

## **Pressure Proof Dressage Clinic with Melissa McLain**

**10 am, Saturday, April 27<sup>th</sup>**

**Colorado Horse Park, 7522 S Pinery Drive, Parker**

**Hosted by RMDS & Sara Storch-Kay**

Melissa is a certified Pressure Proof Coach by Daniel Stewart. This clinic will 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)

Zoom Option for Seminar: \$30 (1 hr on Sports Psychology or Rider Fitness)

Clinic Pricing: \$200 for one day (includes all fees)

Auditors \$45 per day

Make payment on our RMDS PayPal account

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 groups based on the level of horse and rider.

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

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1. Rider's Name:

2. Rider's Age:

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

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

o Walk & Trot o Walk & Trot over poles

o 20m circles at a Walk & Trot

o Canter work

o Canter work over poles

20m circles at a Canter

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

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

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Please email the above information along with your current vaccine records, health certificate (current within last month), and Coggins to [rmads.org](mailto:rmads.org), title the email "Pressure Proof Sign-up".