

Green Mountain Horse Association

June 26 - July 3, 2022



JUNIOR HORSEMANSHIP CLINIC

WELCOME PACKET

Dear Campers and Parents,

As we approach the Annual GMHA Junior Horsemanship Clinic, we are busy making preparations for another fun and educational clinic! This year's staff includes Jill Bogert as your JHC Director; Head Barn Manager, Kathryn Wakeman and Head Riding Instructor, Jeanie Clark. They will be complimented by a strong, knowledgeable staff of riding instructors and barn managers who all specialize in the Eventing discipline.

Please take some time to review this packet. The information includes details about scheduling and general information. 'Like Us' on Facebook to stay updated as camp gets closer on the GMHA Junior Horsemanship Clinic page.

Note about cellular service: Cell service is nonexistent at GMHA and wifi access is limited. Calls can be made through the GMHA office at any time during camp hours. The number here is (802) 457-1509 and ask to speak to Jill, the Camp Director, to get a message to your camper. If it's not urgent, you can also send an email to Jill and she'll check for messages throughout the day.

If you have any questions before or during JHC, please contact Jill Bogert, JHC Director, at Jill@gmhainc.org or (802) 457-1509 ext. 207.

We are looking forward to a great summer at the Junior Horsemanship Clinic!

Sincerely,

Jill Bogert, JHC Director & JHC Staff

JHC SCHEDULE

Sunday, June 26TH

12:00 PM – 4:00 PM: Campers Arrive

- When you arrive on grounds, stop in at the Show Office/Members' Room (located in the Main Office building) to check-in, pick up your packet and get your stall assignment. There will be JHC staff available to help you and your horse get settled in. If you need to arrive outside the specified time, please contact Jill prior to your arrival.
- *If you are competing at the GMHA Starter Horse Trials the day before on June 25th, or would like to arrive the day before, you can make arrangements to stable Saturday night for \$30. Please let Jill know and if space allows, we'll to make sure you can remain in the same stall throughout camp. She'll inform the Starter HT Secretary to assign you to the barns for JHC following the event.*

4:00 PM – 4:30 PM: Welcome Meeting

- A required meeting for both campers and parents (chaperones are welcome as well). This meeting is to introduce the JHC staff, review the format for the upcoming days, and to answer any questions. Weather permitting, the meeting will be held on the lawn in front of the Youth Center.

4:30 PM - 5:30 PM: Campers Only

- This is a camper only time for barn chores. Parents and chaperons will be asked to depart or remain out of the barns during this time.

5:30 PM: Campers depart (This is the typical daily departure time for Campers)

- Campers can depart with parents or chaperones (Verify pick-up policy for opening day with your chaperones.)
- Please park in the main parking area where trailers park, rather than in front of the barns, to wait for campers to be released.

Monday, June 27th- First Full Day of Camp, a typical daily schedule

CAMPERS HAVE BEEN PLACED INTO RIDING GROUPS BASED UPON THEIR APPLICATIONS. THEIR RIDING WILL BE CLOSELY EVALUATED AND GROUPS WILL BE CHANGED IF NECESSARY. PLEASE TRUST THE JUDGEMENT OF OUR STAFF TO MAKE THESE RECOMMENDATIONS! OUR FIRST PRIORITY IS SAFETY.

7:30 AM Campers Arrive
7:30 – 8:30 AM Feeding and Barn Chores

8:30 – 10:00 AM First Morning Sessions
Block 1: Mounted Instruction Block 2: Horsemanship Lessons

10:00 – 11:30 AM Second Morning Sessions

Block 1: Horsemanship Lessons Block 2: Mounted Instruction

12:00 – 12:30 PM Lunch Break

1:00 – 2:30 PM First Afternoon Session

Block 1: Mounted Instruction Block 2: Stable Management Instruction

2:30 – 4:00 PM Second Afternoon Session

Block 1: Stable Management Instruction Block 2: Mounted Instruction

4:00 – 5:30 PM Feeding and Barn Chores

5:30 PM All Campers Depart

Sunday, July 3rd –

Final Camp Day! Drop off is at 7:30am, as usual, for morning chores and to prep for the final lessons and rides. Parents, family, chaperones, and friends are invited back to come see what their campers have been working on throughout from 8:30am - 11:30 am.

Closing Ceremony and Pizza Lunch - Everyone is invited to join us for a pizza lunch and our Closing Ceremony at 12 noon on the Youth Center lawn (inside YC if rain).

All campers & horses/ponies depart – After the Closing Ceremony, you are free to depart. Please check-out with your barn manager to check that your stall is properly stripped. Grounds close at 4pm on Sunday, July 3rd.

** If you need to stay overnight and depart the following morning, please understand that your child and horse/pony are not JHC responsibility after the conclusion of camp. Contact Jill for stabling accommodations and adjusted departure time.

