

## **Practicum Level Descriptions**

### **Fall 2022**

**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 horse. Walking, steering, and equitation exercises to strengthen leg position. Trot work securing posting and diagonals, sitting trot, and jumping position.

**Western 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 horse. Walking, steering, and equitation exercises to strengthen leg position. Riders will learn to jog and basic pattern figures.

**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, jumping courses, 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.

**Drill:** Will work on riding straight line abreast, nose to tail, pairing up on different patterns like the mini sweep and pin wheel. Some drill patterns will be put to music and flags or props can be added. Riders must be at the intermediate 1 level of any discipline to take this class. This is a regular practicum and there is no requirement to try out.

**Dressage Lower Level:** For those riders who have completed a beginner riding course. They can comfortably mount, walk, trot, post and know diagonals. Riders will work on Intro and Training level dressage exercises using the dressage training scale to improve the connection to the horse through the seat and developing the canter.

**Polo Fundamentals I:** For riders at an Advanced Beginner Level or above who can maintain control of their horse at the walk and trot and know their diagonals. This class focuses on the introduction to fundamental polo skills.

**Polo Fundamentals II:** For riders at an Intermediate and Advanced Level who can maintain control of their horse at the walk, trot, and canter. This class focuses on applying fundamental polo 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. 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.

**Western Team:** Tryouts are available for prospective new members. Tryouts are to determine the riders' riding ability and placement for the team. Practices are to work on horsemanship position along with riding with control and making a connection with the horse. Practices are also to help riders become more confident and stronger while riding. Shows are to demonstrate what we have worked on in practices and create new goals and work on our faults to help improve.

**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.