



Sherry Guess Rider Biomechanics Clinic at Capall Stables

September 26 – 6:30 pm Lecture and Interactive Discussion
September 27 – 8:30 to noon – Demonstration Riders – including
active discussion with auditors

No charge either day!

Who is Sherry Guess?

One of the first dressage trainers in the US to recognize the importance of biomechanics and its influence on effective riding, Sherry Guess is a trendsetter in her field. Knowing that the rider's correct position and fundamental movement provide clear communication between horse and rider, Sherry continuously strives to obtain an even greater understanding of biomechanics and its relationship to riding in any and all disciplines.

Combined with her unique teaching methods, Sherry's understanding of biomechanics provide her with the ability to empower her students with the knowledge that will release the natural abilities of the horse beneath them. As she passes this valuable information, Sherry takes great pride in knowing that she is teaching skills that create better riders and happier horses.

Sherry's background includes:

- USDF Bronze Medalist
- USDF Certified Instructor (programs with Anders Lindgren, and then worked with Anders for 10 years)
- USDF L Graduate
- USDF Region 9 Regional Director
- Participant in Sally Swift Instructor Program
- Has participated in clinics with Mette Rosencrantz, Denny Callin, Lilo Fore, Beth Baumert and Steffen Peters
- Currently works with Sarah Martin from Colorado

Sherry was in California and a member of the California Dressage Society before moving to Oklahoma many years ago. Once in Oklahoma, she served as an officer of the Oklahoma Dressage Society, and then also took on several positions within the United States Dressage Federation. She is currently the USDF Region 9 Director.

Demonstration Riders Needed – All Disciplines Welcome!!

When: Sunday September 27th – 8:30 to 12:30 What: 1 hour mounted session with Sherry

Auditors will also be able to ask questions and discuss biomechanics

To apply to be a Demonstration Rider (no cost to rider):

- Prepare a 5 to 10 minute video of you riding the horse (or horses) you could bring to the clinic showing:
 - walking turn on the forehand or leg yield on a circle
 - 20 meter circle right and left at walk, trot (and canter, if horse/rider are cantering)
 - any other figures or movements you want to demonstrate a strength or weakness
- Include your name, horse name, age, breed, level or class you would show (if you show), movements required at your level, the current challenges/issues of horse or rider, and what things you want to fix.
- Upload the video to YouTube, and send the video link to Marie Maloney (marie.maloney@hotmail.com) with the subject line: Sherry Guess Video Submission. **VIDEOS TO BE SENT TO MARIE by Aug 30. Email is marie.maloney@hotmail.com**
- Sherry will choose four or five horse/rider combinations, with 1 or 2 alternates chosen in case someone has to cancel. Sherry will contact both Marie and riders by September 9th to advise who has been chosen.
- Horses will need negative Coggins within 1 year, and 6 month Rhino/Flu vaccination history to attend.
- Demonstration riders must attend the Saturday evening Biomechanics lecture/demonstration.
- For more information on Sherry, go to sherryguessdressage.com.



Come Join us for a Free
Clinic



with Sherry Guess

September 26, 2020

at 6:30pm at Capall Stables
3400 S 143rd St East, Wichita

Are you LYING to your horse?

Do you want him to be *round*, but your body is saying “stay hollow?”

Do you want him to be more *active*, but your body is saying “don't move?”

Do you want him to be *quiet and soft*, but your body is saying “run and be tense?”

Any horse that lets you get on and ride indicates he is willing to cooperate, but when things go wrong, it is because he:

- Isn't in the correct posture to accomplish the task, or
- Doesn't have the strength, or
- Is CONFUSED about what you are asking.

Learn how rider biomechanics can make a huge difference to your happiness with your pleasure or competition horse. This is an 2.5 hour **Unmounted** Clinic. All disciplines welcome! Come Join Us! Please RSVP to Marie Maloney, KDEA education chair, marie.maloney@hotmail.com by September 20th...so we can be sure to have enough seating available on Sept 26th

**KDEA and Capall will practice social distancing, with spacing of seating and masks as appropriate.



Come Join us for
The KDEA 40th
Anniversary Party



September 26th from 5pm to 6:30pm at
Capall Stables, 3400 S 143rd St East, Wichita

We will gather to celebrate KDEA's 40 year history of promoting dressage and eventing in the Wichita area.

We will have old KDEA newsletters, archives and memorabilia for you to peruse, and welcome anyone to bring their own “KDEA memories” to share! For more information on the party, to bring memorabilia or other items and to assist with planning, please contact Maribeth Willard at mbwillard@live.com

Maribeth will be coordinating the food that may be on the table for the event..depending on the status of COVID19 at the time. If we can safely provide food, and if you have a signature appetizer or snack....just check in with Maribeth so we can coordinate any food.

After the celebration, be sure to stay for the Sherry Guess unmounted Rider Biomechanic clinic (free to all)

RSVP for Party: marie.maloney@hotmail.com

RSVP for Sherry Guess clinic: marie.maloney@hotmail.com