

# Green Mountain Horse Association

## June 23 - June 30, 2024



## JUNIOR HORSEMANSHIP CLINIC

### WELCOME PACKET

Dear Campers and Parents/Guardians,

As we approach the Annual GMHA Junior Horsemanship Clinic, we are busy making preparations for another fun and educational clinic! This year's staff includes a strong and knowledgeable roster of professional riding instructors and barn managers who all specialize in the English riding discipline of Eventing.

Please take some time to review this packet. The information includes details about scheduling and general information. 'Like Us' on Facebook, or follow us on Instagram, to stay updated as camp gets closer :

- *Facebook - GMHA Junior Horsemanship Clinic*
- *Instagram - jhc\_gmha*

Note about cellular service: Cell service is nonexistent at GMHA and wifi access is limited to the main office and Youth Center. Calls can be made through the GMHA office at any time during camp hours. The number here is (802) 457-1509 and ask to speak to Jill, the Camp Director, to get a message to your camper. If it's not urgent, you can send an email to me and I'll check for messages throughout the day.

If you have any questions before or during JHC, please contact Jill Bogert, JHC Director, at [Jill@gmhainc.org](mailto:Jill@gmhainc.org) or (802) 457-1509 ext. 207.

We are looking forward to having your young rider join us at JHC!

Sincerely,

Jill Bogert, JHC Director

**GPS Address: GMHA, 5491 South Rd., South Woodstock, VT 05071**

# JHC SCHEDULE

## Sunday, June 23<sup>rd</sup>

### **12:00 PM – 3:00 PM: Campers Arrive (move-in only/no mounted lessons)**

- When you arrive you will be directed by JHC staff to your barn location, unloading, and parking detail. Once your horse is settled in, stop in at the GMHA Office/back porch to check-in and finalize any loose ends. If you need to arrive outside the specified time, please contact Jill prior to your arrival.
- *If you are competing in the GMHA Starter Horse Trials the day before on June 22nd, or would like to arrive the day before, you can make arrangements to stable Saturday night for \$35. Please let Jill know ASAP and if space allows, we'll to make sure you can remain in the same stall following the Starter HT.*

### **4:00 PM – 4:30 PM: Welcome Meeting for Campers & Parents/Guardians**

- A meeting for both campers and parents/guardians (chaperones are welcome). This meeting is to introduce the JHC staff, review the format for the upcoming days, and to answer any questions. Weather permitting, the meeting will be held on the lawn in front of the Youth Center, or inside the YC if rain.

### **4:30 PM - 5:30 PM: Campers Only**

- This is "camper only" time for barn chores. Parents/guardians and chaperones will be asked to depart or remain out of the barns during this time.

### **5:30 PM: Campers depart (This is the typical daily departure time for Campers)**

- Campers can depart with parents/guardians or chaperone (verify pick-up on arrival day with your chaperone. They usually come to the meeting at 4:30pm to meet you and the campers.)
- Please park in the main parking area where trailers park or across from office, rather than in front of the barns, to wait for campers to be released.

## Monday, June 24th through Saturday, June 29th:

**CAMPERS ARE PLACED INTO GROUPS BASED ON THEIR TRAINER RECOMMENDATIONS AND ANSWERS FROM THE RIDER QUESTIONNAIRE. RIDING WILL BE CLOSELY EVALUATED AND GROUPS WILL BE CHANGED IF NECESSARY AFTER THE FIRST DAY OR TWO. PLEASE TRUST THE JUDGEMENT OF OUR STAFF TO MAKE THESE RECOMMENDATIONS. THEY ARE ALL PROFESSIONAL EQUESTRIANS WITH YEARS OF TEACHING EXPERIENCE. OUR FIRST PRIORITY IS SAFETY!**

**7:30 AM** Drop-off time - (Parents/Chaperone's: Please do not come into the barns during camp hours). If you need to discuss something, please see Jill at the GMHA main office.

**7:30 – 8:30 AM - Morning Barn Chores/feeding**

**8:30 – 10:00 AM First Morning Sessions**

*Block 1: Mounted Instruction      Block 2: Horsemanship Lessons*

## **10:00 – 11:30 AM Second Morning Sessions**

*Block 1: Horsemanship Lessons    Block 2: Mounted Instruction*

## **11:45am – 12:30 PM - LUNCH BREAK**

## **1:00 – 2:30 PM First Afternoon Session**

*Block 1: Mounted Instruction    Block 2: Stable Management Instruction*

## **2:30 – 4:00 PM Second Afternoon Session**

*Block 1: Stable Management Instruction    Block 2: Mounted Instruction*

**4:00 – 5:30 PM**    Feeding and Barn Chores (Parents/Chaperone's: Please do not come into the barns during camp hours). If you need to discuss something, please see Jill at the camp/GMHA main office.

