The object of dressage is the harmonious development of the horse in both mind and body, and every horse, regardless of its type of use, can benefit from this training.

What is Dressage?
"To the untrained eye it looks easy, but like many equestrian sports, it serves the needs of a diverse range of horse lovers. It's an Olympic equestrian sport; yet a basic training discipline for the backyard horse. Dressage teaches a horse to be obedient, willing, supple and responsive. The horse freely submits to the rider's lightest "aids" or body signals, while remaining balanced and energetic. Dressage principles are a logical, step-by-step progression from simple to increasingly complex movements. The graceful movements performed in competition may look effortless, but are the result of years of training. Dressage requires the horse and rider to combine the strength and agility of gymnastics with the elegance and beauty of ballet. The highlight of a dressage competition is the Musical Freestyle in which the rider creates and choreographs to music an original ride of compulsory figures and movements."

Bonnie Timmerman, Coach
Dr. Jenny Wilkinson, Club Advisor

Contact Information
For more information, go to "Contact Information" on the Dressage Team web site and email the team captains:
Website: www.uvm.edu/~dressage
Facebook: www.facebook.com/uvmdressage

UVM DRESSAGE TEAM
www.uvm.edu/~dressage
The UVM Dressage Team usually consists of between 15 and 20 hardworking and dedicated team members. Tryouts are held early in the fall semester each academic year to fill any and all open spots. We invite all of those who are interested to tryout, as it is not necessary that you have extensive dressage or even riding experience. The selection process is competitive, but don’t feel discouraged as we need riders of various levels to complete our Intercollegiate Dressage Association (IDA) roster! Intercollegiate competition, run under IDA regulations, allows for two groups of four team members and one coach to attend each show. We try to make certain that all of our teammates have an opportunity to compete by rotating competitors.

We travel to approximately four shows per semester at schools throughout New England plus IDA Nationals, usually held in April.

The team currently competes in the B region of the IDA. [http://www.teamdressage.com](http://www.teamdressage.com)

These competitions are unique because riders are mounted on horses drawn by lottery number, given 10 minutes to warm up on their horse and then perform their required test.

Each team member rides in two lessons per week, averaging about 20 lessons a semester. The lessons are taught by the UVM Dressage Team Coach, Bonnie Timmerman, at Birch Ledge Farm in Colchester, VT. Transportation to and from the farm is generally provided by carpooling with any members of the team.

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Open to all athletes of all abilities