Frequently Asked Questions

- Grounds**
- Campers are not permitted on grounds outside the hours of 7:30AM-5:30PM.
 - During the hours of 7:30AM-5:30PM campers are not allowed to leave the grounds unless due to illness or given permission from a parent/chaperone. A camp departure needs to be coordinated with the Camp Director, Jill Bogert.
 - Parents, chaperones and visitors are not permitted on grounds during camp hours. This includes watching lessons and during chore times. It is distracting to the campers and disruptive to the staff. We appreciate your cooperation. This is a great time for your camper to learn independence!

- Please park in the main trailer lot instead of along the tie rails or in front of barns when picking up/dropping off for safety reasons. Trailers may be parked and stored at GMHA for the duration of camp.
- There is no cell-phone service at GMHA. Wifi is limited to around the main office and Youth Center. Please do not hesitate to contact our office to reach your camper. They will have access to the landlines at all times.
- GMHA has an E.M.T. on-grounds at all times while campers are mounted and on-call when they are not mounted. The E.M.T. will assess camper symptoms and contact the ambulance if transport to the hospital is necessary. In those circumstances, a JHC staff member will accompany the camper. Parents and chaperones will be contacted by GMHA and updated as often as possible. Campers who are sent to the hospital need to be cleared by a doctor to return to camp.
- GMHA is not liable for any lost or stolen property.
- GMHA is not responsible for transportation or incidents related to travel to/from the grounds.

Housing • Housing arrangements are between the campers and their chaperone, but please notify GMHA of any issues that should be brought to our attention.

- Horses/Ponies** • GMHA has a vet and farrier on call throughout the duration of camp. Payment for services is between the camper's family and the vet/farrier.
- Night check is performed by the JHC staff every night of camp.
 - Campers should notify their barn managers of any issues immediately.
 - Shavings and hay are provided throughout camp.
 - Grain and supplements are not provided by GMHA. Campers need to pack their own grain in pre-measured (by meal) and sealed containers or paper bags. Clearly label your grain (am and pm). All grain will be stored in one location for all campers. Supplements should be mixed in meal bags.
 - Clearly label all your belongings prior to camp.
 - Wheel barrows are provided but limited; it is encouraged to bring your own.
 - *Current "negative" Coggins test and proof of rabies (titers ok with vet note) are required before horses can be unloaded. Please make sure you have this paperwork turned in BEFORE arrival day. Plan accordingly when making appointments with your vet to have this completed by June 1st to allow time for results to be mailed to you before camp. Horses located out-of-state from VT need to travel with a Health Certificate within 30 days of arriving & departing GMHA (the HC is provided by your vet & a copy must travel with your horse/driver across state lines along with a copy of any vaccinations. This is a travel requirement when transporting livestock in any state.*

- Campers**
- Vermont weather is unpredictable. Remember to pack for warm, wet & cold weather. It is encouraged to bring a spare change of clothes (sweat shirt for cool days, raincoat) and we will ride in the rain as long as conditions are safe.
 - Campers need to wear appropriate footwear in the barns, no sneakers or sandals during camp for safety reasons. Paddock boots or tall balls with low/smooth heel (no heavy lug boots allowed while mounted).
 - A recommended outfit for camp would be breeches, tucked in shirt (no tank tops) with a belt, and tall boots or paddock boots w/half chaps.
 - Helmets and medical armbands (w/info filled out) required while mounted.
 - Cross country vests required during XC schooling and encouraged for stadium. If it's an inflatable vest, it must be plugged in while mounted.
 - Make sure to check out the equipment checklist to make sure you are prepared for camp!

- Lunch & Snacks**
- You can choose to bring your own lunch daily. Bring a small cooler with ice packs to keep it in. Or, you may pre-order a bagged lunch for \$15 a day from our caterer. The lunch menu will be sent out the middle of May and there will be different sandwiches offered each day, as well as peanut butter & jelly daily. A drink, fresh fruit, chips and a dessert are included as well. Pre-ordered lunches are due by June 1st. We can accommodate vegetarian requests.
 - Camp Store: Located in the main office/Member's Room at GMHA will be a camp store to purchase additional drinks and snacks. Packaged snacks are \$1.00 each and bottled drinks (soft drinks, water, Gatorade, flavored teas) are \$2.00 each. Please bring cash for daily purchases, or a blank check made out to GMHA/CC number can be provided and the total will be added up at the end of the week and applied to your child's purchases.

Contact Information

JHC Director

Jill Bogert

jill@gmhainc.org

802-457-1509 ext. 207

If you need to ship something to your camper, you can send mail to...

