

Southwest Virginia Dressage Association Educational Sunday

Free to everyone

March 20, 2022

At Virginia Tech Alphin-Stuart Livestock Arena – Plantation Road Blacksburg, VA

8am – Drop off your used tack

Each item should have a price attached to the item. A volunteer will collect money for items sold during the day and give you your proceeds at the end of the day.

9am - Dave Cecchini: Strengthening your core without going to the gym

Dave is an ACSM Certified Exercise Physiologist with Valley Active in Blacksburg

10am - Tracey Smith -Oliver: Cavaletti for gymnastics and training your horse

Tracey is a “L” graduate and a USDF certified trainer through second level

11am – Lynn Jendrowski: How to earn those extra points on your dressage test

Lynn has been awarded the USDF Gold, Silver and Bronze Medals, the USDF Gold, Silver and Bronze Freestyle Bars and the

2021 USDF Diamond Achievement Award. She is an American Riding Institute Certified Riding Instructor – Level III.

Noon – Lunch – SWVADA and BREA year end award presentations

1pm – Tammy Nichols – Changes in the USEF rules for Dressage

Tammy is a USEF “r” dressage technical delegate and an FEI Level 1 dressage steward

2pm – Roanoke Valley Pony Club – Polocross demonstration

3pm – Pick up unsold items from used tack sale

Questions contact Laura Nelson at galliard.laura7@gmail.com