

Cricket Hill Academy's Program for Riding and Related Horse Care

GoldStar I

- under supervision, groom, assist tack up, take down
- show correct position in walk & trot on lead or lunge line
- ride a quiet horse off the lead line at walk, through transitions, turns
- learn about grooming, parts of the saddle and bridle and riding attire

GoldStar II

- get horse ready, put away with minimal assistance
- show balanced seat at walk & trot, off the lunge line with steady hands
- carry/use short riding whip as an aid
- learn the parts of the horse

GoldStar III

- get horse ready, mount, warm up, put away with no assistance
- canter on the lunge with correct basic position
- ride forward at trot with a steady rein contact
- begin to influence the horse's straightness on straight lines and turns
- ride Dressage Introductory Tests A & B from memory
- basic signs of horse health

GoldStar IV

- demonstrate correct position at canter and recognize leads
- ride forward through a variety of school figures at trot
- show a developing awareness for bend and balance in a horse
- ride Dressage Introductory Test C from memory
- introduction to lungeing equipment
- equine vital signs

GoldStar V

- use of aids to ride 'on the bit'
- introduction to the training pyramid
- lateral work- shoulder fore and leg yield
- introduction to lungeing
- ride Dressage Training Level Tests 1 & 2 from memory
- basic First Aid

GoldStar VI

- demonstrate an increased skill riding a trained horse 'on the bit'
- turn on the haunches, shoulder-in, leg yield
- ride changes of lead through trot, canter with correct transitions
- ride Dressage Training Level Test 3 from memory
- skills for show preparation
- joints of the horse, conformation and its effect on performance