

# Dressage Camp

## Who should attend?

Dressage Camp is for anyone (age 8+) who wants to learn more about classical horse training. You will learn what is needed from the human to help the horse become more supple, responsive, balanced and strong.

You need not be interested in showing. For those who ARE interested, however, each Dressage Camp will be followed on Sunday by a Rocky Mountain Dressage Society-sanctioned dressage show. Bring your horse. Practice your tests in the show arena. Get coaching help and videotaping. Overnight horse and human lodging is available. If you are hesitant about showing on your own, this camp is for YOU!

School horses are available for the camp, but not for the show. Learn more about practical horse training in a supportive and fun environment.

## What will the camp consist of?

- Three private lessons per day, including one seat lesson
- The opportunity to observe other lessons and have them interpreted for you
- A chance (if appropriate) to practice tests in the regulation dressage arena
- Everything geared to your level of riding and understanding



## What will you learn?

- What the training pyramid is and why it is so important
- How the rider's body helps/hinders the movement of the horse
- Using one's aids in rhythm with the horse
- Understanding, recognizing and developing suppleness and throughness
- Using more effective flexion, bending and inside-leg-to-outside-rein connection
- The requirements and movements of your level of interest – introductory through second level.

The object of dressage is the

- harmonious development of the
  - physique and
  - ability of the horse;
- making the horse
  - calm & flexible,
  - confident & attentive,

thus achieving perfect understanding with his rider.

*Adapted from the Rule Book of the United States Equestrian Federation.*