

## **Practicum Level Descriptions**

**English Beginner:** For those who have never ridden before or have limited riding experience, less than 3 months. Riders will learn how to groom, tack, and mount horses. Walking, steering, and equitation exercises to strengthen leg position. Trot work securing posting and diagonals, sitting trot, and jumping position.

**Advanced Beginner:** Riders will ride English working on posting, jumping position, and developing the canter. For riders that have completed 12 weeks of beginner riding.

**Intermediate 1:** Can walk, trot, and canter safely in a group, known 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 2:** Riders have experience with course work and have solid jumping fundamentals jumping 2'6". This group is for riders that want to become more competitive in the show ring, work on seeing distances, equitation, and to further develop finesse and control of the horse. Lessons will include no stirrup work, lateral work, lunge line lessons, gymnastics, flat work exercises, switching horses, and trail.

**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.

**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 horses. Walking, steering, and equitation exercises to strengthen leg position. Jog work sitting and posting.

**Western Intermediate:** For riders who can 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.

**Dressage Lower Level:** Riders should be confident at the walk and trot, working towards confidence in the canter. The rider will be introduced to the sport of dressage, dressage terminology and theory. Beginning concepts of connection and balance with an emphasis on equitation. Instruction includes lunge lessons, arena figures, transitions, and introduction of lateral work. Students ride introductory-level tests to improve their accuracy and skills.

**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.

**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. Instructor Melissa Tindall

**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 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.

## **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 (tan pants, show jacket, show shirt, tall boots, gloves, hairnet). 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:** Students of all levels compete in Intercollegiate Dressage Association competitions. The team competes regionally throughout New England to qualify for nationals. Both showing and alternate members make up the team. Tryouts are held at the beginning of each semester. Weekly team lessons 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 catch ride 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.