







- 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 in the Main Trailer Lot.
- There is no cell-phone service at GMHA. Wifi is limited to around the main office, Upwey barn, and Youth Center. Please do not hesitate to contact our office to reach your camper. They will have access to a landline at all times.
- GMHA has an E.M.T. on-grounds daily 8am - 4pm. 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 Jill/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 parent/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/owner 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) 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 ahead of arrival.
  - Clearly label all your belongings prior to camp.
  - Wheel barrows are provided but limited, but you may 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 approx. \$15 a day from our caterer. The lunch menu will be sent via email prior to JHC 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 15th. We can accommodate nut free, vegetarian & gluten free requests.
  - Camp Store: Located in the main office/Member's Room at GMHA will be a camp store to purchase additional drinks, snacks, and GMHA clothing. 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.
  - Tack Shop - The VT Country Store & Tack Shop is located within walking distance to GMHA (next to the white Upwey barn). During free-time, campers are welcome to go shopping, or take a look around. Campers can bring money or credit cards to make those purchases separately. GMHA is not affiliated with the tack shop.

### Contact Information

JHC Director

Jill Bogert

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

- |  |   |   |
|--|---|---|
| <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 heeled 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 hay & shavings as needed per day.**

- |   |  |   |
|---|--|---|
| <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"/> Shipping boots and/or wraps                                |
| <input type="checkbox"/> 2 girths                       | <input type="checkbox"/> Mane comb/pulling comb                          | <input type="checkbox"/> Galloping boots and wraps                                  |
| <input type="checkbox"/> Spurs (if needed)              | <input type="checkbox"/> Shampoo & body sponges                          | <input type="checkbox"/> Easy Boot if horse loses a shoe (optional)                 |
| <input type="checkbox"/> Dressage whip and crop/bat     | <input type="checkbox"/> Sheet   | <input type="checkbox"/> Extra horse shoes  |
| <input type="checkbox"/> Fly spray and wipe             | <input type="checkbox"/> Cooler  | <input type="checkbox"/> Antibiotic ointment  |
| <input type="checkbox"/> Hoof pick                      | <input type="checkbox"/> Braiding Kit supplies: rubber bands, yarn, etc. | <input type="checkbox"/> Soap or Sanitizing Lotion                                  |

## MEDICINE CHEST

- |  |  |
|--|--|
| <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, spring rake, upright broom & manure fork | <input type="checkbox"/> Salt brick                         |
| <input type="checkbox"/> Screw eyes - 6-12 as needed for buckets, stall guards, hay net, etc.               | <input type="checkbox"/> Manure tub if desired.                           | <input type="checkbox"/> Tack cleaning kit                  |
|   |   | <input type="checkbox"/> Bridle hooks                       |
|   |   | <input type="checkbox"/> Wheel barrows ARE provided at GMHA |

- Free standing 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

- Tack sponges
- Extra bailing twine for tie ropes & repairs.
- Saddle soap, metal polish, leather oil/conditioner

**OPTIONAL EQUIPMENT (highly recommended)**

- Rubber-covered stall chain for across stall doors
- Mesh stall guard (if horse chews or eats tack)
- Prescribed medication &/ or supplements for your horse

- Saddle Cover
- Hay net
- Extra double-end snaps
- Tape: Duct & Electrical tape