



# UNITED STATES DRESSAGE FEDERATION™

## USDF GMO Education Initiative Sample Event Ideas

### Clinics:

- Adult amateur focus.
- Lower or upper level focus.
- Balanced seat clinic with a lunge line component.
- Breaking down the dressage tests: perfecting the movements.
- Cross training and dressage: using cavaletti/poles.
- Even if you don't compete: the why, when and how of the movements.

### Camps:

- Build a freestyle: multi day event focused on the elements needed to build a musical freestyle including choosing music and developing choreography.
- Shine up your showing: lessons with a test riding focus & on the last day, a mock show, with one clinician helping with warm up and the other "judging." Unmounted sessions can include braiding, trailer safety, a rider fitness session or a trip to a local tack store to check out the latest show fashions.
- Cross training and dressage: using cavaletti/poles, hacking out, long lining/lunging to improve your training.
- Rider fitness - core strength and balance.
- Weekend getaway: a focus on relaxation for both horse and rider. Sessions could include, for horse and/or rider: nutrition, stretching, or massage.

### Ride-a-Test:

- Ride review.
- Ride review ride.
- Freestyle feedback.
- Perfecting the movements: a focus on specific movements from each test.

### Unmounted:

- Rider fitness in the off season.
- Pamper your pony: teach your horse to stretch and basic bodywork methods.
- What the judges look for in a test.
- The design of the levels to help train horses.
- Use the test sheet to your advantage - ask the expert (judge breaks down the score sheet people can ask questions about comments/scores).
- Scribing clinic.
- Benefits of massage and the different types.
- Shoeing versus the Natural Balance movement.
- Biomechanics of the rider and Biomechanics of the horse.
- Rules review - what's legal and what is not - US vs. International.
- Video review nights.