

## Linda Lee Horsemanship Cowgirl Retreat

May 14<sup>th</sup>-16<sup>th</sup> 2010

Thank you for registering for our 2010 Cowgirl Retreat. We are looking forward to having you all at the ranch. To better prepare for the retreat, we are providing you with the following...

1. A list of things to bring.
2. A tentative schedule for the weekend.
3. A list of possible topics to be covered throughout the weekend and more details about you and your riding experience.

### Things to Bring:

- Layers of clothes (we will be outside and inside)
- Long pants to ride (preferably jeans)
- Close toed shoes (preferably with a heel)
- Any snacks, water, pop, etc... between meals (your are welcome to use our microwave and refrigerator)
- Things to Bring for your horse (if you are bringing your own horse):
- Water Bucket
- Grain
- Hay
- Tack
- Halter/Lead Rope
- Grooming Equipment
- Negative Coggins (a copy is fine)

### Things we will supply:

- Horses and tack for those coming without their own horse
- Pillows, Sheets, and Bedding (for people)
- Towels
- Meals...Friday-supper, Saturday-breakfast, lunch, and supper, Sunday-breakfast, lunch

### Tentative Schedule

\*\*This schedule might change depending on a guest speaker/trainer, the diversity of riding experiences and abilities, and weather may determine when we go out on the trails.

#### Friday

4:00-5:30 Arrive @Lynarbie Farm (those with horses may want to arrive early to get everything unloaded)

5:30-6:00 Introductions and Tour of Facilities

6:00 – 7:00 Supper – Everyone in the Dining Area

7:00 – Free Time – Campfire

Saturday \*\*The barn will be open at 7:00am for anyone who has their own horses to feed, etc.

8:00 – 9:00 Breakfast – Everyone to the Dining Area

9:00-9:30 Group Pilates Instruction

9:30-10:00 Catch, Groom, and Tack Horses - Everyone

10:00-11:45 Rotation 1 – Arena, Trail, Crafts (split into 3 groups)

11:45 – Noon Clean up and get ready for lunch – Everyone

Noon-1:00 Lunch – Everyone in the Dining Area

1:00 – 2:00 Horse Demonstration – Everyone (will depend on what participants want to learn)

2:15-3:15 Rotation 2 – Arena, Trail, Crafts (split into 3 groups)

3:30-4:30 Rotation 3 – Arena, Trail, Crafts (split into 3 groups)

4:45-5:15 Untack, turn horses out or back to stalls, feed - Everyone

5:15-5:30 Clean up and get ready for supper - Everyone

5:30 – 6:15 Supper – Everyone in the Dining Area

6:15 – 7:15 Horse Demonstration – Everyone (will depend on what participants want to learn)

7:30 - Free Time – Everyone

Sunday \*\*The barn will be open at 7:00am for anyone who has their own horses to feed, etc.

8:00 – 9:00 Breakfast – Everyone to the Dining Area

9:00-9:30 Group Pilates Instruction

9:30-10:00 Catch, Groom, and Tack Horses - Everyone

10:00-11:00 Rotation 1– Arena/Demo – To Be Determined

11:00-11:45 Rotation 2– Arena/Demo – To Be Determined

Noon-12:45 Lunch – Everyone in the Dining Area

12:45 – 2:00 Trail Ride

2:15-3:15 Open Ride Time in Arena

3:15-4:00 Wrap Up/Evaluations – Good Byes...

### Linda Lee Horsemanship Cowgirl Retreat Topics

NAME \_\_\_\_\_

Please complete and return your registration along with your 50% deposit. Payment in full required no later than April 16<sup>th</sup>. 2010

To prepare for the retreat, we ask that you provide us with information regarding what you would like to learn or participate in during the retreat. Please number your preferences and/or provide additional ideas.

Lectures: Lectures may include powerpoint presentations, discussions, and/or hands on work with the horses depending on the topic. Please number in order what you would be interested in learning about (1 being what you are most interested in)...

\_\_\_\_ Round penning - how the round pen can be used both in training and under saddle

\_\_\_\_ Groundwork – why work on the ground and ground manners is so important

\_\_\_\_ Health Care – Vaccinations (when and why), first aid, deworming (when and what product to use), teeth and how to care for them

\_\_\_\_ Hoof Care

\_\_\_\_ Breeds and Colors – Learn more about the colors and markings as well as breeds

\_\_\_\_ Conformation – The parts of a horse and why they are so important

\_\_\_\_ Grooming – Have the opportunity to learn more about grooming, clipping, giving baths, and more.

\_\_\_\_ Art Lesson (how to draw horses)

\_\_\_\_ Other \_\_\_\_\_

**Riding:** There may be a variety of riders at the retreat. In order for you to get the most out of the retreat and to do our best to provide a safe environment, we try to divide riding groups according to riding experience and ability.

1. Please check which description best fits you...

\_\_\_\_ Learning to Ride (have only ridden a few times)

\_\_\_\_ Getting back into riding (rode as a child but haven't in years)

\_\_\_\_ Ride quite a bit now but still not comfortable

\_\_\_\_ Ride a lot now and I am a confident rider

2. Have you ever owned your own horse? Yes or No

3. Do you own your own horse now? Yes or No

4. What type of riding do you do?

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5. Have you ever taken riding lessons? Yes or No

a. If so what did you learn?

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6. Please describe your riding ability and history

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7. Please number in order what you would like to learn while at the retreat (1 being what you want to learn about the most)...

\_\_\_ Confidence in the saddle

\_\_\_ Confidence at the Jog and Trot – working on both sitting and posting

\_\_\_ Advanced Leg Aids - Two-tracking, Turn on the Forehand, Turn on the Haunches, Side passing

\_\_\_ Collection

\_\_\_ Loping – Leads, Lead Departures, Cueing for the Lead

\_\_\_ Other \_\_\_\_\_  
\_\_\_\_\_

Accommodations: Please let us know if there is someone attending the retreat that you would prefer to stay with or if you have any other accommodation concerns.

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Please fill out this section ONLY if you are bringing your own horse.

**\*\*A reminder that your horse should be broke to ride in an arena and on the trail without causing problems (for yourself or for other riders and their horses). We understand that horses are unpredictable at times...especially in new environments. But safety is a priority and we are trusting that your horse is not coming to the retreat with significant problems.**

Horse's Name \_\_\_\_\_

Breed \_\_\_\_\_

Training

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Primary Use \_\_\_\_\_

\_\_\_\_\_

Please list any behavior

Problems \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**\*\*Please include a copy of a Negative Coggins with your registration form**

We are excited for the weekend. Please feel free to contact us with any questions.

Linda Lee-Bower

570-435-2105

**A non-refundable 50% deposit due at registration.**

**Full payment due by April 16th.**

Mail payment to:

Woodridge Farm

545 Biddle Rd.

Montoursville, PA 17754

[llbower@verizon.net](mailto:llbower@verizon.net)

[www.woodridgefarmonline.com](http://www.woodridgefarmonline.com)