



**VIOLET M. HOPKINS FUND
PROGRAM EXAMPLES FOR GRANT APPLICANTS**

The following events received a grant through The Dressage Foundation's Violet M. Hopkins Fund. We hope that these examples provide helpful information as to the types of events that the Hopkins Fund supports.

EVENT: Seminar

Oklahoma Dressage Society 2013

CLINICIAN: Debbie Riehl Rodriguez

DESCRIPTION: This is a seminar about dressage exercises for horses of different physical conformations, conformational 'challenges', behavioral, age or soundness issues. The seminar will consist of lecture, handouts, DVD presentations and demonstration rides. We hope to get a variety of horses of different breeds/conformation types, at different levels of dressage training. We strive to have horse/rider teams representing Levels Training-4th level and at least one Grand Prix level horse/rider team. Clinician will address the training challenges inherent with horses of different structures and temperaments, and the solutions/training plan to address those challenges.

The clinician is getting several DVDs of different dressage with a variety of horses, to illustrate participants a wider variety of equine 'challenges' and training solutions, as well as to supplement the challenges that our demonstration horse/rider teams present.

ACTUAL # of RIDERS: TBD – expecting 8-11

ACTUAL # of AUDITORS: TBD – expecting 25+

EVENT: “Ride-a-Test” Symposium

Dallas Dressage Club 2013

CLINICIAN: Natalie Lamping

DESCRIPTION: The Ride-a-Test Symposium will feature all available USDF and USEF Dressage Tests including the newly released Rider Tests. Each rider will ride through a test and then be given information on how to improve the test. Many dressage riders struggle with how to accurately ride a dressage test in competition, and the new Rider tests are a mystery to everyone. Natalie will cover each test and explain what the judges are looking for, what the rider should be prepared for and how to better ride each test.

Riders and auditors alike will gain valuable information on each test and how to ride them better. Judges that participate will gain insight into the new Rider tests and what they will be looking for to judge. This symposium is open to all levels of riders and will focus on the new Rider tests at Training, First and Second levels.

ACTUAL # of RIDERS: TBD – expecting 9

ACTUAL # of AUDITORS: TBD – expecting 25+

EVENT: “Dressage Through the Levels” Symposium Houston Dressage Society 2013

CLINICIAN: Steffen Peters and Janet Foy

DESCRIPTION: Janet and Steffen will use Demo Riders to demonstrate correct basics and why certain movements receive the scores they get and how the scores can be improved on. Each test movement Training Level through Grand Prix will be demonstrated and scored.

This event will bring increased understanding of how each dressage movement is scored and how a rider can improve the score with correct basics.

Participants include Demo Riders and Auditors. Demo riders will get direct feedback from an FEI4* judge as they ride movements from their levels, and they will then get instruction with Steffen, an Olympic rider, on how to train and improve on each of the movements for a better score. Auditors will understand how each of the movements were scored and see how improved basics will improve their riding and scores.

ACTUAL # of RIDERS: 21

ACTUAL # of AUDITORS: 250+

EVENT: “Teaching the Rider to Feel” Symposium Nebraska Dressage Assoc. 2012

CLINICIAN: Sarah Martin and Tara Nolan

DESCRIPTION: This will be a two day dressage symposium for all styles of riding. The format will be geared toward auditors with lessons available during the afternoon session. Lessons will be used to demonstrate principles/techniques learned during the demonstrations and lectures each morning.

Sarah has a presentation that involves visual, audio and written learning to cater to an audience, not just to riders, and her training approach goes beyond a simple demonstration. Sarah has expanded her presentation to be quite effective for auditors in addition to riders. She provides notebooks to all participants and auditors to encourage note taking, which facilitates an additional learning method. She has identified important points for her audience to remember and frequently reminds everyone to "write this down." This process will ensure that all participants leave with good notes in their hands and good references and "pointers" for future riding sessions. Sarah creates an ideal learning environment that allows students to record, process and ask better formulated questions.

ACTUAL # of RIDERS: 13

ACTUAL # of AUDITORS: 22

EVENT: “On Your Way to FEI” Dressage Camp Delaware Valley CTA 2012

CLINICIAN: Jeanne McDonald and Sarah Geikie

DESCRIPTION: The goal of the Camp is to help riders understand how important the 'basics' and training scale are in developing a horse with the goal of riding at the FEI level, to provide educational lectures geared towards rider fitness, sports psychology, and training and

maintaining a dressage athlete, and to assist riders in preparing and presenting their horse in the show ring.

Friday

A group Pilates/Yoga Lesson
Equine Nutrition Lecture
A 30 minute Longe Lesson
Equine Massage Hands-On Demo/Lecture

Saturday

A group Pilates/Yoga Lesson
Two 30 minute Private Lessons
Sports Psychology Lecture
Round Table Discussion with Instructors

Sunday

A group Pilates/Yoga Lesson
Dressage Derby with two warm-up lessons and dressage tests
Show Horse Management Lecture
Camp Awards

ACTUAL # of RIDERS: 10

ACTUAL # of AUDITORS: 14

EVENT: Biomechanics Clinic

Delta Dressage Assoc. 2011

CLINICIAN: Heather Blitz

DESCRIPTION: This will be a mounted clinic/workshop focusing on biomechanics, primarily biomechanics of the rider in her interaction with her horse. Biomechanical issues of the horse will be addressed when appropriate.

The clinic will cover 2 days, with 8 riders per day. Saturday will start with a lecture for both riders and auditors on the basics of rider biomechanics and how that relates to the interaction between rider and horse. This will be followed by individual riding sessions of 1 hour each comprising the following: the instructor will observe each rider for about 5 minutes as the pair warms up. The instructor will then provide a brief "biomechanical" analysis for the auditors and the rider based upon the instructor's observations, then will identify "key" issues to address during the following 45 minute instructional session. The instructor will then work with the rider using appropriate exercises and providing feedback on the identified issues. Auditors and the rider will be encouraged to ask questions several times during the session and during a wrap-up at the end of the session.

The aim is to provide a balance between the instructor providing education and information to the auditors, and providing helpful and serious instruction to the rider. This is intended to be an interactive clinic with riders acquiring a more educated "feel" and auditors learning to be more visually aware of correct biomechanics of both horse and rider. There will be a summary and

wrap-up by the instructor at the end of each day to reinforce the learning and encourage more in-depth questions and analysis by the participants.

ACTUAL # of RIDERS: 16

ACTUAL # of AUDITORS: 22

EVENT: Annual Adult Dressage Camp

VADA/SW Chapter 2011

CLINICIAN: Liz Staecie and Judy Westenhofer

DESCRIPTION: The Adult Dressage Camp is held over 3 days and utilizes two instructors who each teach between 8 to 10 mounted sessions per day. In addition to providing excellent mounted instruction, participants are able to interact with the clinicians in both formal and informal Q & A sessions at mealtimes and during breaks. Unmounted educational opportunities at past camps have included Equestrian Yoga, Saddle Fitting and Equine Massage, as well as demonstrations and instruction in Centered Riding, proper lungeing and groundwork techniques. Campers also have access to our group's extensive media library.

Camp participants benefit from a multitude of educational opportunities. Also noteworthy is the level of camaraderie and generosity demonstrated at past camps. It is not unusual, in fact it has become common, to find one rider sharing or loaning their horse out to another whose own mount may be unsound, or perhaps is not yet able to perform the movement being taught.

ACTUAL # of RIDERS: 16

ACTUAL # of AUDITORS: 0