



**I**nvesting in myself  
**R**easoning and resiliency  
**I**nitiating positive change  
**D**irecting my path  
**E**volving and succeeding

I-RIDE is an equine-assisted learning program focused on building leadership and life skills in young girls who are struggling with the social, physical, intellectual, and mental aspects of development. This program is designed to teach and strengthen problem solving, coping, communication, and life skills through the learning and application of horsemanship skills and practices.

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 participants to trust in themselves and others, while developing effective leadership skills for the horse and rider team. Through bonding with a horse, participants can find healing and support that can change the course of their lives.

Throughout this 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, given the chance to gain an introductory knowledge and understanding of horses, and invited to collaborate among their peers, in addition to growing comfortable riding a horse. Throughout the program, participants will be guided through reflections focused on personal growth and development.

**Cost:** This program is fully grant funded for all participants, however; participants must pack their own lunch. Snacks will be provided

**When:** Monday-Thursday (9am-4pm), June 6 – July 29, 2022\*

\*Date is contingent upon STABLES Summer Programming and is subject to change

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

**Deadline to apply:** May 14, 2022

## Application

*Applications are considered based on submission order and potential personal impact of the program. Interviews are conducted for all applicants. This is not a first-come-first-served program. Additionally, all mounted participants are required to have a medical clearance on file with CKRH before they can be mounted on a horse, this form is attached to this application.*

Name: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

School Attending/Grade: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

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

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

### **Please answer the following questions in a 500-word typed 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 2 weaknesses you have when working in a group setting? How do you feel you can overcome your weaknesses?
3. Describe any previous horse experience you have (Previous horse experience is not required, but knowledge of that is important to our assessment).

Completed applications can be emailed to Toby Cross at [instructors@ckrh.org](mailto:instructors@ckrh.org), dropped off at our facility or mailed to:

CKRH – Attn: Toby Cross  
PO Box 13155  
Lexington, KY 40583