



UNITED STATES DRESSAGE FEDERATION™

USDF Shining Star Award Nomination Form

The USDF Youth Programs Committee is pleased to offer the USDF Shining Star Award to acknowledge those USDF youth members (PM, GM or EM) who have exemplified “going above and beyond” the sportsmanship that is expected of all youth.

Nomination Criteria

- Anyone other than the nominee’s parent may nominate a youth for this award by completing the Shining Star Award Nomination Form and returning it to the Youth Programs Liaison at the address on the form. The USDF Youth Programs Committee will review these nominations and make a recommendation concerning the award.
- Nominations should be in reference to **ONE SPECIFIC OUTSTANDING** act of sportsmanship witnessed.

EXAMPLES OF OUTSTANDING SPORTSMANSHIP:

- A 7 year old girl offered her pony to another girl, not on her team, whose horse went lame right before her test. She was quick to offer her pony and asked “what can I do to help?”. She not only willingly let the other girl compete on her horse but even cheered her on.
- Despite sustaining an injury that meant she could not participate in the riding portion of the program, she still showed up to the barn everyday and cheered on the other riders in the program and contributed in any way she was able.
- This rider took time out of her busy show day to sit with another nervous rider. She sat with her for over an hour to and helped calm down her nerves. The two of them reviewed her test together until the nervous rider was confident she could remember it in the show ring.
- All of my students were anxious to pack up and leave as soon as the show was over. However, this rider chose to stay late at the barn to help unpack and clean up. She even happily cleaned up after the other riders who had already gone home.

Traits of Good Sportsmanship

*The following is a list of traits the Youth Programs Committee believes define good sportsmanship.
When nominating an individual for this award, these traits should be considered.*

- **COURAGE** is having the determination to do the right thing even when others don't; the strength to exhibit fairness, to be courteous, to gracefully accept the result of the contest, to attempt difficult things that are worthwhile.
- **GOOD JUDGEMENT** is choosing worthy goals; setting priorities in accordance with team, regional, national and international rules; leading others to follow these rules.
- **INTEGRITY** is having the inner strength to be fair and courteous during athletic events, to play according to the rules, acting positively and honorably not only to your team, but to your opponent.
- **KINDNESS** is being considerate, courteous, and generous in spirit to the opponent; showing care, compassion and friendship in victory or defeat; treating others as you would like to be treated.
- **PERSEVERANCE** is being persistent in pursuit of worthy objectives in spite of opposition, difficulty, injuries, handicaps or discouragement, and exhibiting patience and the fortitude to try again when confronted with mistakes or failures.
- **RESPECT** is showing high regard for coaches, officials, opponents, fans, administrators, self, team, horses and the region you are representing.
- **RESPONSIBILITY** is being dependable in carrying out obligations and duties, showing reliability and consistency in words and conduct, and being accountable for your actions.
- **SELF-DISCIPLINE** is demonstrating hard work and commitment to purpose, regulating yourself for improvement and refraining from inappropriate behaviors, maintaining self-control at all times, and doing your best in all situations.

USDF SHINING STAR AWARD NOMINATION

NOMINATIONS MUST BE BASED ON ONE SPECIFIC OUTSTANDING ACT OF SPORTSMANSHIP WITNESSED.

Name of Nominee for USDF Shining Star Award: _____

Address: _____

City: _____ State: _____ Zip: _____

Age: _____ Phone: _____ Email: _____

If nominee is a minor (under 18 years of age), please provide parent or guardian contact information

Please provide details of one specific act of exceptional sportsmanship, and as much information as possible concerning why the individual is deserving of this award. Attach additional sheets as needed. Please attach photos if available.

Nominating Person Name: _____

Phone: _____ Email: _____

Recipients of the Shining Star Award who are current USDF Participating members may apply for a Ravel Education Grant. Information about the Ravel Education Grant is available at www.USDF.org.

**Please send completed form to:
USDF**

**Attn: Youth Programs Liaison
4051 Iron Works Parkway
Lexington, KY 40511**

Forms can also be faxed to: (859) 971-7722 or scanned/mailed to youth@usdf.org

- By checking this box, please consider this nomination for both the USDF Shining Star Award and the USDF Dressage Spirit Award.

