

# SEDA Jr/YR Scholarship Brings Positive Results

By Kalie Beckers



Thank you SEDA Scholarship Committee and members for allowing me to be the recipient of the first SEDA Jr/Yr Scholarship. I chose to participate in the Leif Sorenson Clinic at Anne Hornbeak Stables July 26-29, on my horse Red Hot Investment, a.k.a Tabasco. I was able to ride with Leif for three of the four clinic days.

The first day was my dressage lesson. Leif taught me several exercises, such as a three-loop serpentine, that helped to supple

Tabasco's shoulders through control and bend. Then we worked on the quality of the canter and transitions. We spiraled in and out on a twenty-meter circle to help develop Tabasco's canter through hind quarter control and submission. Finally, we worked on walk-canter transitions. Those were awesome!

The second day - my favorite - Tabasco and I had a jumping lesson. It began with a dressage warm-up using several of the exercises we learned on the first day. Then we worked on my jumping position and two-point position, although it is called something else in Dutch - don't ask me to pronounce it! Then we transitioned to cavaletties. We started out with just one raised cavaletti and ended with four raised cavaletties set one stride apart. Tabasco is a very big jumper and often I get left behind, so this exercise helped to engaged Tabasco's hind quarters which gave him more impulsion. Therefore he didn't have to jump as big and I was able to stay with him over the jumps. After the cavaletti exercises we

moved on to 'real' jumping. The course was made up of three jumps set on the two diagonal. We worked on keeping a steady rhythm and a controlled response to the jumps through the use of seat and legs. We, including Leif, had a blast jumping!

The third and final day, I had a lunge lesson. The focus of this lesson was to work on my position, especially my legs. We did a lot of sitting and posting trot without stirrups or reins. By the end of this lesson, I was able to control Tabasco's rhythm with just my seat and legs. It was very challenging as well as very tiring.

My clinic with Leif Sorenson was an awesome experience. During each lesson, Leif would explain why we were doing certain exercises and what the intended outcome would be. After each lesson, Leif would ask if I had any questions about what we did during the lesson.

The fourth day of the clinic, I was able to audit several of the upper level dressage riders and that was a very educational experience as well. I was able to see how the movements developed at training level provided the foundation for the upper level dressage movements.

I strongly encourage all SEDA JR/YR members to apply for the SEDA Scholarship - it was a wonderful experience! ♣

