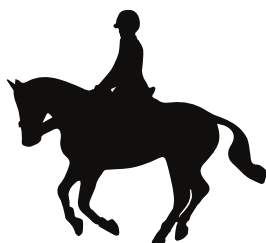


2024



RIDER'S PLANNER



Rider



ABOUT THIS PLANNER

This planner was created to support your riding and horse management in preparation for JHC and throughout the year. It has all the pages you will need during camp, and blank pages you can make extra copies of if you would like to use it before and after!

Riding Tracker



Required start by 5/12, begin earlier if you wish

- Designed to help you keep track of the frequency, duration, and types of riding you do with one specific horse.
- Use colored pencils to shade in a box (month, day) for each ride. Make a color code to match the type of ride you do. Then, write the number of minutes you rode in the box.
- **Replaces the previous "conditioning packet". For suggested conditioning, see the conditioning page.**
- Fill this out for the horse you bring to camp. If you ride other horses, make another copy

Ride Journal



Required during camp, make extra copies if you wish

- Use to reflect after a ride
- There is a page for each lesson during camp. If you would like to begin before camp, or continue after, simply make more copies of the blank page.

Horse Management Notes



Required during camp

- Use during camp to remember all that you learn!

Calendar



Optional

- Use the calendar to keep track of lessons, shows, clinics, vet and farrier appointments, etc.

JHC Goals



Required, complete prior to camp

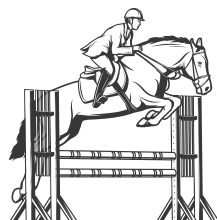
- Create realistic goals for camp. (Ex. *Jump a small XC course, improve dressage geometry*)
- Instructors and Barn Managers will ask you about your goals on the first day of camp.

First Day Observation



Required, complete upon camp arrival

- Fill out when you arrive at camp to get a baseline of information on your horse.



CONDITIONING

Conditioning refers to the physical fitness and readiness of a horse to do the sport. Horses at camp are ridden for 3 hours a day, jumping 5-6 times in a week. To have your horse ready for camp, proper conditioning is required to keep them sound, happy and ready to perform.

All horses come into the summer season with different levels of fitness. A horse that is worked daily in an indoor, or one who travels south to compete will take less time to get fit for camp than one who wintered in a field with little riding.

The following outline provides a general plan to get a horse ready for camp who is coming back into work after time off. Please work with your instructor and use your own judgement to create a plan that works for your horse's current fitness level. **As a basic guideline, horses need to be ridden 5-6 days a week for 1-1.5 hours at the walk, trot and canter—including jumping, dressage, and hacking in order to be fit for camp.**

Please record the frequency, type and duration of your rides in the riding tracker. Instructors will check this on the first day of camp to get a better understanding of horse fitness.

Week 1

Walking only, up to $\frac{3}{4}$ hour, six days a week. Start introducing hills. Start riding on a short rein to encourage the horse to round its hindquarters.

Week 2

Walk/trot work, $\frac{3}{4}$ hour building up to 1 hour, six days a week. Introduce trotting with two 3-minute trots, building up to four 3-minute trots. No sitting trots. By the end of the week, trot on hills with the horse on a contact. Use large circles, serpentine, and simple changes of direction – no tight turns.

Week 3

Walk/trot/canter up to 1 hour, six days a week. No sitting trots and no lengthening. Introduce canter work as you did with trot work in Week Three. Ring work may be started. Work for $\frac{1}{2}$ hour in the ring, then hack for a relaxed $\frac{1}{2}$ an hour. Cavalettis can be introduced by the end of the week.

Week 4

Walk/trot/canter up to 1 hour and fifteen minutes, six days a week. Ring work, cavalettis, continue hacking. One good method at this stage is to have every other day be a dressage school, with alternate days in trail work.

Week 5










Walk/trot/canter up to 1 hour and fifteen minutes, six days a week. Continue trail work. Dressage sessions can increase. Start practicing movements from upcoming dressage tests, if known. Cavalettis continue with more gymnastics. Do not jump for more than 20 minutes per session & do not jump every day.

Week 6

Walk/trot/canter up to 1 $\frac{1}{2}$ hours, six days a week. Continue the basic program. Gallops can be introduced – do short intervals at 350 meters per minute, up to three times a week, up and down hills. Ring work can progress with lengthenings, halts, and small jumps. Start cross-country jump work with natural obstacles on trail.

