



In this Newsletter

- [Calendar](#)
- [D4K Training4Teaching March 8 with Sarah Martin "Mental and Emotional Fitness for Riders and Horses - What do you observe? How do you build resilience?"](#)
- [D4K Training4Teaching March 22 with Jen Verharen "Teaching Tools for Tackling Fear, Anxiety, and Self-Doubt"](#)
- [D4K UP March 9 with Kelly Burris, Natalie DiBerardinis, Amanda Perkowski and Lauren Sprieser "Working Better, Not Just Longer: Managing Workload in a 24/7 Industry"](#)
- [D4K Summer Intensive Training Program Spots Available](#)
- [Meet Lendon's Youth Dressage Festival Competitor Ava Young](#)
- [Lendon's Youth Dressage Festival 2026 Prize List is Now Available](#)
- [Discover Dressage Sponsors East Coast Youth Dressage Champion Awards](#)
- [Thank you to D4K UP guest speakers Tik Maynard and Kate Poulin](#)
- [Thank you to D4K Training4Teaching guest speakers Reese Koffler-Stanfield, Eliza Sydnor Romm, and Laura King](#)
- [NEDA Know How: Sue McKeown to discuss how to enter a recognized show, and rule changes in 2026](#)
- [The Dressage Foundation Grants](#)

[Scroll down to continue reading](#)

Dressage4Kids Calendar

<https://dressage4kids.org/news-events/event-calendar.html>

March

March 8 D4K Training4Teaching with Sarah Martin "Mental and Emotional Fitness for Riders and Horses - what do you observe? How do you build resilience?"

March 9 D4K UP with Kelly Burris, Natalie DiBerardinis, Amanda Perkowski and Lauren Sprieser "Working Better, Not Just Longer: Managing Workload in a 24/7 Industry"

March 22 D4K Training4Teaching with Jen Verharen "Teaching Tools for Tackling Fear, Anxiety, and Self-Doubt"

March 28-29 D4K TEAM Clinic with Maria Lithander at Roaring Run Equestrian Center in Apollo, Pennsylvania

April

April 18-19 D4K TEAM Clinic at SageWood Farm in Ravenna, Ohio

April 25-26 D4K TEAM Clinic at Sterling Hill Stables in New Tripoli, Pennsylvania

April 26 D4K Benefit Show at the Bucks County Horse Park in Revere, Pennsylvania

D4K Training4Teaching with Sarah Martin

D4K Training4Teaching with Sarah Martin "Mental and Emotional Fitness for Riders and Horses: What do you observe? How to do you build resilience?"

Sunday, March 8
6:00-8:00pm
Wellington Community High School

[Register in advance.](#)



The banner features a circular logo on the left with a rider on a horse, surrounded by the text "Training4Teaching" and "DRESSAGE4KIDS, INC". To the right of the logo is the cursive text "Join Us". Further right, it says "Dressage4Kids presents Training4Teaching". Below this is a red bar with white text: "Mental and Emotional Fitness for Riders and Horses" and "What do you observe? How do you build resilience?". Underneath is a blue bar with white text: "Sarah Martin". Below that, on the left, is the event details: "Sunday, March 8, 2026", "6 p.m. - 8 p.m.", "The Media Room", "Wellington Community High School", "2101 Greenview Shores Blvd.", "Wellington, FL 33414". On the right, it says "Please Register at www.dressage4kids.org". At the bottom is a blue bar with white text: "Complimentary Event & FREE Pizza".

D4K Training4Teaching with Jen Verharen

D4K Training4Teaching with Jen Verharen "Teaching Tools for Tackling Fear, Anxiety, and Self-Doubt"

Sunday, March 22
6:00-8:00pm
Wellington Community High School

[Register in advance.](#)

D4K UP with Kelly Burris, Natalie DiBerardinis, Amanda Perkowski, and Lauren Sprieser

Monday, March 9
7:30pm EDT
via Zoom

Presentation with Kelly Burris, Natalie DiBerardinis, Amanda Perkowski, and Lauren Sprieser
"Working Better, Not Just Longer: Managing Workload in a 24/7 Industry"

[Click here to register.](#)

Kelly Irving-Burris is a USDF Bronze, Silver, and Gold Medalist and accomplished international dressage competitor. With decades of experience in high-performance sport, Kelly brings elite-level expertise, classical foundation, and a deep commitment to horsemanship to every aspect of Kellenbrook Farms. Having competed successfully at the highest levels of national championship competition and on the international stage, Kelly understands what it takes to develop both horse and rider for long-term success. Her training philosophy is rooted in correct biomechanics, progressive development, and the cultivation of confident, independent riders. Kelly is especially passionate about youth development. Under her guidance, Kellenbrook riders have earned Regional Championships, national medals, and international team placements. She is known for her ability to balance competitive ambition with thoughtful, individualized coaching that prioritizes both rider confidence and horse welfare. Beyond the arena, Kelly founded Kellenbrook Farms on a shared vision of mentorship, excellence, and character-building through horsemanship. Today, she continues to lead the program with integrity, discipline, and heart — developing educated horses and prepared riders who succeed both inside and outside the ring.

