

August 2021

Dear Scholarship Committee:

Thank you for choosing me as one of the lucky riders to receive a scholarship which I used for Riding Right Boot Camp. It was to help us physically and mentally prepare for the Youth Dressage Festival.

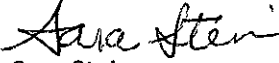
We started each day with an hour of balimo to help us with coordination and get us loosened up for our rides which is very important. On Monday after our balimo session, I had a 45 minute ride with Hollie going over the score sheet for equitation. Hollie and I worked on my bad habit of looking down which causes my upper body to stiffen and puts my shoulder in an incorrect position. It wasn't a ride where we worried about anything with the horse, just me. I really enjoyed being able to work on my position. We also worked on my right leg which when tracking right likes to creep up especially in the canter. After my ride, we spent most of the rest of the day studying our books. Also during lunch we watched a video of Jenny Susser talking about dealing with pressure. I really enjoyed it because I get anxious at competitions. We learned about breathing exercises which I used during my rides.

On day two we got to have a 45 minute ride with Krystal Wilt. I rode one of Hollie's school horses this year, a very sweet and willing mare named Millie. We rode through the Training Level 3 test for her and she would pick a thing to focus on and for Millie and I it was the 3 loop serpentines. We needed to get the geometry better so she set up cones we worked them both ways then we trotted them. Thanks to Krystal's help we got 7s and 7.5s on them. Then after the ride we studied more, as well as watched more of the Jenny Susser video.

On day three we did a big group ride to practice what it's like in the warm up ring since most of us haven't shown in over a year as well as implement the things we worked on with Hollie and Krystal. After our group ride we clipped and groomed our horses, made stall cards and cleaned our tack.

Going to boot camp helped me in many ways for preparing for the show, especially since I haven't shown in over a year. Millie and I ended up placing 6<sup>th</sup> in our division, got 4<sup>th</sup> in equitation, 65% on our dressage test and a 91 on my written test. It felt great to be back in the show arena and I already can't wait for D4K next year.

Thank you again for this generous award.

  
Sara Stein