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## Dressage4Kids Calendar

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

### February

February 10 D4K UP (Zoom) with Dr. Alison Arnold "Mental Toughness Dressage: The Mind-Body-Horse Connection"

February 16 D4K Training4Teaching with Laura King "Reboot Teaching Skills for Equestrian Trainers" at the Wellington Community High School in Wellington, Florida

February 24 D4K UP (Zoom) with Dr. Heather Beach "The Road to Recovery: Rehab and Reconditioning for Your Horse After Time Off"

### March

March 9 D4K Training4Teaching with Ali Brock at the Wellington Community High School in Wellington, Florida

March 10 D4K UP (Zoom) with Barbara Richardson, Attorney

### April

April 5 D4K UP at Cummings School of Veterinary Medicine at Tufts University in North Grafton, Massachusetts

April 5 D4K Judges Forum at Tufts Equine Center in North Grafton, Massachusetts

April 6 D4K TEAM Clinic at Painted Dreams Horse Farm in Wrightstown, Pennsylvania

April 12-13 D4K TEAM Clinic at Highclere Farms in Burlington, North Carolina

April 13 D4K Benefit Show at the Bucks County Horse Park

April 26-27 D4K TEAM Clinic with Maria Lithander at Euphoria Stables in Starke, Florida

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**D4K UP (Unmounted Programs) Zooms Continue**

Join Dressage4Kids for our D4K UP Zooms. Open to all!

When:

Monday, February 10th at 7:30pm EST via Zoom

- Moderator: Lendon Gray
- *Presentation with Dr. Alison Arnold "Mental Toughness in Dressage: The Mind-Body-Horse Connection"*

Monday, February 24th at 7:30pm EST via Zoom

- Moderator: Lendon Gray
- *Presentation with Dr. Heather Beach "The Road to Recovery: Rehab and Reconditioning for Your Horse After Time Off"*

Monday, March 10th at 7:30pm EDT via Zoom

- Moderator: Lendon Gray
- *Presentation with Barbara Richardson, Attorney*

All are welcome to attend.

To register for 2025, go to: <https://dressage4kids.org/programs/d4k-unmounted-programs/d4k-up-virtual-educational-series-2025.html>

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## D4K Training4Teaching Classroom Continues February 16th

Join Dressage4Kids for Training4Teaching Classroom Seminars. Open to all!

When:

Sunday, February 16th 6:00-8:00pm with Laura King "Reboot Teaching Skills for Equestrian Trainers"

Sunday, March 9th 6:00-8:00pm with Ali Brock

Location:

Wellington Community High School, 2101 Greenview Shores Blvd, Wellington, Florida

All are welcome to attend.

To register for 2025, go to: <https://dressage4kids.org/programs/d4k-training4teaching/training4teaching-classroom-seminar-series-january-march-2025.html>



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## D4K Summer Intensive Training Program Applications Are Open

We're excited to announce that applications for the D4K Summer Intensive Training Program (SIT) are open!

What: D4K SIT

When: July 2 - 29, 2025 with an option to extend dates through August 17th

Where: Hampton Green Farm in Fruitport, Michigan

Who: open to riders of all levels ages 25 and under

Applications: for more information, including how to apply, go to:

<https://dressage4kids.org/programs/summer-intensive-training-program.html>

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## Meet Youth Dressage Festival Competitor Valentina Culnen

Valentina Culnen was the winner of the Walk Trot Division Ages 12 and Up with D4K Donation Horse Trijas Peppercracker.

Q: How many years have you competed at YDF?

Valentina: This was my first year competing at Lendon's Youth Dressage Festival.

Q: What was your favorite part about YDF this year?

Valentina: I really loved the whole festival, but my favorite part was riding in my test. It was a whole new experience and even though I was really nervous through it, I really loved doing it.

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

Valentina: I was really surprised since I didn't think I was going to win anything, it felt good to know that I had done well.

Q: What are your future riding goals/plans?

Valentina: My future plans as of right now, are to do many more dressage shows, become a better rider, and gain more knowledge of the sport.

Q: Are you planning on returning to YDF next year?

Valentina: I am definitely planning on returning to YDF next year and I am so excited.

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

Valentina: I ride a school horse name Trijas Peppercracker (aka Cracker). He is an amazing pony who has taught me so much and I am so grateful that I was able to ride him at YDF.

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

Valentina: I would like to especially thank my mom for helping me get to where I am. We live about an hour away from the barn I go to and despite the distance, she has helped and supported me. I definitely could not have been able to be where I am today without her. I am also very thankful for my dad who has also been very supportive towards my equestrian goals and this would not have been possible without him. I also want to thank my trainer, Hollie McNeil. I am so grateful for all her support and help that has gotten me to where I am today. I could not have accomplished what I did at YDF without her.



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## Rearing2Read

Rearing2Read improves children's literacy through equine-assisted learning experiences and hands-on reading activities around the farm and was founded by D4K TEAM and WITee graduate Ali Perkins-LaTorre.

Upload your entries from now through April 1 to benefit Rearing2Read!

[Link: https://sites.google.com/view/rearing2read/2025-virtual-show](https://sites.google.com/view/rearing2read/2025-virtual-show)



## 2025 Kick-Off Virtual Dressage Show

Benefitting Rearing2Read\* | Jan 15-April 1, 2025

### Overview

**Judge:** Kalli Bowles  
**Entry Fee:** \$50 per test  
**Entry Due Date:** Jan 15-April 1, 2025

Tests will be scored and tests sheets will be shared on a rolling basis. Prizes will be sent out on April 1. Prizes include: saddle pads, horse treats, towels, gift cards, and a custom horse portrait!

### Register

To sign up, upload your video to Youtube and submit your payment. Visit [rearing2read.us](http://rearing2read.us) and fill out the [Google Form](#).

Contact Ali LaTorre for more info:  
[president@rearing2read.us](mailto:president@rearing2read.us)

### Classes

1. **Intro Level Test of Choice**
2. **Training Level Test of Choice**
3. **First Level Test of Choice**
4. **Second Level Test of Choice**
5. **Third Level Test of Choice**
6. **Fourth Level Test of Choice**
7. **FEI Test of Choice**
8. **Western Test of Choice**
9. **Musical Freestyle**
10. **Leadline Test of Choice**

**Additional Awards:** Best Turnout, Best partnership, Trainer with the most riders signed up, Furthest ride, Oldest and Wisest Competitor, Youngest Competitor, and Best Video Bloopers

### Thank You to Our Sponsors!



**\*\*Show proceeds benefit Reading2Read, a non-profit based in Hillsborough, NC, that\*\***  
aims to improve children's literacy through equine-assisted learning experiences.

[www.Rearing2Read.us](http://www.Rearing2Read.us)

[President@Rearing2Read.us](mailto:President@Rearing2Read.us)

[Rearing2Read](#)

## 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

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