



Horses Help Therapeutic Riding Center

PO Box 71005, Phoenix, Arizona 85050 www.horseshelp.org Office: 602-569-6056

New Year, New Language:

Horses Help in striving to improve our riding programs and bring more opportunities to our students. We would like to announce the formation of three distinct tracks of Therapeutic Riding and two elective opportunities.

1. ***“Exercising on horseback”***: *This track is designed for students that need the physical and mental activity of riding but are not on a track to become an independently responsible pilot of the horse.*
2. ***“Equestrians”***: *This track is designed for those students that desire the physical and mental activity of riding **and** desire to be on a track of being able to communicate and control the horse eventually with little to no assistance. This track includes the pre-riding skills necessary to build trust and communication with the horse by learning and doing ground work and horse care (leading, grooming, tacking, exercising etc.) Instructor evaluation required.*
3. ***“Equestrians”-competitive team***: *This is a track for Equestrians that desire to compete with the horses both in ground classes and in riding classes. The competition opportunities currently include Special Olympics equestrians. Shortly we hope to be able to offer opportunities for Para-Olympics and appropriate classes at other recognized breed shows. All riders can be supported and do not have to be riding independently to compete. There are classes for every level and ability. This track requires Instructor evaluation and parent orientation and some participation*
4. ***Elective: Horsemanship***
Horsemanship is a critical component of learning to ride a horse and getting the most benefit from this activity. Horsemanship is learning to communicate with the horses on the ground and learning as much as you can about the horse. This helps a rider be a more confident and effective rider.

Many life skills are strengthened while working with a 1000lb animal from the ground; non-verbal communication, assertiveness, sequencing, sensory integration, relationship building through trust and trustworthiness, emotional awareness, and leadership.

As we continue to improve our program here at Horses Help it is important that we provide this component for all of our riders that can benefit from it.

Additionally, it is a fun for the riders to get to spend more supervised hands-on time with the horses. Lessons that will be presented are; Equine communication, safety, grooming, tack and tacking, bathing, horse health, and Hippology (the study of the horse) breeds, colors, parts of the horse, parts of the tack ect.

The Hippology component is a question and answer time for recalling information about the horses and the skills they have learned. This is an important component for any riders that want to compete in the Special Olympic horse show or any other competitive equestrian event. Hippology contests are available just like spelling bees ☺It is a great way for the kids to practice learning skills with something they enjoy.

5. Elective: Showmanship:

Showmanship is an elective course taught at Horses Help at certain times of the year.

The curriculum works on an equestrian's ability to properly demonstrate the skill to present their horse to a judge during competition. Showmanship is a basic component of many equestrian shows including Special Olympics Equestrian Competitions.