

Practicum Level Descriptions Spring 2024

English Beginner: Hunt seat equitation is ridden in a forward seat with an English saddle. For those who have never ridden before or have very limited riding experience, less than 3 months. Riders will learn how to groom, tack, and mount horse. Walking, steering, and equitation exercises to strengthen leg position. Trot work securing posting and diagonals, sitting trot, and jumping position.

Western Beginner: Western riding teaches riders concepts of neck reining and is ridden in a saddle with a horn. For those who have never ridden before or have very limited riding experience, less than 3 months. Riders will learn how to groom, tack, and mount horse. Walking, steering, and equitation exercises to strengthen leg position. Jog work, both sitting and posting.

Western Intermediate: For riders who have experience at the lope. This group is for riders that want to work on improving position and control. Exercises that will be worked on are transitions, lateral work, arena figures, no stirrup work and obstacles.

Advanced Beginner: For riders that have little experience in the canter and are ready to start developing canter work. Riders must know diagonals and have a secure lower leg position. This group will work on arena figures, poll work, and lunge lessons.

Advanced Flat Work: For advanced riders that want to fine tune their skills, with an emphasis on using the Dressage Training Scale to improve horses gaits and maneuverability. Riders will work on cavaletti, lateral movements, no stirrup work, hill work, and a variety of collection exercises. Riders will have their choice of discipline and can use English or Western saddle and a snaffle bit.

Intermediate I: Can walk, trot, and canter safely in a group, knows leads and diagonals, ready to start jumping. Riders will work on jumping position, sitting trot, transitions, no stirrup work, lunge line lessons, and cross rails.

Intermediate II: Riders have experience with course work and have solid jumping fundamentals, jumping at least 2'3". This group is for riders that want to become more competitive in the show ring and work on seeing distances and equitation. Lesson will include no stirrup work, lunge line lessons, gymnastics, jumping courses, switching horses, and trail obstacles.

Advanced: Riders with experience course work at 2'9". Will be becoming familiar with complicated courses with a higher level of difficulty and sophistication. Ability to ride green horses and jump without stirrups. Working to further develop finesse and control of the horse. Lessons will include no- stirrup work, transitions, lateral work, lunge line lessons, gymnastics, courses, and trail obstacles.

Dressage Upper Level: Riders should be confident at the walk, trot and canter. Training level concepts of suppleness, connection, balance and rhythm. Instruction includes refinement of the dressage seat, basic gaits and paces within the gaits, transitions, arena figures, simple changes

through the trot, turn on the forehands and leg yields, and cavaletti. Students ride training level tests to improve their accuracy and skills.

Polo Fundamentals I: For riders at an Intermediate or Advanced Level who can maintain control of their horse at the walk, trot and canter, and comfortable on different levels of horses. This class focuses on the introduction to fundamental polo skills, for those with riding experience but no polo experience.

Polo Fundamentals II: For riders at an Intermediate or Advanced Level who can maintain control of their horse at the walk, trot and canter, and comfortable on different levels of horses. Riders should have either already taken the Polo Fundamentals I course or have equivalent previous polo experience. This class focuses on the building upon existing fundamental polo skills and applying these skills into a game setting.

Trail: For riders at an Intermediate level or above who can maintain control of their horse at the walk, trot, and canter. Riders must be able to mount their horse independently. This class focuses on basic trail skills and will ride in the UConn Forest.

Advanced Polo: For riders at an advanced level who can maintain control of their horse at all speeds, can demonstrate control of their mallet on the near side and offside and who have an understanding of the rules. This class focuses on further development of advanced riding techniques, mallet skills, and game strategies.

Intermediate Ground Poles: For students interested in ground pole exercises to help develop confidence in their seat and aids to further their riding both in flatwork and over fences. Must be comfortable riding over multiple poles in succession. Pole exercises walk, trot and canter. This is not a jumping class and is open to Dressage, Eventing and hunt seat riders. Riders may choose between hunt and dressage tack.

Team Descriptions

Equestrian Team: Tryouts available for prospective new members. Team members will be selected based on skill, level, equitation, and sportsmanship. Tryouts to be held in show attire. Practices will work on exercises in forward seat riding to advanced skills and equitation. Team members will be required to attend all practices, shows, meetings, and team events.

Dressage Team: Tryouts are available for prospective new members. Horses will be assigned in a way to best assess rider skill independent of horse's ability. Team lessons will support the continued development of dressage skills, knowledge, and confidence in the show ring. In addition to overall improvement of riding skills, there will be a focus on strategies to help riders get the most out of test riding in a show situation.

Varsity Polo: For advanced riders who can maintain control of their horse at all speeds, can demonstrate control of their mallet on the near side and offside and understand the rules. This Team focuses on further development of advanced riding techniques, mallet skills, and game strategies. The team will compete with other teams in the Northeast region during their regular season and compete in the spring tournament season. Tryouts required.