RIDING TRACKER



	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												
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7												
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Horse

Color Code

- ☐ Flat School
- ☐ Flat Lesson
- ☐ Jump School
- ☐ Jump Lesson
- ☐ Hack
- ☐ Show
- ☐ Clinic
- ☐ _____
- ☐ _____

Create a color code for each ride type. Then color the box to record your ride, and write the amount of minutes you rode in the box as well!

04

APRIL

2024



Optional


Competitions, and Important Dates

[illegible]



Competitions and Important Dates



 6 Weeks to JHC, time to get serious about conditioning!

[illegible]

[illegible]

JULY


2024



Competitions, and Important Dates						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

[illegible]

AUGUST



Optional

[illegible]

SEPTEMBER

Competitions, and Important Dates

[illegible]

10

OCTOBER

2024



Optional

Competitions, and Important Dates

[illegible]

JHC GOALS



Required

Dressage Goal

REFLECTION

Jumping Goal

REFLECTION

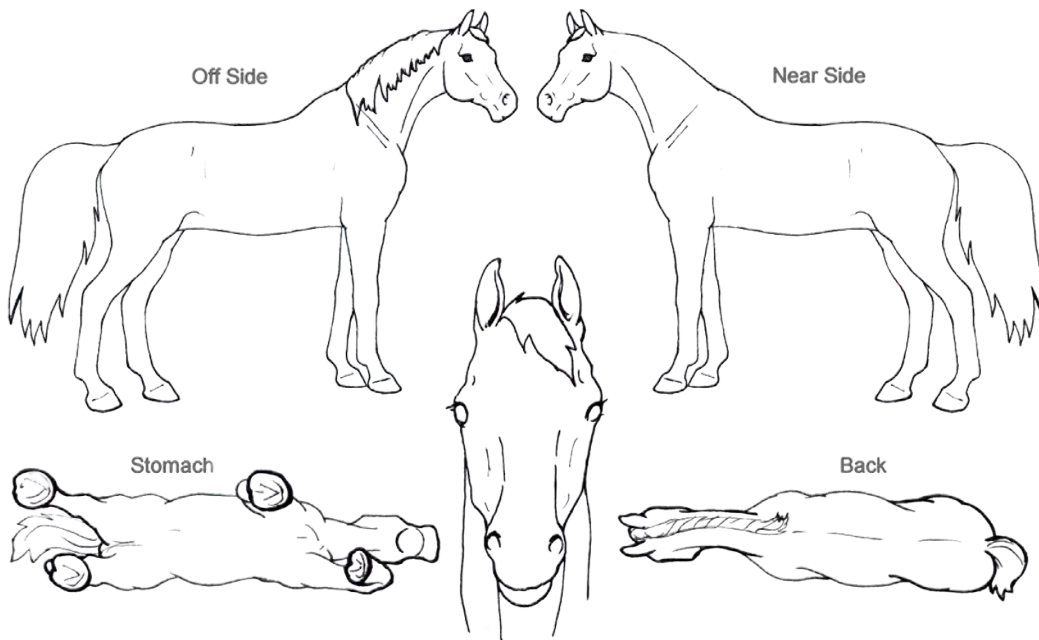
Horse Management Goal

REFLECTION

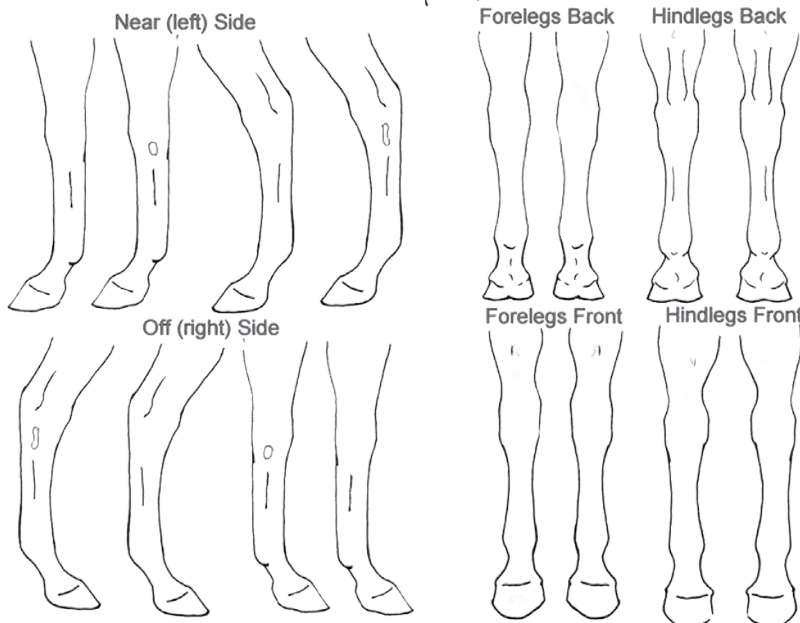
ARRIVAL DAY HORSE OBSERVATION



Required



Make note of any old and current injuries/blemishes on your horse prior to the beginning of camp.



