

Stephens College

Horsemanship Camps



After School Camp

May 16-20 3:30 - 6 p.m.

May 23-27 3:30 - 6 p.m.

\$275.00 (Non-refundable) Ages 6-12

Summer Camp

June 20-24 9 a.m. - 3 p.m.

\$350.00 (Non-refundable) Ages 6-12

Our program offers campers an opportunity to bond with the horses through face-to-face and hands-on interaction. Students can benefit physically and emotionally by interacting with horses through various ground exercise activities and mounted riding opportunities. Students will learn about leadership and find their inner leader. Through working with the horses, students will learn to trust their intuition and believe in themselves as they develop alongside the horse. It is our goal for students to have a unique and powerful life experience and learn skills that they can utilize throughout life.

Students will have the opportunity to learn the following and more:

- The horse's senses — sight, hearing, smell, touch, taste, sense danger and people's moods
- The horse's instincts — herd animals, pecking order, follow the leader, routine, naturally excitable, courage and laziness, etc.
- How a horse communicates — body language of ears, legs, tail, head, hindquarters, vocalizing, moving, etc.
- Types of grooming tools
- Types of bridles, bits and saddles
- Types of riding styles
- Parts of the horse
- Horse colors and markings
- Horse feed (show the different kinds, have them help feed the horses)
- Horse stabling — stalls, pastures, bedding, cleaning, safety, etc.
- A horse's vital signs
- How to tell a horse is not feeling well
- Horse first aid
- How to tell a horse's age
- How to measure a horse's height and weight

If you have questions, call (573) 876-7144 or email slinde@stephens.edu

STEPHENS
COLLEGE



Horsemanship Camps 2022

Application and Riding Information Sheet

We are pleased that you will be joining us this summer! Please fill out both sides of this form so we can better prepare for your experience at Stephens Stables. Each session is limited to 6 campers per session. Campers must have their own riding helmet. Please see riding attire handout for details. **Please note that payment in full reserves your spot, and classes are non-refundable.** If you have any additional questions, please call (573)876-7144 or email slinde@stephens.edu Thank you and welcome!

Name: _____ Age: _____

Address: _____ City: _____ State: _____ Zip: _____

Home: _____ Work: _____

Cell Phone: _____ Email: _____

Please mark which session you would like to attend:

May 16–20 Monday — Friday 3:30–6 p.m.
Horsemanship Camp Fee: \$275.00

May 23–27 Monday — Friday 3:30–6 p.m.
Horsemanship Camp Fee: \$275.00

June 20-24 Monday — Friday 9 a.m.–3 p.m.
Horsemanship Camp Fee: \$350.00

Riding Attire

All riders must wear long pants and hard sole shoes with at least a ½ inch heel (no sandals, tennis shoes, boots with lug or rough soles) Short sleeve or long sleeve shirts must be worn. All riders are to provide and wear an approved ASTM/SEI safety helmet with a neck harness and chinstrap (**Stephens cannot provide helmets due to our liability policy**). These dress requirements are for safety. Sources for the purchase of your helmet are attached.

Riding Fitness (ages 14-adult)

As Stephens College instructors, our horses are very valuable to us and it is our responsibility to protect them. We cannot permit our horses to carry more weight than their body mass will allow. The required ratio of horse weight (plus tack) to rider is 6:1 or more, or the 20% Rule: a 1000 lb horse can carry 200 pounds. Please contact the program director if you have concerns or questions about your fitness for riding before enrolling.

Riding Experience (both Hunt Seat and Western classes require previous riding instruction)

1. Have you ridden before: ___ Yes ___ No

If yes; where and in what capacity?

2. Have you ridden in the Stephens Summer Riding Program: Yes No

Emergency Information

In case of emergency contact: _____ Phone: _____

Physician: _____ Phone: _____

In case of an emergency, you or your child will be taken to Boone County Hospital Center, unless otherwise indicated: _____

Please check if any of the following problems exists:

Epilepsy Heart Joint Back Vision Hearing Asthma

Neurological Speech LDL any allergies (drug or other)

Any other information that we should be aware of in case of emergency _____

I agree to hold Stephens College, the Equestrian instructors and staff harmless for lost, stolen, or damaged property, injury to rider or persons who accompany riding students while on the premises of Stephens College Stables.

Rider's Signature: _____ **Date:** _____

If rider is under 18 years of age, parent or guardian's signature and a copy of their birth certificate is required.

Parent or guardian Signature: _____ **Date:** _____

Please return completed application form with payment to:

Stephens College Summer Riding Program attn: Sara Linde Patel, Director 1200 E. Broadway Box 2071 Columbia, MO 65215
Or email Sara Linde-Patel SLinde@stephens.edu for details on credit card payment

Riding Gear Sources

Helmets: My research has shown that the most inexpensive ASTM/SEI approved helmet is the Troxel brand, but there are many other brands and styles available. You may find helmets/boots online and take advantage of Spring and Summer Sales at the following:

www.DoverSaddlery.com

www.StateLineTack.com

Helmets and boots can also be purchased locally in Columbia at the following:

Larry's Boots

6401 Hwy 40 W (573) 446-2668 www.larrysboots.com

Take I-70 West towards Kansas City.

Take the Midway Exit 121 and exit right onto Hwy 40

Turn left and Larry's Boots is located behind the truck stop and gas station

Orscheln Farm and Home #9

2800 Paris Road Columbia, MO 65202 (573) 814-2299

Tractor Supply Company

4151 Paris Rd Columbia, MO (573) 814-2929