GMHA JHC

Attn: Camper Name

PO Box 8

South Woodstock, VT 05071

For Fedex/UPS:

GMHA - JHC

Attn: Camper Name

5491 South Road

South Woodstock, VT 05071

GREEN MOUNTAIN HORSE ASSOCIATION – JUNIOR HORSEMANSHIP CLINIC SUGGESTED CONDITIONING PLAN

This conditioning program is geared towards preparing for GMHA's Junior Horsemanship Clinic.
How long it takes to get your horse in condition depends on the horse. Remember, you are coming to Vermont, and we have hills!

★ RIDER NOTES: *Also remember that riders need conditioning too and should be able to do the same work as their horse! Riders should be able to do trot and canter/gallop sets in ½ seat and work up to being able to stay in the ½ seat at the walk, trot and canter for up to 15 minutes at a time.*

<p><u>PURPOSE OF CONDITIONING</u></p> <ul style="list-style-type: none"> • To increase the endurance of the horse & rider. • To build the horse up to experience less wear & tear on feet, legs, muscles. • To condition heart & lungs so they can handle a heavier capacity when called upon. <p><u>IN THE BARN</u></p> <ul style="list-style-type: none"> • Start with a healthy horse – have your vet do a general check when it is time for spring Coggins test, worming, vaccinations, and teeth check. • Start with a horse that is not too fat or too thin. A thin horse takes longer to get into shape. A fat horse experiences undo stress on heart & lungs. 	<p><u>Week # 1</u></p> <ul style="list-style-type: none"> • Walking only, up to ¾ hour, six days a week. • Start introducing hills. • Start riding on a shorter rein to encourage horse to round his back and push with hindquarters. 	<p><u>Week # 2</u></p> <ul style="list-style-type: none"> • Walk/trot work, ¾ hour building up to 1 hour, six days a week. • Introduce trotting with two 3-minute trots, building up to four 3-minute trots. • No sitting trots – only posting. • By the end of the week, trot on hills with horse more pulled together. • During dressage sessions, use large circles, serpentines, and simple changes of direction – no tight turns. 	<p><u>Week # 3</u></p> <ul style="list-style-type: none"> • Walk/trot/canter up to 1 hour, six days a week. • No sitting trots and no lengthening. • Introduce canter work as you did with trot work in Week Three. • Ring work may be started. Work for ½ hour in the ring, then hack for a relaxed ½ an hour. • Cavalettis can be introduced by the end of the week.
<ul style="list-style-type: none"> • Learn your horse's pulse, respiration rate & temperature at rest. • Know the condition of your horse's legs. Learn where he has old scars, lumps and bumps. • Know what you are feeding & why. • Groom vigorously every day to promote circulation and a glossy coat. • After each session, never apply cold water to warm muscles - use warm water & take time to cool your horse properly. • If needed, feed should be increased gradually as work becomes more demanding. Ask for help to determine how much. • On off days, reduce grain feeding by 1/3 & hand walk & graze if no pasture is available. • On off days, reduce grain feeding by 1/3 & hand walk & graze if no pasture is available. 	<p><u>Week # 4</u></p> <ul style="list-style-type: none"> • Walk/trot/canter up to 1 hour and fifteen minutes, six days a week. • Ring work, cavalettis, continue hacking. • One good method at this stage is to have every other day be a dressage school, with alternate days in trail work. 	<p><u>Week # 5</u></p> <ul style="list-style-type: none"> • Walk/trot/canter up to 1 hour and fifteen minutes, six days a week. • Continue trail work. • Dressage sessions can increase. Start practicing movements from upcoming dressage tests, if known. • Cavalettis continue with more gymnastics. • Do not jump for more than 20 minutes per session & do not jump every day. 	<p><u>Week # 6</u></p> <ul style="list-style-type: none"> • Walk/trot/canter up to 1 ½ hours, six days a week. • Continue basic program. • Gallops can be introduced – do short intervals at 350 meters per minute, up to three times a week, up and down hills. • Ringwork can progress with lengthenings, halts, and small jumps. • Start cross-country jump work with natural obstacles on trail. <p>RIDERS: <i>Please see Rider notes at the top of this page regarding your conditioning.</i></p>

GMHA JHC EQUIPMENT CHECKLIST

With an emphasis on individual work and development, GMHA requires all clinic participants to have their own feed, supplements and stable supplies, including grooming tools and tack.

★All riders must wear an approved ASTM/SEI helmet at all times when mounted and wear cross country vests and medical armbands while riding over fences and on the cross country course. Riders must wear breeches or jodphurs, boots, or jodphur boots and leggings when riding. No riding will be allowed without proper dress. Proper footwear is a must for safety!

All items on the following list are important and required for participants' safety and their horses' well-being. Some items may be shared, if a rider is coming with a friend. Please make sure that all tack items are properly fitted and in good working order. Please check the condition of all stitching and leather, and make sure that all equipment is clearly marked with your name.

