



## **Sterling Equestrian Center**

### **Important Participant & Parent Information**

Please find the following helpful hints, tip and info for packing and preparing to attend a 3 Phase event with Sterling Equestrian Center. Not all trips include all 3 phases of Dressage, Cross Country and Stadium Jumping, so please be sure to know which events and levels you will be entered as before you attend.

#### **Knowing which Dressage test you are scheduled to perform is your responsibility!**

##### Equipment & Clothing for each competition phase:

###### **Dressage:**

Beige riding pants

Simple leather belt either black or dark brown boots

Tall boots / paddock boots with garters (some may wear the half chaps with the approval from Miss Cathy)

Hair nets and a Velvet helmet

Short sleeve white show shirt with stock tie

Show jacket

Show Gloves

Black saddle pad or white

\* Martingales are not allowed for Dressage

###### **Cross Country:**

“Cross-Country Colors” are optional but most riders have them...choose a color scheme and apply it to your helmet cover, saddle pad, collared shirt, bell boots, splint boots, etc.

Cross-country vest - many riders have them...ask if you can borrow theirs unless you will be riding in a lot of cross-country shows (i.e. they're expensive)

Cross-country emergency instructions must be attached to each rider on the course. Please see [www.SterlingEquestrianCenter.com](http://www.SterlingEquestrianCenter.com) for details.

###### **Stadium Jumping:**

Beige riding pants

Sterling Polo shirts or your white show shirt

Show jacket

Tall boots or paddock boots and half chaps

Hair nets and a Velvet helmet

###### Other Gear:

Swim gear, towel and sunscreen - depending on location and time of year

Pillows, sleeping bag

Please be sure your child is sent with plenty of drinks or bottled water - we will have ice chests if you'd like to contribute to the group

Money for food and/or snacks: \$40 to \$50

**If you borrow any gear from Miss Cathy or any other Rider, please remember to take care of it like it was your own! Anything borrowed from Miss Cathy must be returned on Sunday when we return to the barn so that it will be available for the next lesson.**

**Horse Care, Your Tack Trunk and Supplies:**

*Although some of these items are optional, please remember that other riders that have gone to the expense of purchasing and maintaining their show trunks are not always around to borrow from and some prefer not to share. Although many riders are glad to share in a pinch, none appreciate having their trunk raided when they aren't around. Optional items are marked with an asterisk (\*)*

- ⌚ Fly spray \* - a pony who is bothered by flies is a distracted mount
- ⌚ Water for you and your horse (spigot should be available but ask ahead). Ms Cathy will have buckets available for your horse – but the rider needs to have plenty of cold water packed for themselves!
- ⌚ Leather cleaner / wipes for your boots and tack\* - used for quick touch-ups of tack and boots – almost not optional for rainy shows
- ⌚ Extra stirrup bands (easy to lose especially in cross-country – can't ride without them!)
- ⌚ Extra jodhpur elastics unless you have tall boots
- ⌚ Extra shirts, socks, and jodhpurs in case your others get dirty or torn\*
- ⌚ Pony Club pins if a member
- ⌚ Back-up gloves in case you lose one or they get torn\*
- ⌚ Hole punch if you own your own tack\*
- ⌚ Baby wipes for dirty faces and hands\* - remember that a dirty face doesn't show well
- ⌚ Pony grooming needs such as brushes, comb, hoof pick etc. – remember that your pony is counting on *you* for all of it's grooming needs!
- ⌚ Pony treats for awesome ponies that are taking good care of their riders\*
- ⌚ Treats / snacks for riders that are working hard and taking good care of their ponies
- ⌚ Extra copies of the dressage test if available\*
- ⌚ If traveling without Ms. Cathy – current Coggins

- ⌚ Emergency phone numbers
- ⌚ Bug spray for you – wipes are best, but other types are okay too
- ⌚ Sunscreen for you and ponies with white on their faces
- ⌚ Optional items but recommended by seasoned riders: lots of snacks, cold water, clean towels, hat with brim, battery powered fans in the summer, watch\*
- ⌚ Extra hair pins for your hair net
- ⌚ Wind pants, pajama pants, over-sized t-shirts etc. are all good to throw over your show clothes when grooming and bathing your pony.
- ⌚ Comb, hairspray, etc. whatever is needed to keep your hair neatly secured
- ⌚ Personal items such as tissues, headache meds, chap stick, etc.
- ⌚ Extra money in case you need a quick trip to the store

Parents: if you have any questions about this list (what's crucial, what's optional, etc), please do not hesitate to call one of the seasoned riders or their parents. Everyone went as a "newbie" once and understands that there are many questions prior to a big show.

Pre-departure Schedule:

**Prepare horses and tack for the show** – this is important and part of the show experience! Riders are EXPECTED and REQUIRED to participate in the bathing, grooming, cleaning, tack cleaning and loading of the trailer and horses. If you cannot participate, you must make arrangements to make sure your horse and tack are prepared and loaded. Do NOT assume that it will be done for you. Sterling Horses and Riders are impeccably turned out for any show event. You are representing Sterling and yourself. We don't take 'short cuts' when preparing for the event!

*Schedule can change if this is a 1, 2 or 3 day trip:*

Friday:

Afternoon Load and leave: Directions are attached and posted in the Barn

Lunch on the road. Pack something or make sure that your Rider has eaten. We move fast and focused. *The goal is to get here, settle in our horses and have time to school the Cross Country course.*

Arrival: **\*\*\*RECOMMENDED\*\*** We will have an opportunity to school (practice) the Cross Country course for an additional fee. While this is not required, it would be wise for each

Rider to practice on the course under Miss Cathy's supervision. Both Rider and horse will feel confident and comfortable with the course on test day. Please send the additional fee with your rider or let Miss Cathy know in advance.

Attire for Friday schooling: Any color of polo, with short sleeves - if you have a Sterling logo shirt, please wear it

Saturday Schedule:

8:00 - 4:00 Show starts: Starting line up will be posted. It's a long day but thrilling to see your Rider compete. You will want to be there when the show results are announced.

4:00 - 9:00 Return to the Barn is approximate. If you'd like to be called when we are 'close', please let us know.

These are long, exciting and grueling days. Your Rider should be well rested, mentally prepared for the responsibilities and expectations. Each Rider needs to know the dressage test that they will be doing. Know what test you are doing and study it! *The dressage scores can make or break your Rider earning a ribbon!*

Finally:

Parents are invited to come and watch the competitions. You must make your own accommodations or come for the day. Chairs, umbrella, sunscreen and/or comfortable walking shoes are best. Concession stands will be available however if you'd like to bring snacks and drinks please do so.

**If you have further questions, please contact Laura Sinyard.**