



D R E S S A G E D R E A M E R S

Competition Check List

Before you enter

- ★ Practiced all the movements needed for that level. Run through the test at home.
- ★ Lesson with your coach to go through your test

Day before the competition

- ★ Have a good ride, relax and run through your test. Don't stress if there're mistakes something you can prepare for on the day
- ★ Wash, plait your horse get him ready. Clean and get your gear ready. Have everything packed and ready for the next day
- ★ Run through your test. Write down key points to remember for your test such as movements/ areas you want to improve with. Note how you want to do these movements.

Day of the competition

- ★ Arrive with plenty of time to get yourself organised and geared up. Allow yourself plenty of warmup time, get your gear checked early as possible before your test
- ★ Quick overview of your notes, run through your test for reassurance
- ★ Always remember to smile and talk to the person on before you. Also, to wish the next rider luck.