

## Don't be a Slouch

**Perfect your posture for huntseat success.**

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Huntseat equitation riders are often admonished by their coaches to sit up straight and maintain good posture. A graceful, erect upper body also complements a horse's performance. Being a slouch in hunters-under-saddle or English pleasure classes tends to give the judge the impression that you're disinterested in the proceedings or that you're a weak and ineffective rider. Neither is conducive to winning a blue ribbon. Despite how tired you are, how much your feet ache inside your boots or how easy your horse is to ride in a flat class, sit up straight and continue to exhibit solid horsemanship basics. That will add to an overall pleasing appearance and can't help but influence the judge.