



Investing in myself
Reasoning and resiliency
Initiating positive change
Directing my path
Evolving and succeeding

I RIDE is an Equine-Assisted Learning Program focused on building leadership and life skills in girls 11-18 years old struggling with social, physical, intellectual, and mental aspects of development. This specialized program is designed to teach and strengthen problem solving, communication, coping, and life skills through the practice of natural horsemanship.

By learning the basics of horsemanship and caring for a horse, I RIDE participants develop patience and responsibility. Working alongside a 1,000+ pound animal requires trust in self and others, while becoming a leader of the horse and rider team. Through bonding with a horse, girls find healing and support that can change the course of their lives.

Throughout this 9-week program, participants will work together to complete equine-related tasks and strengthen their knowledge of the animal. Participants will be expected to complete barn chores, gain a basic knowledge and understanding of horses, collaborate among peers, and grow comfortable riding a horse, while also reflecting daily on their experiences. On Fridays, participants will have the unique opportunity to meet equine professionals and field trips to attend equine related events.

Cost: \$360.00- Scholarships will be available with an additional application.

When: June 1st- July 31st, 2020, 9 AM- 4 PM.

There will be 2 groups. Group 1 will meet Mon, Wed, & Fri, Group 2 will meet Tues, Thurs, & Fri. The 2 groups will be together on Fridays.

Where: Central Kentucky Riding For Hope, located at the back of the Kentucky Horse Park. Transportation is REQUIRED to and from facility.

Applications must be emailed to Emily Dent, programassist@ckrh.org, by Friday, March 13th, 2020.

Application

Name _____ Date: _____

School Attending: _____

Age: _____ Birthday: _____ Height: _____

Weight (Required to ensure the safety of our horses.): _____

Email: _____ Phone #: _____

Preferred method of communication:

Preferred days to attend: Mon, Wed, Fri Tues, Thurs, Fri No preference

Once applications are received, eligible applicants will be required to interview. This will help us choose which applicants will benefit most from the program and will assist us in dividing participants between the 2 groups. While we would love to accept every applicant, we are limited in the number we can serve over the course of a summer. Interviews will be held on the Fridays of March 20th, March 27th, and April 3rd. Please let us know which day and what time of day works best for you.

Please choose which Friday works best for an interview:

March 20th March 27th April 3rd No Preference

Please choose which time works best for you:

Morning Afternoon Evening No Preference

How did you hear about us?

Please answer the following questions in a 250-word essay.

1. What would you like to gain from the I RIDE program? Why do you think that this particular program will help you accomplish this?
2. List 2 strengths and weaknesses when working in a group setting? How do you feel you can overcome your weaknesses?
3. Describe any previous horse experience (not required to have any, but important to our understanding of skills).