**5:30 PM**    All Campers Depart grounds until the next morning

## **Sunday, June 30th:**

**Final Camp Day!** Drop off is at 7:30am for morning chores and to prep for the final lessons and rides. Parents, family, and friends are invited back to come see what their campers have been working on throughout JHC from 8:30am - 11:30 am.

**Pizza Lunch for campers - Pizza will be provided for campers and staff ONLY on the final day.**

- *Families can join campers with your own picnic lunch. There is no retail food truck service, so bring your own, or order from the S. Woodstock Country Store located 1/2 mile from GMHA. (802) 457-3050 to call ahead to have ready for pickup at 11:30/noon! Menu can be viewed at <https://www.southwoodstockcountrystore.com/menu-1>. Grill/deli counter closes at 2pm!*
- *Closing Ceremony at 12 noon on the Youth Center lawn (inside YC if rain).*

**Departure** – After the Closing Ceremony, you are free to depart. Please check-out with your barn manager to inspect your stall is properly stripped and belongings are taken with you. Grounds close at 4pm on Sunday.

*\*\* If you need a later departure time, please understand that your child and horse/pony are not JHC responsibility after the conclusion of camp. Contact Jill for stabling accommodations and adjusted departure time (\$35 for Sunday pm stabling at conclusion of JHC).*

## **Frequently Asked Questions**

- Grounds**
- Campers are not permitted on grounds outside the hours of 7:30AM-5:30PM.
  - During the hours of 7:30AM-5:30PM campers are not allowed to leave the grounds unless due to illness or given permission from a parent/chaperone. A camp departure needs to be coordinated with the Camp Director, Jill Bogert.
  - Parents, chaperones and visitors are not permitted on grounds during camp hours. This includes watching lessons and during chore times. It is distracting to the campers and disruptive to the staff. We appreciate your cooperation. This is a great time for your camper to learn independence and bond with their horse!

- 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.
- 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** • **Horses/ponies are NOT provided.** Please bring your own, or leased, equine to JHC.
- 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 & is expected at time of service.
  - 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. 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 you may bring your own.
  - *Current "negative" Coggins test and proof of rabies (titers accepted 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 before arrival to allow time for results to be mailed to you before camp. Horses residing outside of Vermont 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 national travel requirement when transporting livestock across state lines.***

- 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 with chin harness 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/attached while mounted. Bring spare cartridges!
  - 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 cool. Or, you may pre-order a bagged lunch from our caterer. The lunch menu will be sent via email prior to JHC and there will be different sandwiches offered each day. A drink, fresh fruit, bagged chips/snack, and a dessert are included. ***Pre-ordered lunches are due by June 7th. Nut free, vegetarian & gluten free upon request.***
  - Camp Store: Located in the main office will be a camp store to purchase additional drinks, snacks, and GMHA clothing. Packaged snacks and bottled drinks (Gatorade, soft drinks, teas) are \$2.00 each. Please bring cash for daily purchases, blank check made out to GMHA, or 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. Please note that GMHA is not affiliated with the tack shop.

### **Contact Information**

Jill Bogert, JHC Event Manager and Camp Director

[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: *Your Camper's Name*

PO Box 8

South Woodstock, VT 05071

#### **For packages via Fedex/UPS:**

GMHA - JHC

Attn: *Your Camper's Name*

5491 South Road

South Woodstock, VT 05071

# 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 jodhpurs, boots, or jodhpur boots and leggings when riding. **No tank tops.** 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. - LINKS ARE FOR REFERENCE

## EQUIPMENT FOR THE RIDER

<input type="checkbox"/> Helmet - ASTM/SEI approved <input type="checkbox"/> <a href="#">Protective vest for cross-country</a> <input type="checkbox"/> <a href="#">Medial Armband</a> (w/ info filled out) - Medical bracelets do not work at GMHA as there is no cell service <input type="checkbox"/> Breeches or jodhpurs <input type="checkbox"/> Tall boots or paddock boots w/ half chaps <input type="checkbox"/> Watch with stopwatch	<input type="checkbox"/> Rain Coat <input type="checkbox"/> First Aid Kit <input type="checkbox"/> <a href="#">Riding Gloves</a> <input type="checkbox"/> One nice outfit for jogs (closed toes shoes only) <input type="checkbox"/> Medications (if applicable) & kept in main office clearly labeled <input type="checkbox"/> Sunscreen	<input type="checkbox"/> <a href="#">Hair Net</a> (medium/long hair) <input type="checkbox"/> Air Vest (if used at home) <input type="checkbox"/> Spurs (if used at home) <input type="checkbox"/> Belt <input type="checkbox"/> Waterproof boots <input type="checkbox"/> Short sleeved shirts for riding (No tank tops)
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*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.*

