



*Developing the skills and knowledge
to be a more confident competitor*

Kicking off With Confidence

Week 5



Making a show timeline

Haul-in

- _____ Ride Time
- _____ Pre-Test (boot removal/wipe off boots, etc...)
- _____ Warm Up
- _____ Watch a Couple of Test
- _____ Walk to Warm-up
- _____ Tacking Up/Pre-Ride Prep
- _____ Course walk / facility walk
- _____ Settling Horse (lunging, hand walking, etc...)
- _____ Checking In (bring paperwork/check book)
- _____ Setting Up
- _____ Parking

Stabling

- _____ Ride Time
- _____ Pre-Test (boot removal/wipe off boots, etc...)
- _____ Warm Up
- _____ Watch a Couple of Test
- _____ Walk to Warm-up
- _____ Tacking Up/Pre-Ride Prep
- _____ Course Walk / Facility Walk
- _____ Pre-ride (feeding/hand walking/grooming, etc)
- _____ Checking In (bring paperwork/check book)
- _____ Setting Up
- _____ Parking



Pre-Ride Checklist

Rider

- Hairnet
- Helmet
- Jacket
- Stocktie
- Shirt
- Breeches
- Belt
- Boots
- Boot Socks
- Spurs
- Gloves
- **Arm Band**
- Whip/Crop

Horse

- Bridle
- **Bridle Number**
- Neckstrap/Breast plate
- Saddle
- Girth
- Saddle Pad
- Boots

Ringside bag or pre-mount

- Hoof oil
- Towels for:
 - Horse Body
 - Horse Face
 - Rider Boots
- Sticky Spray
- Treats
- Reminder band to
 - Take off boots
 - Drop whip
 - Etc...
- Copy of dressage test or pic of course



Facility Walk

- How long does it take to get to warm-up?
- Warm-up situation (how does it fit in with your horse's personality?)
- Plan to get from warm-up to show ring
- What show ring are you in?
- What is the sound for the ring (dressage)?
- Listen to the sound so you're familiar with it.
- (ring/walk/warm-up) Proximity to scary things (roads, jumping warm-up, different levels, treelines, etc...)
- Where are the stewards to check in with?



Course Walk

- Where is the entrance?
- Plan to get to fence one
 - jumps/things to addressed before starting
 - horse's needs (transitions, gallop around, looking at things)
 - Start line
- Things in course to plan ahead
 - Scary corner, scary tents, banners, water puddle
 - Jumps riding spooky
 - Lines riding differently than they walk



Warm-Up Timeline

Ride Time _____ Ring _____ Ring Signal _____

Time to arrive at warm-up _____ Time to be mounted _____

Three Things to focus on? 1. _____ 2. _____ 3. _____

General Plan _____

Things to Remember: Check in with steward. Arm-band. Bridle Number.



Warm-Up Timeline

Procedure *(you or a helper)*

1. Tack check before (eventing dressage)
2. Check in with Warm-Up Steward
 - a. How many people until you go?
 - b. Who do you follow?
 - c. Is the arena currently running on time?
 - d. Let them know any issues (put a note to remind you to drop your whip or something if by yourself. Know it's not their responsibility)
3. Warm-up accordingly
4. Keep an eye on the competition ring
5. Listen for stewards to call
6. Know your plan about how to bridge warm-up and competition ring
 - a. Standing to watch a couple rides before you warm up or before you go in to compete
 - b. Little break to get a drink/take off boots, etc...)
 - c. Trot immediately from warm-up to competition ring



Planning for Adversity

- **CONFIDENCE** - don't let little things rattle you. Your horse has missed a transition, kicked out, balked, pulled a rail before - and it'll happen again.
- Horse that doesn't deal well in crowded warm-up
 - Alternate warm-up plan
 - Send someone to check in for you or notify stewards somehow
 - Helping them settle by grazing/walking around the area beforehand
- Another horse having issues
 - Give them space; Heads up to that it doesn't affect your horse's mindframe
- Ring running early
- Ring running late
- Forgot something back at the stall
- Horse is behaving unusual
 - Mentally review the tools you have in your toolbox
 - Don't be afraid to ride using those plans



Warm-up Techniques

Dressage

- Know your routine - follow it
- In a large warm-up, make their world smaller
- Pressure yourself sufficiently (immediate transitions, mentally ride test)
- Center line (turn against physical barrier)
- Check off the things you need to work on (BASICS - forward/back, spiral in/out, transitions)
- Don't be afraid to have a different plan than others
- Don't peak too early
- Smile! Hum! First world problems.



Warm-up Techniques

Jumping

- Know your routine
- Know rules (red on right, call your passing sides, generally pass left to left)
- Spend time on the flat - preparing for jumping
- Know how your horse needs to warm up
 - Break before starting
 - Straight thru until you start your course
 - Etc...
- BASICS - Angles? Galloping? Rideability? Confidence?
- Don't be afraid to have a different warm-up than others
- Peak at the right time
- Smile! Hum! First world problems.



Coming up next week:

We made it to the show ring!
Mindframe. Knowing what to expect.
How they score tests. What could go
wrong.