



ODS Dressage Camp General Schedule June 3-6, 2010

Thursday, June 3

- 1:00 -5:00 p.m. Check into the Claremore Expo Center and RSU
- 5:00 Wine & Cheese in the Will Rogers Room at Claremore Expo
- 6:00 Dinner- Fajita bar; chips and salsa, brownies
- 7:00 Introductions/Announcements
- 7:30 Lecture-“Lunging: Basics and Variations” by Louise St. Amour and Laurie Hedlund

Friday & Saturday, June 4 & 5

- 6:30 - 8:00 a.m. Feed horses, breakfast Friday: egg casserole, hash browns, and croissant. Saturday: quiche, potato casserole. Juice, coffee, tea, fruit, bagels and yogurt each day.
- 7:00-7:45 Yoga lecture (Fri only) and Yoga (7:15-7:45) Will Rogers Room
- 8:15-10:30 Group lessons (45 minutes each)
- 10:45-12:15 Start Private lessons (30 minutes each)
- 12:15-1:15 lunch: Friday chicken salad on croissant, garden salad, strawberry shortcake ** Saturday Mexican style wrap, chips, salsa, sopapias
- 1:15-4:30 Continue Private lessons (30 minutes each)
- 4:00-5:00 Dr. Jim Ennis, horse chiropractic demonstration in the barn.
- 5:15-6:00 each group meets with their instructor to review & ask questions
- 6:00 Dinner: Friday -BBQ Brisket, scalloped potatoes, green bean almandine, garlic bread, strawberry cream pie ** Saturday- Parmesan crusted chicken, linguine w/ marinara sauce, spinach salad, garlic toast, Italian cheesecake
- 7:00 Friday Lecture: “Developing the Rider’s Seat” with Gigi Nutter and Sarah Martin. Saturday each group will meet with your instructor for Sunday.

Sunday, June 6

- 6:30a.m.-7:30 Feed horses and Breakfast: burrito, western potatoes, fruit, bagels, and yogurt.
- 7:30-11:30 private lessons (45 minutes each)
- 11:30-12:15 Lunch grilled vegetables on flat bread, tomato mozzarella salad, fruit parfait.
- 12:15-3:30 Continue Private Lessons (45 minutes each)

******* Please see Important Notes on next page*******

*****Important Notes *****

-A negative *Coggins* (1 year) must be presented when checking in.
-*Helmets* are required at all times while mounted.

-Lesson times for each person will rotate every day.
-Outdoor lunging area is available
-There are hand-grazing areas, but no turnout areas.
-We have our own personal security guard on duty from 9 p.m. to 6 a.m. Thursday, Friday, and Saturday nights.

-*Massages* are available given by Jim Franklin, LMT on Friday and Saturday. He'll have a completely curtained stall with cot, fan and heater: 1 hr. \$60 or ½ hr \$35 or 15 min \$20. A sign-up sheet will be available at the check-in table on Thursday.

-You will need to bring your own sheets, blankets, towels, soap, toiletries, and an alarm clock. The *beds are long twin size*. You can bring bigger sheets and just tuck them in 😊
There are kitchens in the apartments with refrigerator and oven. No microwave, no coffee maker or utensils/dishes. You may want to bring extra snacks and drinks.

-We'll have full access to the *swimming* pool at Rogers State University, bring your suit!

-Please bring a mat or large towel for *yoga*
-4 credits of *USDF University Credit* is available for \$5

