



# Promoting Youth in Dressage

WITH LUCARNE, PIPER, REBECCA & ALYSSA

# WHO ARE WE?



Alyssa Harrison

- Advanced Medium Dressage & 2\* Eventer
- Journalist & Social Media Roles for Dressage NZ
- Physiotherapy Student at AUT



Lucarne Dolley

- Grand Prix Dressage Rider
- Physiotherapy Student at Wintec



Rebecca Mobberley

- Level 4 CDI-P Dressage
- Year 12 - Correspondence



Piper Crake

- Novice & Medium Level Dressage Rider
- Year 10 Student at Kaipara College
- Captain of School Equestrian Team

Dedicated Riders of the Future!

A photograph of a horse and rider at an equestrian event. The horse is brown with a white blaze on its face and is wearing a blue dressage saddle pad with red trim and the word "DRESSAGE" on it. The rider is wearing a dark jacket. In the background, a man in a green vest and a woman in a blue vest and cap are walking. The woman is holding a rolled-up rug. The text "WHAT IS OUR PURPOSE?" is overlaid in white, serif font.

WHAT IS OUR PURPOSE?





We want to make Dressage not scary!!

- We want to create a safe space for Young Riders to come together, where they will not be intimidated by the older riders at higher level competition.
- Make the atmosphere more inviting, fun and friendly to encourage more people to participate and give it a go.
- Bridge the gap between our adults and Young Riders and encourage the Youth to voice their opinions about the future of the sport

# INTRODUCING... THE YOUTH COMMITTEE!

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- Will be made up of a group of Young Riders who will listen to their fellow riders and take their ideas to the table to be heard
- Bridge the gap between adults and youth - make the Youth feel valued and listen to their opinions
- Similar to Netball NZ - where they advocate for the participation, engagement and retention from their Youth
- We want Dressage to lead the way for the other Equestrian Sports in NZ, let's be the Game Changers!

