

Winner - Improved Rider Award for –2006 – Sara Regehr

Nomination for Sara Regehr for Most Improved Rider 2006

Prior to 2005 Sara Regehr mainly participated in Pony Club and hunters, in 2005 she decided to focus on dressage with the goal of showing her pony Harrison in the FEI pony division. Over the winter of 2005 she spent much time in lunge lessons learning how to sit her pony's big gaits and learning the movements for her tests. In spring 2005 Sara and Harry started competing in the FEI Pony classes, Sara found the level challenging and had difficulty keeping her pony on the bit, she also had an especially difficult time keeping the counter canter as her pony likes to swap leads, throughout the 2005 show season Sara averaged in the high 50's. Sara decided that she wanted more of a challenge for 2006 and set her goal to compete in the FEI Junior division and freestyle, over the winter she worked hard to learn the flying changes and canter half passes and worked to improve on her seat, especially in the extensions. Through the 2006 show season Sara's aids improved, in the early year she was still having difficulty with the counter canter and with the timing of the flying changes as Harry would change early behind, she worked very hard at correcting this and for her last two shows earned 8's for her flying changes and maintained her counter canter. At the BC Dressage Championships this year Sara achieved her first rider 8 and had scores up to 66.5%. At the Western Regional Championships, Sara and Harry were reserve FEI Junior champions and also earned the reserve title in the FEI Junior freestyle, her high score of the year in the freestyle was achieved at the Amherst Dressage Show where she scored a 69%. Sara's understanding of dressage has greatly improved this year, she is now able to really focus on the areas that need improving, currently she is learning tempi changes and canter pirouettes aboard Harry and working to bring along her new mare for next year's show season. Sara rides 5 to 6 times a week and has regular lessons on both Harry and her new horse Dani, she has participated in clinics with Eleonore Elstone, Rebecca Cowden and Lori Glijn. During the winter Sara travels 45 minutes to the indoor arena after school to train. Sara's goals for 2007 are to compete in the FEI Junior division aboard her new horse and she hopes to compete in the FEI Young Rider Division in the near future. Sara also works hard with the horses at home; she is responsible for feeding and also helps out with the pony foals her mother breeds.

**Janine Little
Coach**

Winner of the BCYR Improved Rider Award – 2006 - Sara Regehr

Submitted Scores Summary:

Rider: Sara Regehr of Vernon

Tests Submitted: (five)

1. Date: May 28, 2006

National Show: SIDA Spring Dressage

Level: FEI Juniors Individual

Judge: Lorraine Stubbs

Score: 60.75%

2. Date: May 29, 2006

National Show: SIDA Spring Dressage

Level: FEI Juniors Freestyle

Judge: Lorraine Stubbs

Score: 64.00%

3. Date: June 23, 2006

National Show: Kamloops Dressage & Hack Show

Level: FEI Juniors Team

Judge: Lorraine Hill

Score: 55.25%

4. Date: July 2, 2006

National Show: Amherst Dressage Show

Level: FEI Juniors Freestyle

Judge: Anne Gribbons

Score: 69.750%

5. Date: August 7, 2006

National Show: PR/BC Dressage Championships

Level: FEI Juniors Individual

Judge: Paula Lacy

Score: 66.500%

Average Scores

Two Highest Scores: 69.750 + 66.50 = 136.25 Average 68.125

Two Lowest Scores: 60.750 + 55.25 = 116 Average 58.0

CHANGE – 10.125%

Highest Score – 69.750 Lowest Score – 55.25 Change – 14.50%

Total Average Test Score – 63.25%