

A Road Map of Options for Youth Dressage

Here are **OPPORTUNITIES** for all age groups that you might look for *on your own*:

- Find a local GMO (a dressage club that is affiliated with and under the umbrella of USDF, The United States Dressage Federation).
- Find a local trainer and a horse to own, lease or ride in lessons.
- Find local clinics with visiting instructors. Try to audit or even ride.
- Participate in schooling shows.
- If you're in high school, consider looking for a college or university that either has a quality dressage program or is near a trainer that you like.
- Search for clinics, programs and camps that may be run privately or run by regional or local dressage clubs.

Here are **ORGANIZATIONS** that can help you:

- **United States Pony Club (USPC)** is centrally located in Kentucky but has branches in nearly every corner of the United States. **Mission:** The United States Pony Clubs, Inc., develops character, leadership, confidence and a sense of community in youth through a program that teaches the care of horses and ponies, riding and mounted sports. Contact: www.uspc.org, 4041 Iron Works Parkway, Lexington, KY 40511, 859/254-7669
- **Dressage4Kids (D4K)** is operated by Olympian Lendon Gray and her enormous support group. **Mission:** To encourage riders under 21 to become true horsemen; to offer scholarships; to develop good sportsmanship; to support programs for adults who in turn educate youth; and to have fun. Contact: www.dressage4kids.org
- **United States Dressage Federation (USDF)** is a national organization with regional (Regions 1-9) and local organizations or clubs called GMOs (Group Member Organizations) that are affiliated with USDF. **Mission:** Dedicated to education, recognition of achievement and promotion of dressage. Contact: www.usdf.org
- **United States Equestrian Federation (USEF)** USEF is the national organization that serves all equestrian disciplines and orchestrates international competition and participation by top elite U.S. equestrian athletes

at the Olympic Games, the World Equestrian Games and World Cups.

Mission: To provide access to and increase participation in equestrian sports at all levels by ensuring fairness, safety, and enjoyment. Vision Statement: To bring the joy of horse sports to as many people as possible. Contact: www.usef.org

- **The Dressage Foundation (TDF)** offers grants, scholarships and other opportunities for youth who wish to excel. **Mission:** To cultivate and provide financial support for the advancement of dressage in the United States. Contact: www.dressagefoundation.org.

Opportunities for youth under 12

US Pony Club

- Dressage Rallies—Team competitions judged not only on riding skill and performance, but also on care of mounts.
- Ratings: National rankings based on riding skill, performance and horsemanship knowledge
- Mounted and unmounted Lessons—Find a club in your area on the USPC website.
- USPC Festival—National show in Lexington, KY

Dressage4Kids

- Weekend Educational Program (WEP)—Winter weekend, Woodbury, CT
- Youth Dressage Festival (YDF)—Summer week in Saugerties, NY
- D4K's TEAM Program for Training, Education And Mentoring (formerly called EDAP) Weekends throughout the year and throughout the country
- Scholarships—Find opportunities on the website
- Lease opportunities—horses sometimes available

USDF—United States Dressage Federation

- Regional Team Competitions
- Awards (see website)

- High School Program
- Junior/Young Rider Clinic Series

USEF—United States Equestrian Federation

- Dressage Seat Medal Finals (DSMF) Celebrating equitation excellence

Opportunities for youth 12-14 years of age US Pony Club

- Dressage Rallies—Team competitions judged not only on riding skill and performance, but also on care of mounts.
- Ratings: National rankings based on riding skill, performance and horsemanship knowledge
- Mounted and unmounted Lessons—Find a club in your area on the USPC website.
- USPC Festival—National show in Lexington, KY

Dressage4Kids

- Weekend Educational Program (WEP)—Winter weekend, Woodbury, CT
- Youth Dressage Festival (YDF)—Summer show in Saugerties, NY
- D4K's TEAM Program for Training, Education And Mentoring (formerly called EDAP) Weekends throughout the year and throughout the country
- Scholarships—Find opportunities on the website
- Lease opportunities—horses sometimes available

USDF—United States Dressage Federation

- Regional Team Competitions
- Awards (see website)
- High School Program
- Junior/Young Rider Clinic Series (including FEI ponies for ages 12-14)
- Sport Horse Youth Handler/Judge Seminar (Ages 14-27)

- Dressage Sport Horse Youth Breeders Seminar (Ages 14-27)

USEF—United States Equestrian Federation

- Dressage Seat Medal Finals (DSMF) Celebrating equitation excellence

Opportunities for youth 14-16 years of age

US Pony Club

- Dressage Rallies—Team competitions judged not only on riding skill and performance, but also on care of mounts.
- Ratings: National rankings based on riding skill, performance and horsemanship knowledge
- Mounted and unmounted Lessons—Find a club in your area on the USPC website.
- USPC Festival—National show in Lexington, KY

Dressage4Kids

- Weekend Educational Program (WEP)—Winter weekend, Woodbury, CT
- Youth Dressage Festival (YDF)—Summer show in Saugerties, NY
- D4K's TEAM Program for Training, Education And Mentoring (formerly called EDAP) Weekends throughout the year and throughout the country
- Scholarships—Find opportunities on the website
- Lease opportunities—horses sometimes available

USDF—United States Dressage Federation

- Regional Team Competitions

- Awards (see website)
- High School Program
- Junior/Young Rider Clinic Series (including FEI ponies for ages 12-14)
- Sport Horse Youth Handler/Judge Seminar (Ages 14-27)
- Dressage Sport Horse Youth Breeders Seminar (Ages 14-27)

USEF—United States Equestrian Federation

- Dressage Seat Medal Finals (DSMF) Celebrating equitation excellence
- National FEI Championships—Festival of Champions
- North American Young Rider Championships (NAJYRC)
- High Performance Clinics—High Intensity Training for elite riders and horses with USEF Youth Coaches—Not until age 16?
- Select Athlete’s One-on-One coaching with Charlotte Bredahl—Not until age 16?