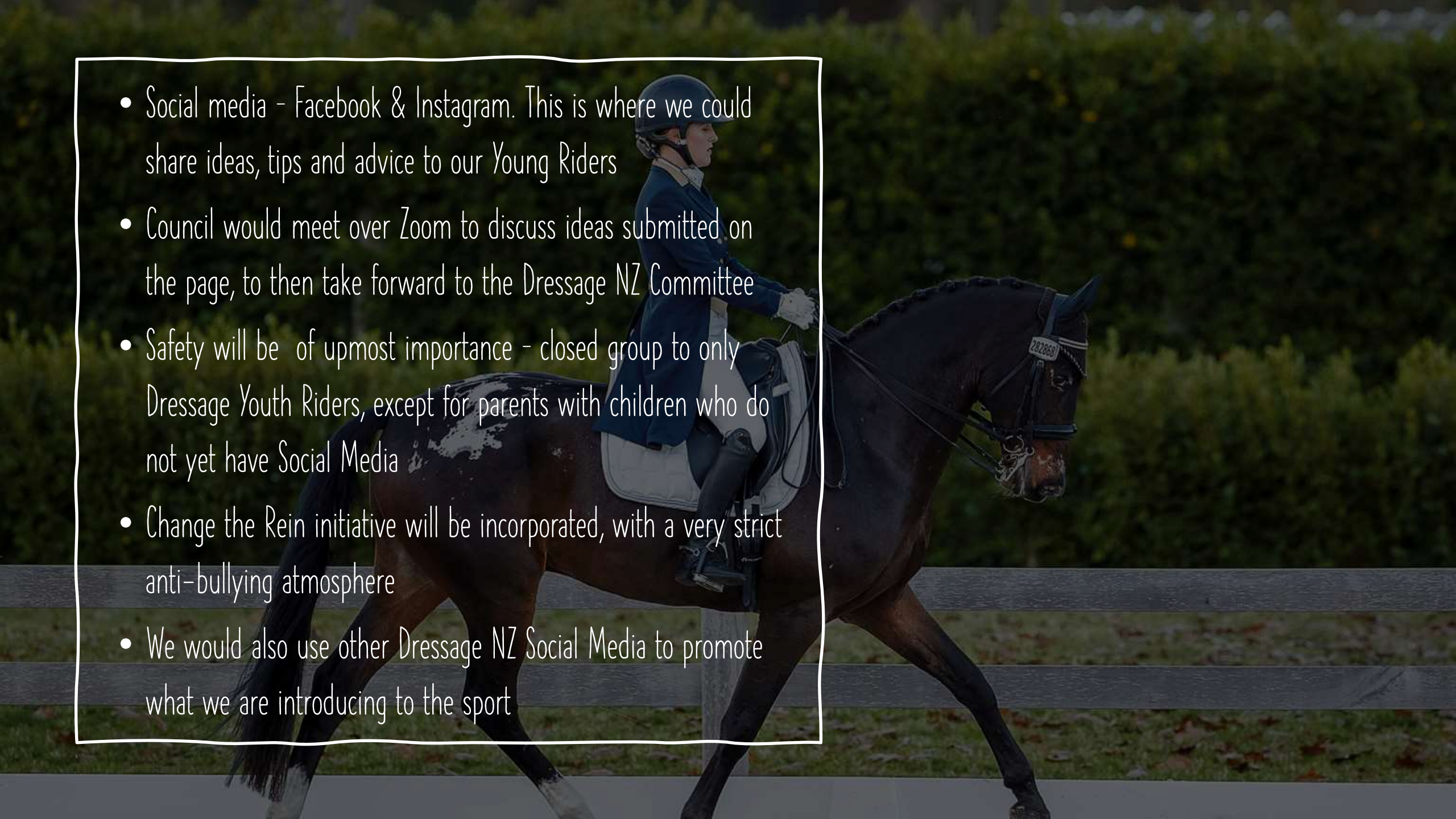




WHAT WILL THIS  
LOOK LIKE?

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- A rider in a blue dressage jacket and helmet is shown in profile, riding a dark bay horse with white markings on its hindquarters. The horse is performing a collected movement, possibly a piaffe or passage, in an outdoor arena with a wooden fence and green foliage in the background. The rider is wearing white gloves and black boots. The horse has a bridle with a bit and a small tag on its forehead that reads '282868'.
- Social media - Facebook & Instagram. This is where we could share ideas, tips and advice to our Young Riders
  - Council would meet over Zoom to discuss ideas submitted on the page, to then take forward to the Dressage NZ Committee
  - Safety will be of upmost importance - closed group to only Dressage Youth Riders, except for parents with children who do not yet have Social Media
  - Change the Rein initiative will be incorporated, with a very strict anti-bullying atmosphere
  - We would also use other Dressage NZ Social Media to promote what we are introducing to the sport

# WHO WILL BE INVOLVED?



- Ideally, we would love to have 6 members nominated for the council, 4 from the North Island & 2 from the South Island
- No one over the age of 25 years old (keeping it Youth!!)
- Having a representative to potentially become a DNZ Committee member - bridging the gap
- This representative would report on the ideas discussed by the Youth Committee, as well as take back advice & tips on how to grow the Committee for the future
- *"I have had personal experience from attending a board meeting and found the fact I was not on the board but was still able to contribute extremely valuable. My ideas were still heard without feeling too much pressure." - Lucarne Dolley*



WHAT DO WE WANT TO ACHIEVE  
FROM THIS YOUTH COMMITTEE?

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- Promote & support Young Riders within our sport
- Raise awareness about how our younger riders currently feel at bigger shows, and how their experiences can be improved
- Introduce Zoom calls, tutorials, social media posts from our top riders, coaches, physios, nutritionists, vets, grooms etc. This would help to educate our Young Riders and provide a base of knowledge and contacts for them to ask questions (and to show that people higher up in our sport aren't scary!). This would also be a great resource for riders who are not aiming for the top, but still would like access to knowledge so that they can have healthy, happy horses
- Clarify and promote our Youth Pathways, nurture and encourage Young Riders to learn
- Sign up sheets so Young Riders can sit in judges cars at events, to encourage learning and communication with the judges



A large group of young riders, mostly girls, are posing on the wooden steps of a two-story stable building. They are dressed in equestrian attire, including helmets, boots, and riding pants. Many of the riders are giving thumbs up or waving at the camera. The building behind them has a corrugated metal exterior and several windows. The scene is set outdoors on a grassy area under a clear blue sky.

WE WANT DRESSAGE TO BE FUN AND EMPOWERING FOR  
OUR YOUNGER RIDERS. AFTERALL, THEY ARE THE  
FUTURE OF OUR SPORT!



QUESTION TIME 😊

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DRESSAGE

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