Natalie DiBerardinis is the Managing Director of Hilltop Farm, where she leads the day to day business operations, breeding program, and long term strategy for one of the country's leading sport horse programs. Her work sits at the intersection of horses and business, balancing the realities of a 24/7 farm with the need for clear systems, priorities, and sustainable growth. She serves as President of the American Hanoverian Society and Chairman of the American Hanoverian Society Foundation, focusing on education, leadership development, and strengthening the pipeline between breeding and sport. She is also an advisor to the USDF Sport Horse Committee.

Amanda Perkowski is a Grand Prix dressage rider and trainer based in Wellington, Florida. She operates a full-scale training and boarding program, managing a large competitive barn with over 30 horses and a dedicated team of staff and working students. Amanda holds her USDF Bronze, Silver, and Gold Medals and has competed successfully through the Grand Prix level. Her training philosophy is rooted in classical principles, emphasizing correct fundamentals, harmony, and long-term horse development. She has trained with and been mentored by top international riders and continues to pursue high-performance goals, including international competition and championship aspirations. In addition to developing horses toward the Grand Prix level, Amanda works with riders of all ages and experience levels - from ambitious amateurs to FEI competitors - helping them build confidence, clarity, and strong partnerships with their horses. As both a high-performance athlete and a business owner managing a large-scale operation, she brings a well-rounded perspective on balancing sport, horsemanship, and professional barn management. Amanda is passionate about fostering a positive, disciplined, and goal-oriented environment that supports both horse and rider development at every stage.

Lauren Sprieser is a USDF Gold, Silver & Bronze Medalist with Distinction, and a High Performance Grand Prix rider and trainer. Lauren has been producing horses and riders from green to FEI for nearly 20 years, and her students have contested the USEF and USDF National Championships, the NAYC, CDI Grands Prix and the Kentucky 5*. A student of Allison Brock and Olivia Lagoy-Weltz, Lauren runs her training facilities in northern Virginia and Wellington, Florida.

D4K Summer Intensive Training Program Spots Available

There are a few spots available in the D4K Summer Intensive Training Program (SIT). To learn more, including how to apply, [click here](#).

Meet D4K Lendon's Youth Dressage Festival Competitor

Ava Young

Ava Young won the Training Level ages 10-13 Division at Lendon's Youth Dressage Festival 2025.

Q: How many years have you competed at Lendon's Youth Dressage Festival?

A: I have competed for 4 years now.

Q: What was your reaction when you found out you were Division Champion?

A: When I didn't hear my name for second or third I thought for sure I didn't place. As soon as I heard my name I was overwhelmed with excitement!

Q: Can you tell us a little bit about your horse?

A: My horse's name is Picasso. He is a quarter-paint cross and is a 6 year old gelding. I have owned Picasso for 2 years. This was the second year bringing him and I am very proud of how well he performed and behaved.

Q: What's your horse's "superpower" in the show ring?

A: Picasso's "superpower" is his adaptability in the show ring.

Q: If your horse could talk, what's something they might say to you?

A: If my horse could talk he might say how proud he was of me and himself over the weekend.

Q: Is there anyone whom you would like to thank for helping you on your dressage/riding journey?

A: I would like to thank my trainer for helping me train my horse and giving me this amazing opportunity to participate in this event. I would also like to thank my grandparents and parents for all of the support they give me and for allowing me to do this.

Q: Is there anything else you would like to add?

A: I would like to add how amazing it was to see a grand prix level musical freestyle performance. And the lead line was very cute.

To learn more about the D4K Lendon's Youth Dressage Festival, go to:

<https://dressage4kids.org/d4k-festival/show-info/>



Lendon's Youth Dressage Festival 2026 is Now Available

[Click here to view the D4K Lendon's Youth Dressage Festival Prize List & Competitor Handbook: Official Show Information.](#)

This document serves as the official Prize List for the show and includes additional guidance to support competitors.

Discover Dressage Sponsors East Coast Youth Dressage Champion Awards

Thanks to the generous support of Discover Dressage, both the winner of the East Coast Youth Dressage Champion Award and the winner of the East Coast Youth Dressage Champion Trainer Award will each receive a \$1,000 grant.

[Click here for more info.](#)



Thank you to Tik Maynard and Kate Poulin

Thank you to [Tik Maynard](#) for joining Dressage4Kids for a special D4K UP presentation!

What resonated most was Tik's thoughtful perspective on building a true relationship with the horse - prioritizing their physical, mental, and emotional wellbeing. He spoke about our responsibility to help horses learn and to listen to them.

He also encouraged riders to define success for themselves - not by someone else's standards - and reminded us that it's perfectly okay for that definition to evolve over time.

