



# 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.

### Nominations:

- 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.**

#### **EXAMPLE:**

*“[She] 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? For a girl her age (7), I can imagine it would be hard to share her horse. But she not only willingly let the other girl compete on her horse but even cheered her on.”*

### 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.

**EXAMPLE:**

*"[She] 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? For a girl her age (7), I can imagine it would be hard to share her horse. But she not only willingly let the other girl compete on her horse but even cheered her on."*

Name of Nominee for USDF Shining Star Award: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

When completing this nomination, please provide the details of the 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.***

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Nominating Person \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Please submit this nomination form in a timely manner.**

**Recipients of the Shining Star Award who are USDF Participating members may apply for a \$500 Ravel Education Grant. Information about the Ravel Education Grant is available at 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**