

SVZ Dressage

STAIRway  
to  
Success







# What is Dressage?

- Dressage French word for “training”
- Originally developed to teach maneuvers to horses for battle
- Today’s sport is regulated by governing bodies with standards and specific requirements relative to level of competition
- Dressage horses are ATHLETES – power, agility, balance, stamina and grace – they are a combination of Ironman and Ballerina!
- It takes 7-10 years to develop a horse to perform the difficult exercises required at highest level of our sport International Grand Prix.
- TRUST and PARTNERSHIP are critical to training and performance



# My Vision

***“To serve as an ethical, knowledgeable and relevant resource for equestrian athletes and their equine partners to realize their full potential. Together, we will exert a powerful, positive influence on our sport”.***



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Paintings Photography



# ***CORE VALUES***

**SAFETY**

**TEAMWORK**

**ACCOUNTABILITY**

**INTEGRITY**

**RESILIENCE**









# SAFETY

- Safety is my primary concern
- Athletes physical, mental and emotional
- Physical health and safety of horses
- Horses are powerful, reactive and have an instinctual flight response so measures must be taken to reduce risk
- Environment – training space, footing, tack and equipment
- Keep open lines of communication, continuously
- Strictly adhere to Safe Sport guidelines





# Teamwork

- Constant communication and collaboration of the coach/rider/horse team
- Cooperative and helpful
- Inclusive of fellow riders and support team
- Empower and support others
- Complete required tasks
- Exhibit sportsmanship always





# Accountability

- Recognize how choices and behaviors affect others
- Respect for regulations, safety protocols and deadlines
- Prepared, reliable and dependable
- Advocate for horse welfare and care
- Horses require 24/7 care – they can't be put on the shelf





# Integrity

- Honest, genuine and authentic
- High standards of behavior of entire team
- Discipline and commitment
- **Do the right thing even when no one is watching**
- Open communication with and encourage feedback from riders in training and debriefs
- Trust is a key factor





# Resilience

- Ability to withstand and learn from difficult situations
- Mental, emotional and behavioral flexibility to adjust to the demands of training and competition
- Adapt to changing and challenging environments
- Stay positive through setbacks and injuries
- Stay focused in face of adversity



# REFERENCES

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- Savoie, J. (1992). *That winning feeling*. Trafalgar Square Publishing.