



SPRING HILL INTENSIVE PROGRAM

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ABOUT THE PROGRAM

This program is geared towards a rider who is newer to the sport of dressage but can be customized for any level of rider. Perhaps you are working towards your first horse shows or you want to get a good all-around grasp on the basics of dressage riding and horse management.

In addition to regular riding lessons, you'll be guided through a curated online curriculum that will follow a monthly educational theme. You'll get a journaling guide each month, and help with goal-setting.

Virtual participants have several options for virtual lessons, along with additional sessions for coaching and goal setting. The format can be customized to suit your needs.

PROGRAM

Sweet Water Equestrian at Spring Hill Farm is offering an opportunity for ambitious riders to achieve their goals through an intensive educational program. Students will work with USDF Bronze, Silver and Gold Medalist and USDF Certified Instructor, Leah Nelson to work toward a customized goal. They will take part in weekly riding lessons and unmounted coaching sessions, and complete a curriculum of required reading, quizzes and discussions. Emphasis will be not only on riding and competitive goals, but all around horsemanship, horse care and management and physical fitness. Virtual option available!

CURRICULUM

- ▼ Rider Fitness
- ▼ Classical Training: What is it?
- ▼ Rider Seat, Position and Aids
- ▼ Sports Psychology for Riders
- ▼ Show Time! All about Competition
- ▼ Evaluating the Horse: Gaits, Conformation, Lameness
- ▼ Horse Management: Vet, Farrier, First Aid, Nutrition
- ▼ Develop Your Eye: Movements, Quality of Gaits
- ▼ Rider Anatomy and Biomechanics
- ▼ Mental Game: Finding Focus and Flow
- ▼ Musical Freestyles: for Fun and Competition
- ▼ The 'Big Picture': Inspiration for the Future

PRICING

Boarder Program: \$75/month

- Access online program
- One unmounted coaching session per month
- In addition to normal board and training

Virtual Program: \$250/month

- 4 virtual sessions per month
- One unmounted coaching session, three virtual lessons/month.

USDF GMO membership required for all participants