



ROCKY MOUNTAIN DRESSAGE SOCIETY

Pressure Proof Dressage Clinic Details & Sign-up

Event Dates: April 27 & 28, 2024

Event Address: Colorado Horse Park, 7522 S Pinery Drive, Parker, CO

Go to RMDS.org for all of the clinic details and final schedule available 2 April 2024

Hosted by RMDS & Sara Storch-Kay

Pressure Proof your Dressage with Melissa McLain

**10 am start time each day* Example Schedule Included Below*

Melissa is a certified Pressure Proof Coach by Daniel Stewart

- One of a kind clinic designed to increase your confidence, courage & concentration by developing your heart & mind while making it fun!
- Tailored to each rider's level: all ages & levels encouraged
- Improve positive thinking & focus even under pressure

Clinic includes

- 1.5 hrs of riding per day in groups of 4 total riders
- Watch other groups to learn more Pressure Proof techniques & encourage each other!
- 1 hour workshop each day (Sports Psychology & Fitness)

Clinic Pricing

- \$200 for one day (includes all fees)
- Discounted \$360 for both days (includes all fees)
- Auditors \$45 per day (if not riding Day 1 or Day 2)
- Clinic capped at 12 riders per day

Rider & Horse Expectations for a Pressure Proof Clinic

Our Riders: Riders of all ages and levels can ride in my clinics because we'll divide everyone into three groups based on the level of horse and rider. As you can imagine this isn't always easy (like putting 12 square pegs in 12 round holes!) but please do your best. Thank you for considering the horse when grouping your riders (for example if an upper level rider is on a green horse she should still ride in the lower level group to avoid over-challenge her horse).

Our Horses: Because of the challenging nature of our clinic it's very important that all horses be willing, well-behaved, and able to complete a full dressage test without stopping. Our clinic is designed to teach riders to be positive and focused under schooling or showing pressure (i.e. recovering after mistakes, never quitting, and avoiding distractions). It is NOT designed to teach riders how to solve things like rushing or refusing horses, or how to overcome the fear of a horse who makes them nervous or fearful. Riders who attempt to ride with horses like this usually end up feeling very disappointed in the clinic and frustrated. It also delays the entire clinic for all other riders.



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Inclement Weather: We have reserved the heated indoor at the Colorado Horse Park in case the weather is not suitable to ride outside for the clinic.

This allows each group to try different Pressure Proof challenges. There is no stabling available. We understand if you have to leave to take your horse home at some point in the day. We hope you will come back and join us for the afternoon seminar/workshop.

1. Rider's Name*:

2. Rider's Age*:

- ☐ Junior - under 18 years old
- ☐ Adult - over 18 years old

3. What days would you like to ride in the clinic?*

- ☐ Day 1 - April 27, 2024
- ☐ Day 2 - April 28, 2024
- ☐ Both Days

4. What days would you like to audit the clinic? (payment necessary for auditing only if not riding Day 1 or Day 2)*

- ☐ Day 1 - April 27, 2024
- ☐ Day 2 - April 28, 2024
- ☐ Both Days
- ☐ I am riding one day and plan to audit the other day.

5. Riding Level - Based on Dressage Test Levels *for you and the horse you intend to bring to the clinic*

- ☐ Introductory Level
- ☐ Training Level
- ☐ First Level
- ☐ Second Level
- ☐ Third Level
- ☐ Fourth Level

6. Please select all of the skills you are comfortable completing on the horse you plan to bring to the clinic. *

- ☐ Walk & Trot
- ☐ Walk & Trot over poles
- ☐ 20m circles at a Walk & Trot
- ☐ Canter work
- ☐ Canter work over poles
- ☐ 20m circles at a Canter
- ☐ Other:



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7. Riding Level - Please describe any details about your riding level or physical limitations you would like us to know.

8. What do you hope to learn from participating in this Pressure Proof clinic?

9. I understand to confirm my riding spot in the clinic I will need to pay \$100 deposit by 15 March, payment in full will be due 10 April. Auditors may pay at event.

10. Please email your current vaccine records, health certificate (current within last month), and Coggins to rmds.org, title the email "Pressure Proof Sign-up".