



Over Mother's Day weekend, Dressage4Kids held a TEAM clinic at Rhythm & Blues Equestrian Center in Quakertown, Pennsylvania. I took my 17 year old, 13.2 hand Welsh/TB pony, Destiny. We are planning to go to regionals this year at training level. I would also like to get my other 1st level score towards my USDF Bronze Medal, as well as show Second Level by the end of show season at a schooling show.

On Saturday morning after the opening remarks, I was the first rider. We worked on not over bending in our leg yields, keeping all gaits forward, ALWAYS having a good, forward walk, and keeping her round. Destiny's neck was overbent and she was very crooked and running through me/"pulling" me to the wall in the leg yields. We got them fairly even and not running. To help with keeping her forward, I was working on not using my leg/spur every stride and bugging her, which has made her dull to the aids. I needed to focus on turning my toes to the inside instead of pointing them out to help fix this problem. Forward helped to fix the roundness issue too. We had a wonderful homemade lunch then did a Mother's Day craft; painting picture frames! We had a pizza party for dinner after Dr. Susie Lutz, D.V.M. of Quakertown Veterinary Clinic came to talk about her

experiences being a vet. I found the surgical kits and parts inside of the hoof and leg interesting!

Sunday morning started with Lendon doing a lecture on a correct warm-up. She talked about the importance of walking for at least 15 minutes when it is warm out and about 20-30 minutes in the winter. Lendon had some great suggestions of how to check for lameness by doing a trot circle both directions and doing a loop and changing posting diagonal on loop. She also said to have the same warm-up (of course, adjusting slightly from day to day depending on how the horse is) at home and away from home to help the horse settle in better in different situations. Also, Lendon said to make sure at the very start that we have “go”, “whoa”, and to be sure the horse/pony is supple to the left and to the right. I used the advice from the lecture in our warm-up which helped us to be more ready to get started with our work. In our lesson, we did some more leg-yields, making sure she was forward, round and even. We had our leg yields much better after going back to square one, making sure we could halt, go sideways in the walk, and we also did turns on the forehand and turns on the haunches to get her more “off of my leg” to help our leg yields. Destiny’s leg yields were much better after we did these exercises. She was much rounder and better bent today and that was helpful to do our movements and transitions easier. I had to work on keeping a steady connection but also not pulling on her mouth. For lunch we had another wonderful homemade meal then had a lecture/activity with Dawn Derr about public imaging and how you present yourself and we made a posterboard of things that represent who we are. I learned how important it was to make sure that I am always representing myself and organizations that I’m involved with well.

I’m really looking forward to the TEAM clinic in June with Ali Brock, where I’m planning to ride my D4K pony, Perlita. I’m so grateful for all of the opportunities that D4K creates for youth riders.

THANK YOU TO:

Monika Dujardin for the amazing lunches!

Rhythm & Blues Equestrian Center, Quakertown, PA for hosting!

Kadie Walmer for organizing and for the Mother's Day activity!

Dawn Derr for the presentation on Public Image!

Dr. Susie Lutz D.V.M. for talking about being a vet and your experiences!

Lendon Gray for talking about correct warm-up and for teaching these wonderful TEAM clinics and for making them possible! I learned a lot of different ways to warm up, and check for lameness!

Dressage4Kids for offering so many amazing opportunities and for awarding me this scholarship!

Kim Van Kampen for supporting D4K! These clinics would not be possible without you!