Opportunities for youth 16-18 years of age

US Pony Club

- Dressage Rallies—Team competitions judged not only on riding skill and performance, but also on care of mounts.
- Ratings: National rankings based on riding skill, performance and horsemanship knowledge
- Mounted and unmounted Lessons—Find a club in your area on the USPC website.
- USPC Festival—National show in Lexington, KY

Dressage4Kids

- Weekend Educational Program (WEP)—Winter weekend, Woodbury, CT
- Youth Dressage Festival (YDF)—Summer show in Saugerties, NY

- D4K's TEAM Program for Training, Education And Mentoring (formerly called EDAP) Weekends throughout the year and throughout the country
- Scholarships—Find opportunities on the website
- Lease opportunities—horses sometimes available
- Robert Dover Horsemastership Clinic in Wellington FL early January. Open to D4K TEAM riders.
- Courtney Dye Horsemastership Clinic in Wellington FL

USDF—United States Dressage Federation

- Regional Team Competitions
- Awards (see website)
- High School Program
- Junior/Young Rider Clinic Series (including FEI ponies for ages 12-14)
- Sport Horse Youth Handler/Judge Seminar (Ages 14-27)
- Dressage Sport Horse Youth Breeders Seminar (Ages 14-27)

USEF—United States Equestrian Federation

- Dressage Seat Medal Finals (DSMF) Celebrating equitation excellence
- National FEI Championships—Festival of Champions
- North American Young Rider Championships (NAJYRC)
- High Performance Clinics—High Intensity Training for elite riders and horses with USEF Youth Coaches
- European Young Rider Tour
- Select Athlete's One-on-One coaching with Charlotte Bredahl

TDF —The Dressage Foundation

- International Dream Program
- Scholarships and Grants

Opportunities for youth 18-21 years of age US Pony Club

- Dressage Rallies—Team competitions judged not only on riding skill and performance, but also on care of mounts.
- Ratings: National rankings based on riding skill, performance and horsemanship knowledge
- Mounted and unmounted Lessons—Find a club in your area on the USPC website.
- USPC Festival—National show in Lexington, KY

Dressage4Kids

- Weekend Educational Program (WEP)—Winter weekend, Woodbury, CT
- Youth Dressage Festival (YDF)—Summer show in Saugerties, NY
- D4K's TEAM Program for Training, Education And Mentoring (formerly called EDAP) Weekends throughout the year and throughout the country
- Scholarships—Find opportunities on the website
- Lease opportunities—horses sometimes available
- Robert Dover Horsemastership Clinic in Wellington FL early January. Open to D4K TEAM riders.
- Courtney Dye Horsemastership Clinic in Wellington FL

USDF—United States Dressage Federation

- Regional Team Competitions
- Awards (see website)
- High School Program
- Graduate Young Rider Program (Ages 20-28)
- Junior/Young Rider Clinic Series (including FEI ponies for ages 12-14)
- Sport Horse Youth Handler/Judge Seminar (Ages 14-27)

- Dressage Sport Horse Youth Breeders Seminar (Ages 14-27)

USEF—United States Equestrian Federation

- Dressage Seat Medal Finals (DSMF)—Celebrating equitation excellence
- National FEI Championships—Festival of Champions
- North American Young Rider Championships (NAJYRC)
- High Performance Clinics—High Intensity Training for elite riders and horses with USEF Youth Coaches
- European Young Rider Tour
- Select Athlete's One-on-One coaching with Charlotte Bredahl

TDF —The Dressage Foundation

- International Dream Program
- Scholarships and Grants

Opportunities for youth 21-26 years of age

Dressage4Kids

- Weekend Educational Program (WEP)—Winter weekend, Woodbury, CT
- Scholarships

USDF—United States Dressage Federation

- Year-End Awards (see website)
- Graduate Young Rider Program (Ages 20-28)
- Sport Horse Youth Handler/Judge Seminar (Ages 14-27)
- Dressage Sport Horse Youth Breeders Seminar (Ages 14-27)

USEF—United States Equestrian Federation

- National FEI Championships—Festival of Champions
- North American Young Rider Championships (NAJYRC, through age 21 or 22)
- High Performance Clinics—High Intensity Training for elite riders and horses with USEF Youth Coaches
- European Young Rider Tour
- Select Athlete's One-on-One coaching with Charlotte Bredahl

TDF—The Dressage Foundation

- International Dream Program (Ages 16-21 or 22)
- Scholarships and Grants