

## Jeremy Steinberg Clinic, San Antonio, Texas



My name is Cassie Argento-Bird and the Dressage4Kids program sponsored my riding at the weekend clinic with Jeremy Steinberg in San Antonio, TX this past May. My pony partner, Sasha, and I have been working toward our bronze medal for the past year and a half. Sasha (also known as Sparkle Valentine) and I have trained up through the levels together so being able to attend clinics with professionals like Jeremy is an important way for us to continue building our communication together while learning the art of dressage.

Going into the clinic, we had been struggling with correctly riding the next level of movements at second level. Right away in our first lesson, Jeremy saw that we needed work on propulsion in order to even think about properly riding the next movements. So, that was our focus for keeping Sasha forward and in front of my leg. He moved us through various exercises to help me help her engage her hind end. A helpful phrase he used was thinking about her as a “coiled spring.” He described it as being able to compress and hold the spring (the horse) with your aids, but to be able to release the energy and “let go of the spring” at any time. So much progress was made in that one lesson with using my seat and leg and practicing the idea of coiling and releasing her pony energy.

The second day of clinic we focused on continuing to use what we accomplished the first day and put movements together. This was a really big step in our progress. We had gone into the clinic barely able to hold a shoulder in. Suddenly, we came out being able to switch between shoulder in and haunches in without Sasha or I getting tense! In our canter work, we focused on her transitions into and out of the collected canter and getting her to rock her weight back onto her haunches for the downward transitions. After doing these exercises, our canter walk transitions became much less abrupt and she continued to move forward through the transition. I am happy to say we came out of the clinic feeling very confident in looking to the road ahead. I’m proud to be part of the D4K team and look forward to learning alongside everyone again soon!



(Some pics from clinics showing lateral work)