



Participant Information with **PATRICK KING HORSEMANSHIP**

When Should I Arrive?

On the first day of your clinic, you'll want to arrive at least an hour before the official start time of the clinic. This will give you time to get your horse settled and get acquainted with the facilities, as well as mingle with the rest of the participants.

What Should I Bring?

For the Rider:

- PR and liability forms
- Riding helmet
- Payment (If you have not already paid in full)
- Notebook for notes or questions
- List of goals
- Pack snacks, water, and lunches (if applicable)

For the Horse:

- Tack
- Coggins (If required)
- Health certificate (If required)
- Vaccination records (If required)
- Extra hay, feed, and water

We typically carry in stock halters and leads, dressage whips, and bits. You may also ask to try out any of our personal gear over the weekend. This is a great opportunity to try high quality gear without the commitment of buying!

What Should I Wear?

Schooling show attire is fine; i.e. a polo or collared western shirt, breeches or jeans, half chaps or boots. Shirts must be tucked in at all times. No baggy, loose-fitting clothing, no sweatshirts. Your equitation is key to good horsemanship, if we can't see your form, we can't comment on your equitation! We may be filming or taking photos, so wear flattering, well-fitted clothing. A polished and professional look is always best. We sell moisture wicking polos in all sizes, but be sure to order at least a month in advance. Lastly, hair should be pinned up in a net, braided, or pulled back.

How Should I Prepare?

6 Months in Advance- Start conditioning your horse. Depending on your learning style (3 hour groups or private lessons), make sure your horse is fit enough for an hour of intense work or 3 hours of light work. Interval training, hill work, and ground work will help in getting him mentally and physically prepared. Start conditions yourself. This is the best time to start a healthy diet and regular workout routine. Students who have physical stamina and strength to endure a lesson and eat well stay alert, focused, and are able to ride for the duration.



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Two months in Advance- Book your hotel. Invite your friends or trainer to come watch or video your ride. Make sure to print out any registration forms, your PR release, and your liability release forms. Put them in the trailer so you won't forget. Ask the clinic host any questions you may have. Start following your Facebook event and discuss with the other participants- social media is a great tool to get to know the other riders before you come.

One Month in Advance- Make sure your horse has been seen by your farrier and equine dentist. Check for symptoms of ulcers. We often see horses with uneven angles, sharp points, and upset guts. Alleviating your horse's pain and managing any medical issues is a necessary prerequisite to training. Practice loading and unloading your horse. Schedule your coggins and health certificate with your vet.

One Week in Advance- Clean and repair your gear. Check your truck and trailer. If you wait until the day before, you may not be able to fix any issues! Spend some time thinking of your short and long-term goals for your horsemanship and what you hope to learn at the clinic.

How Can I Receive More Help After the Clinic?

There's nearly always the chance for private help and follow up support before and after each clinic. This support can come in the form of private sessions at the clinic facility or even as video-lesson support. Don't be afraid to ask for more help in reaching your goals!

Show up ready to learn!