

## SEMINAR

### **How to succeed in dressage**

January 21 – 22, 2023

After successful seminar in Lithuania, international category judge Agnė Uždavinytė and 2021 World Equestrian Championship participant Justina Vanagaitė are coming to Latvia to share their view of different problems in dressage ring. Interactive theoretical and practical seminar, intended for those who want to:

- Check if the horse's training is going in the right direction
- Learn the tricks of riding a test: cover flaws and highlight strengths
- To understand that you don't always need an expensive horse to get a mark 8 and higher
- Learn to recognize the signs of correct work that the judges look at
- Understand what the evaluation in Dressage competitions consists of
- To find out why and when marks four, five or six is given
- Try different roles - judge, trainer, rider
- Learn how successful riders solve common problems
- Get ideas for winter training

We will look at the same problems from two sides, we will try to reduce miscommunication between athletes, coaches and judges, based on international FEI dressage rules, recommendations and personal experience.

***SEMINAR WILL BE HELD IN ENGLISH!***

#### ABOUT THE LECTURERS

##### **Agnė Uždavinytė**

International category FEI 2\*/YH judge

LŽSF L3/YH national category judge

Certified FEI Level 1 trainer

14 years of experience as a trainer and 23 years as a rider

Winner and prize winner in competitions up to the Small Prize

Self-study with the world's most famous coaches and judges

## **Justina Vanagaite**

Athlete and trainer

The first representative of Lithuania in the World and European Dressage Championships

Multiple winner of international tournaments in the Grand Prix program

Lithuanian Dressage Champion 2021 summer and 2022 indoor championships

A coach who trained 8 Lithuanian champions in various categories

19 years of riding experience

PROGRAM:

### **January 21 (Saturday)**

9:00-9:30 Registration

09:30-12:30 Theoretical part at Incukalns Middle school

Correct horse work based on the training scale. How does it look visually and how does it feel when riding? What signs to look for? Typical errors and their evaluation. How do successful riders solve problems?

12:30-14:00 Lunch break

14:00-17:00 Practical part at Young Riders school

Practical training, riding single elements and tests and discussion in groups. How do the rider, trainer and judges perceive the same situation? Attention to the general work of the horse according to the training scale: rhythm, relaxation, contact. We will put into practice the exercises that Justina suggests to improve problem areas.

### **January 22 (Sunday)**

9:30-12:30 Theoretical part at Incukalns Middle school

The essence and distinguishing marks of specific technical elements, site geometry and figures. Where and when should the element be performed? Typical errors and their evaluation. Rider's experience in grinding elements, gymnastic value.

12:30-14:00 Lunch break

14:00-17:00 Practical part at Young Riders school

Practical training, riding of individual elements and tests and discussion in groups. How do the rider, trainer and judges perceive the same situation? Attention to specific elements and figures. How are they ridden by experienced riders? Course of training of individual elements from to.

4 – 5 riders of different levels will be invited for the practical training.

**Entry fee:**

1 day – 70 EUR (incl.VAT)

2 days – 100 EUR (incl.VAT)

Participation **without** horses. Certificate for 6 or 12 hours will be given to all participants.

**Application:**

Applications should be sent to [info@latvianhorses.lv](mailto:info@latvianhorses.lv) by January 17. Please provide name, surname and personal code or company details for invoice.

**Location:**

Theory lectures – Incukalna pamatskola, Zvaigznu iela 2, Incukalns

Practical training – Young Riders school, “Zustrenes”, Incukalna pag.

Organizer: biedriba “Jauno jātņieku skola”

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