



Participants came from as far away as Minnesota and California. Eight proficient riders with a diversity of horses from a perky little Halflinger to a 17 h Shire/TB presented trainer and Olympic rider, Lendon Gray, with a variety of training issues which most amateur riders face daily.

"I loved Lendon's clinic. I felt like each rider gave me something to think about with the different horses I am currently riding. Lendon made it easy to understand her methods," said KDA member, Kim Phillips.

Throughout the weekend, Lendon's instruction was peppered with humor and anecdotes about her own training struggles and triumphs as a rider, trainer, and Olympian.

She spent a good deal of time reviewing the correctness of each riding team's basics: relaxation, rhythm, bend and flexion before tackling other training issues.

The success of the clinic was due in great part to the willing demo teams bravely working in front of a larger audience than what we get at most dressage shows.

During the Saturday lunch break Lendon discussed the importance of rider self evaluation and of setting short and long term goals.

While trying to eat and take photos for this story, I managed to jot down some of her comments that will help me evaluate myself and set riding goals:

"Be realistic," she said. "We aren't all going to the Olympics. But, don't be discouraged. Honestly acknowledge yours and your horse's abilities and work to ride the best you can given the capabilities you have."

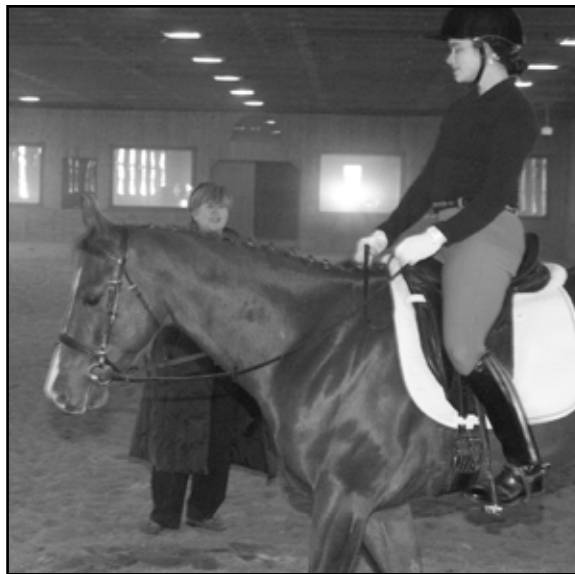
"Take what you learn at lessons, practice the skills and make them your own. Your teacher shouldn't become your crutch."

"Get one or two things fixed each time you ride. Don't throw too much at your horse at once. Each time you ride have a plan/goal(s) for that day, and be sure to give your horse lots of short breaks during training. Maintain mental discipline. Think about what you're doing when you ride, and make sure you're conscious of each movement you ride and the aid you are giving. Be aware of your body tension. Let yourself become part of your horse. We riders fight against our tightness."

"To me, you can't say you can do a movement until you can do it to the best of your ability the first time you ask for the movement," she said then added, "An amateur rides until he can get something right. A professional rides until he can't do it wrong."

"In my opinion," she offered, "The most under used exercise is transitions. The second most under used exercise is corners - the four places you can really improve the correctness of your bend, suppleness and speed control."

Region 2 USDF Adult Clinic with Lendon Gray



Lendon supplied an information packet containing her *Gleneden Dressage Self Evaluation and Short and Long Term Goals* questionnaire:

For example: What is your ultimate riding goal considering your age, physical restrictions, family/work obligations, finances, and instruction opportunities?

What are your three greatest strengths as a rider?

What are three areas that are most important for you to improve?

Rate yourself 1 (poor) to 5 (terrific) as a rider on: focus, determination, ability to change habits, self discipline, ability to adapt to disruption or difficulties, creativity, mental stamina, and confidence in your work.

What issues have you worked on all year that should be fixed by now? Why aren't they fixed? (Consider your confidence in your riding, ability to change habits, determination, and self discipline.)

At the end of your training day/week ask yourself: What have I learned; what have we accomplished; what have we made worse; what should I have done differently; and what MUST I remember for the next ride?

The packet also included a copy of *The Dressage Pyramid-training scale in practice* which is on page 6 in this newsletter.

We thank the USDF for selecting KDA as the host GMO for the Region 2 Adult Clinic and especially thank our education chair, Julie Cook, and her helpers Barbara and Dean Jarboe, Maggie Rataj, Kim Phillips for enabling KDA to host this USDF clinic. ♦

Clinic review by Anne Anderson, Impulsion Editor



KDA's Debbie Banas was put to work without stirrups during bending exercises.



(L): Lendon shares more of her training tales and insights during during lunch.



(Above & below): During the lunch and coffee breaks, everyone got a chance to warm up, ask questions, and exchange horse stories.



Prince Charles, a handsome 17 h Shire/TB, and his owner, Brenda Zeitler, (center) traveled from Illinois to demo at FEI level.



(Above center): Julie Cook, clinic organizer, and Barb Jarboe greeted auditors.
(Below): Several auditors stayed after the clinic ended to ask more questions.

