

Hello, my name is Amariah Glaude and I attended the TEAM clinic with Lendon Gray in April. This was the first clinic I went to without my trainer coming along with us. It was also Lacey's first away trip overnight, so it was very new to her.

The first day of the clinic, I was the first ride which was really nice. Lendon started off the day with her opening remarks then I had my lesson. During that lesson, we worked on Lacey stretching down and relaxing. We started working a little on her trot lengthening which was harder since we hadn't done much of it before. She had us go down the long side, lengthen the trot, then go back to working trot after a few strides.

One of the lectures was about sponsorships. I thought it was really cool that you could have more than one company sponsor you. It really inspired me to start looking in to it more. Another lecture was talking about our position and things we could do while we were on and off the horse. Some things that really stuck out to me were the humming and putting the tip of your tongue on the roof of your mouth and seeing how my balance was positively affected.

The second day, during my lesson we worked more on the canter. Lacey had a hard time staying slow and collected, so Lendon had us do a 10 meter circle then continue. We had to do lots of cantering and circles. We also worked on her stretch more and leg yielding. Overall it was a really fun clinic, especially with it being Lacey's first overnight stay somewhere new.