EQUIPMENT FOR THE RIDER

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| <input type="checkbox"/> Hard Hat – ASTM/SEI approved | <input type="checkbox"/> Extra clothing + hoodie & raincoat | <input type="checkbox"/> Riding gloves |
| <input type="checkbox"/> Protective vest for cross-country | <input type="checkbox"/> Toilet items | <input type="checkbox"/> Sneakers for fitness work |
| <input type="checkbox"/> Medical armband (w/info filled out) | <input type="checkbox"/> Band-Aids | <input type="checkbox"/> One nice outfit for jog out |
| <input type="checkbox"/> Breeches or jodphurs; half chaps | <input type="checkbox"/> Bathing suit and towel | <input type="checkbox"/> Extra cash for camp store |
| <input type="checkbox"/> Riding boots or jodhpur boots | <input type="checkbox"/> Thermos or insulated jug, lunch cooler | <input type="checkbox"/> Medications (if applicable) & kept in main office clearly labeled. |
| <input type="checkbox"/> Extra keys for tack trunk lock | <input type="checkbox"/> Boot polishing kit | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Watch &/or XC Watch | <input type="checkbox"/> Flashlight | <input type="checkbox"/> Hair nets & extra hair ties |

Leather sneakers, "Bean Boots" or other leather work boots are permitted in the barn area. For safety reasons, no cotton or nylon sneakers or other casual shoes will be permitted while working in the barn areas.

EQUIPMENT FOR THE HORSE

**** All feed/grain, supplements, etc. should be pre-packaged and labeled by day for the duration of JHC and brought in a sealed, labeled tote. GMHA will provide 1 bale of hay & shavings as needed per day.**

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| <input type="checkbox"/> Regular bridle and bit | <input type="checkbox"/> Dandy brush, body brush, and rubber curry comb | <input type="checkbox"/> Bandages, cotton or leg quilts |
| <input type="checkbox"/> Running martingale (if needed) | <input type="checkbox"/> Sweat scraper | <input type="checkbox"/> Two cotton lead ropes |
| <input type="checkbox"/> Saddle, stirrups, leathers | <input type="checkbox"/> Towels or rags | <input type="checkbox"/> Two halters – LEATHER (or nylon with breakaway head piece) |
| <input type="checkbox"/> 2-4 saddle pads | <input type="checkbox"/> Large and small sponges | <input type="checkbox"/> Masking, Duct & Electrical tape |
| <input type="checkbox"/> 2 girths | <input type="checkbox"/> Mane comb/pulling comb | <input type="checkbox"/> Shipping boots and/or wraps |
| <input type="checkbox"/> Spurs (if needed) | <input type="checkbox"/> Shampoo & body sponges | <input type="checkbox"/> Galloping boots and wraps |
| <input type="checkbox"/> Dressage whip and crop/bat | <input type="checkbox"/> Sheet | <input type="checkbox"/> Easy Boot if horse loses a shoe (optional) |
| <input type="checkbox"/> Fly spray and wipe | <input type="checkbox"/> Cooler | <input type="checkbox"/> Extra horse shoes |
| <input type="checkbox"/> Hoof pick | | <input type="checkbox"/> Antibiotic ointment |
| | | <input type="checkbox"/> Soap or Sanitizing Lotion |

MEDICINE CHEST

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| <input type="checkbox"/> Animal rectal thermometer | <input type="checkbox"/> Epsom salt |
| <input type="checkbox"/> Vaseline | <input type="checkbox"/> Sterile cotton sheets/balls |
| <input type="checkbox"/> Rubbing alcohol | <input type="checkbox"/> Hydrogen peroxide |

EQUIPMENT FOR THE TACK AREA

- | | | |
|---|---|--|
| <input type="checkbox"/> Tack trunk with lock and key (bring extra keys & leave at barn (not back at house) | <input type="checkbox"/> Shovel, rake & manure fork | <input type="checkbox"/> Salt brick |
| | <input type="checkbox"/> Wheel barrow or muck tub | <input type="checkbox"/> Tack cleaning kit |
| | | <input type="checkbox"/> Bridle hooks |

- Saddle rack
- 6 pails (at least): 2 5-gallon for water, 1 large feed, 2 for bathing, 1 plastic for tack cleaning; double-end snaps for each

- Tack cleaning hook
- Blunt scissors
- Yarn or thread/rubberbands for braiding

saddle soap, metal polish, etc.

- Tack sponges
- Extra bailing twine for tie ropes & repairs.
- Role of duct tape

OPTIONAL EQUIPMENT (highly recommended)

- Rubber-covered stall chain for across stall doors
- Mesh stall guard (if horse chews or eats tack)

- Saddle Cover
- Hay net
- Extra double-end snaps