

LOTHIANS RIDING CLUB

Dressage Test & Teach Day

With Lesley McCourt at Cousland Park

Saturday 19 September 2026

Join us for a friendly and supportive Dressage Test & Teach Day, offering riders the opportunity to ride through either **Prelim 3** or **Novice 4** — both of which are included in our final Dressage Competition. Riders will receive constructive feedback and practical guidance from Lesley McCourt to help improve their performance.

Format

1. Zoom Training Session

A pre-event Zoom training session will take place at **7.00pm on Sunday 13 September. This will last around 1.5 hours.** The Zoom session is **free and open to all members**, even if you are not participating in the Test & Teach Day. This session will help riders prepare, understand what the judge is looking for, and get the most from the experience. Please email lothiansrc@outlook.com if you wish to be included in the zoom session. There will be an opportunity to ask questions in this session.

2. Training Session

On the Day, Groups of 2 Riders doing same test. You come in warmed up, then you will get some coaching on riding the test. Then you will run through the test and a friend or someone will stand directly behind Lesley to video the test, most likely with your own phone and record exactly what she is seeing and commenting on, so riders can hear her thoughts as the test unfolds — just like being in the judge's box! Each session will last 45 minutes and there will be 8 sessions available.

Event and Booking Details

- **Date:** Saturday 19 September 2026
- **Closing Date :** Tuesday 15th September @ midnight or earlier if fully booked.
- **Cost £55 per rider** (Groups of 2 riders per session)
- Open to LRC Members only.
- Times will be emailed after entries close.
- **Booking on Horse Monkey – link**
https://horsemonkey.com/uk/equestrian_event/91262/Lothians+Riding+Club+%3ADressage+Test+%26+Teach+%28Members+Only%29