Many thanks to Tik, and many thanks to everyone who helps make these D4K educational events possible.

Tik has evented at the Advanced level, been Long-Listed and Short-Listed for the Canadian National Three-Day Event Team, won the Freestyle at the Thoroughbred Makeover twice (2015, 2018), judged it in 2017, and claimed back-to-back victories at the Road to the Horse World Championship of Colt Starting in 2024 and 2025. He is also the author of *In the Middle Are the Horsemen* and *Starting in the Middle*. Tik and his wife, Sinead, run [Copperline Equestrian](#) in Citra, FL.

THE HORSE turned his head to the outside of the corral, looking to get away from the tension he felt encircling his neck. Sweat glistened along his flanks. He broke into a trot. Bruce was watching, ready to release the pressure as soon as the horse took one step toward us.

"Look at it this way," he said, gesturing to the left with his head while managing the rope. "Over here are the 'natural horsemen.' And often there is nothing natural about what they do. And over there," he nodded to the right, "are the, well, whatever the opposite is—the people who don't take into account the horse and what its capabilities and tendencies are." Bruce paused for a second, thinking. "There are lots of those guys, I guess. In the middle, though, are the horsemen."

In 2008, 26-year-old Tik Maynard faced a crossroads not unlike that of other young adults. A university graduate and modern pentathlete, he suffered both a career-ending injury and a painful breakup, leaving him suddenly adrift. The son of prominent Canadian equestrians, Maynard decided to spend the next year as a "working student." In the horse industry, working students aspire to become professional riders or trainers, and willingly trade labor for hands-on education. Here Maynard chronicles his experiences—good and bad—and we follow along as one year becomes three, what began as a casual adventure gradually transforms, and a life's purpose comes sharply into focus.

TIK MAYNARD began riding with the Vancouver Pony Club, in Southlands, British Columbia. After achieving his 'A' rating, he began competing in Modern Pentathlon, where he represented Canada at three World Championships, and the 2007 Pan American Games. Today Maynard runs Copperline Farm in Citra, Florida, with his wife, US Eventing Team Member Sinead Halpin. He has always been a passionate book lover. He has written a children's story, published by *REAL* magazine, has won the Malahat Review Open Season Award, and has twice been shortlisted for the CBC Literary Awards for his non-fiction works (tikmaynard.com).

Cover photographs by Kelly Russell. © Inside the Lines Series / Amazon
www.insidethebooks.com

TIK MAYNARD

**IN THE MIDDLE
ARE THE
HORSEMEN**

He studied the horse, and human nature, and how the two can find balance.
And in that journey, he may have found himself.

Thank you to Kate Poulin for joining Dressage4Kids for a special D4K UP presentation! Kate discussed practical ways to create a cleaner, healthier stable, including sharing some suggestions for alternative products that don't compromise on quality.

Kate Poulin is a Pan American Games gold medalist, USDF Bronze, Silver, and Gold Medalist, and USDF Certified Instructor based in Hiram, Ohio, where she operates Fairmount Farms. She is also a breast cancer survivor whose diagnosis prompted a deeper look at the long-term health effects of everyday products used in barns and training environments. In this presentation, Kate shares how to recognize potentially harmful products and practical ways to create a cleaner, healthier barn for both horses and the people who care for them.



Thank you to Reese Koffler-Stanfield, Eliza Sydnor Romm, and Laura King

Many thanks to guest speakers Reese Koffler-Stanfield, Eliza Sydnor Romm, and Laura King.

In case you missed the presentation "Empowering Your Personal Best as a Trainer" with Laura King, you can access the video recording at <https://youtu.be/-aySMsmhr5I?si=X8WcuypdwsprBKb>.

Many thanks to Laura for generously sharing copies of her book!

In case you missed the presentation "The State of the Dressage Industry" with Reese Koffler-Stanfield and Eliza Sydnor Romm, you can access the video recording at https://youtu.be/5enpW7YppHc?si=5FjF1J_I8G2wGZtA.

NEDA Know How: Sue McKeown to discuss how to enter a recognized show, and rule changes in 2026

March 19
7:30-8:30pm Eastern Time

Open to all.

[Click here to register.](#)

The Dressage Foundation Grants

The Dressage Foundations offers a wide range of grants and programs to meet the needs of dressage enthusiasts across the board, including adult amateurs, breeders, instructors, judges, technical delegates, FEI/High Performance, para-equestrian, show management, Western Dressage, and youth and young adult riders.

To access their grant calendar, go to: <https://www.dressagefoundation.org/grants-and-programs/>

About Dressage4Kids

Dressage4Kids, Inc. is a non-profit 501(c)(3) organization incorporated for the express purpose of providing educational and competitive opportunities for youth riders and the adults who support them.

<https://dressage4kids.org>

Check out our videos on YouTube

Dressage4Kids | d4k.org@gmail.com | dressage4kids.org

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