and am so excited to try all of the new tricks I learned, on my horse!!



The horse I rode for most of the week! (Pnut)



Nancy, Leah, and myself (I am on Pnut!)