## STABLE EQUIPMENT

<input type="checkbox"/> Tack Trunk <input type="checkbox"/> Shovel <input type="checkbox"/> <a href="#">Pitchfork</a> <input type="checkbox"/> Broom <input type="checkbox"/> <a href="#">Screw eyes</a> (6-12) <input type="checkbox"/> Salt Block <input type="checkbox"/> <a href="#">Hay Net</a> (if horse uses one at home) <input type="checkbox"/> Tack <a href="#">Soap</a> and <a href="#">Conditioner</a> <input type="checkbox"/> <a href="#">Tack Cleaning Sponges</a>	<input type="checkbox"/> <a href="#">Manure Tub</a> <input type="checkbox"/> <a href="#">Bridle/Breastplate/Halter Hooks</a> <input type="checkbox"/> <a href="#">Tack Cleaning Hook</a> <input type="checkbox"/> Single or Double <a href="#">Hanging Saddle Rack</a> <input type="checkbox"/> <a href="#">Blanket Rack</a> <input type="checkbox"/> 3 <a href="#">5-Gallon Buckets</a> (2 for in-stall water and 1 for bathing) <input type="checkbox"/> Feed Pan or Feed Bucket <input type="checkbox"/> <a href="#">Small Bucket</a> (for tack cleaning and night check water top-offs)	<input type="checkbox"/> Scissors <input type="checkbox"/> Bungee Cord (to tie stall cleaning equipment to post) <input type="checkbox"/> Rubber-covered stall guard (only if horse is used to it & will be taken out at night) <input type="checkbox"/> 3 Towels (Small, Medium, Large) <input type="checkbox"/> <a href="#">Double-Ended Snaps</a> (for 2 stall water buckets, stall guard, feed buckets)
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**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.**

<ul style="list-style-type: none"> <li><input type="checkbox"/> All required meals and supplements for the duration of JHC</li> <li><input type="checkbox"/> Bridle(s) and Bit(s)</li> <li><input type="checkbox"/> Martingale (if needed)</li> <li><input type="checkbox"/> Breastplate (if needed)</li> <li><input type="checkbox"/> Saddle, stirrups, leathers</li> <li><input type="checkbox"/> Extra set of stirrup leathers</li> <li><input type="checkbox"/> 4 Saddle Pads</li> <li><input type="checkbox"/> Girth</li> <li><input type="checkbox"/> Extra Girth</li> <li><input type="checkbox"/> Dressage Whip (if needed)</li> <li><input type="checkbox"/> Electrical Tape</li> <li><input type="checkbox"/> <a href="#">Neck Strap</a> or stirrup leather</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Fly Spray</li> <li><input type="checkbox"/> Grooming Kit (curry comb, hard &amp; soft brush, hoof pick, tail brush)</li> <li><input type="checkbox"/> Sweat Scraper</li> <li><input type="checkbox"/> <a href="#">Bath Sponge</a></li> <li><input type="checkbox"/> <a href="#">Pulling Comb</a> or <a href="#">Solocomb</a></li> <li><input type="checkbox"/> Shampoo</li> <li><input type="checkbox"/> Crop/Bat</li> <li><input type="checkbox"/> Half Pads/Shims (if needed)</li> <li><input type="checkbox"/> <a href="#">Waterproof Saddle Cover</a> with stirrup holes</li> <li><input type="checkbox"/> Stud Kit (if used at home)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Rain Sheet</li> <li><input type="checkbox"/> Cooler</li> <li><input type="checkbox"/> <a href="#">Braiding Kit</a> (<a href="#">rubber bands</a>, yarn)</li> <li><input type="checkbox"/> <a href="#">Standing Wraps</a> and <a href="#">Quilts</a></li> <li><input type="checkbox"/> Cotton Leadrope</li> <li><input type="checkbox"/> <a href="#">2 Halters</a> - LEATHER (or Nylon w/ breakaway head piece)</li> <li><input type="checkbox"/> Jump Boots (if used at home)</li> <li><input type="checkbox"/> Bell Boots (if used at home)</li> <li><input type="checkbox"/> <a href="#">Liniment or Sore-No-More</a></li> </ul>
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**VETERINARY KIT**

<ul style="list-style-type: none"> <li><input type="checkbox"/> Animal Rectal Thermometer</li> <li><input type="checkbox"/> Vaseline</li> <li><input type="checkbox"/> Rubbing Alcohol</li> <li><input type="checkbox"/> Epsom Salt</li> <li><input type="checkbox"/> Diapers (must fit horse's hoof)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Bute</li> <li><input type="checkbox"/> Hydrogen Peroxide</li> <li><input type="checkbox"/> Antibiotic Ointment</li> <li><input type="checkbox"/> Duct Tape</li> <li><input type="checkbox"/> Thrush Buster</li> </ul>	<p>Example of a <a href="#">starter vet kit</a></p> <p>^ Does not include duct tape, vaseline, epsom salt, diapers, bute or thrush buster</p>
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