Resting Pulse

Resting Temp

Resting Respiration

Notes

HORSE MANAGEMENT NOTES



Required

Monday, June 24, 2024

AM	PM

Tuesday, June 25, 2024

AM	PM

HORSE MANAGEMENT NOTES



Required

Wednesday, June 26, 2024

AM	PM

Thursday, June 27, 2024

AM	PM

HORSE MANAGEMENT NOTES



Required

Friday, June 28, 2024

AM	PM



Optional Copy

Date: _____

Activity

☐ Lesson

☐ Schooling

☐ Flatwork

☐ Caveletti/poles

☐ Cross country school

☐ Test riding/figures

☐ Course work

☐ _____

Horse & Rider

I felt _____. My horse felt _____.

Ride intensity: ☐ Low ☐ Moderate ☐ Strenuous

Highlights

Homework



Date: Monday Morning, June 24, 2024

Activity

☐ Lesson

☐ Schooling

☐ Flatwork

☐ Caveletti/poles

☐ Cross country school

☐ Test riding/figures

☐ Course work

☐ _____

Horse & Rider

I felt _____. My horse felt _____.

Ride intensity: ☐ Low ☐ Moderate ☐ Strenuous

Highlights

Homework

Date: Monday Afternoon, June 24, 2024



Activity

☐ Lesson

☐ Schooling

☐ Flatwork

☐ Caveletti/poles

☐ Cross country school

☐ Test riding/figures

☐ Course work

☐ _____

Horse & Rider

I felt _____. My horse felt _____.

Ride intensity: ☐ Low ☐ Moderate ☐ Strenuous

Highlights

Homework



Date: Tuesday Morning, June 25, 2024

Activity

☐ Lesson

☐ Schooling

☐ Flatwork

☐ Caveletti/poles

☐ Cross country school

☐ Test riding/figures

☐ Course work

☐ _____

Horse & Rider

I felt _____. My horse felt _____.

Ride intensity: ☐ Low ☐ Moderate ☐ Strenuous

Highlights

Homework



Date: Tuesday Afternoon, June 25, 2024

Activity

☐ Lesson

☐ Schooling

☐ Flatwork

☐ Caveletti/poles

☐ Cross country school

☐ Test riding/figures

☐ Course work

☐ _____

Horse & Rider

I felt _____. My horse felt _____.

Ride intensity: ☐ Low ☐ Moderate ☐ Strenuous

Highlights

Homework



Date: Wednesday Morning, June 26, 2024

Activity

☐ Lesson

☐ Schooling

☐ Flatwork

☐ Caveletti/poles

☐ Cross country school

☐ Test riding/figures

☐ Course work

☐ _____

Horse & Rider

I felt _____. My horse felt _____.

Ride intensity: ☐ Low ☐ Moderate ☐ Strenuous

Highlights

Homework



Date: Wednesday Afternoon, June 26, 2024

Activity

☐ Lesson

☐ Schooling

☐ Flatwork

☐ Caveletti/poles

☐ Cross country school

☐ Test riding/figures

☐ Course work

☐ _____

Horse & Rider

I felt _____. My horse felt _____.

Ride intensity: ☐ Low ☐ Moderate ☐ Strenuous

Highlights

Homework



Date: Thursday Morning, June 27, 2024

Activity

☐ Lesson

☐ Schooling

☐ Flatwork

☐ Caveletti/poles

☐ Cross country school

☐ Test riding/figures

☐ Course work

☐ _____

Horse & Rider

I felt _____. My horse felt _____.

Ride intensity: ☐ Low ☐ Moderate ☐ Strenuous

Highlights

Homework



Date: Thursday Afternoon, June 27, 2024

Activity

☐ Lesson

☐ Schooling

☐ Flatwork

☐ Caveletti/poles

☐ Cross country school

☐ Test riding/figures

☐ Course work

☐ _____

Horse & Rider

I felt _____. My horse felt _____.

Ride intensity: ☐ Low ☐ Moderate ☐ Strenuous

Highlights

Homework



Date: Friday Morning, June 28, 2024

Activity

☐ Lesson

☐ Schooling

☐ Flatwork

☐ Caveletti/poles

☐ Cross country school

☐ Test riding/figures

☐ Course work

☐ _____

Horse & Rider

I felt _____. My horse felt _____.

Ride intensity: ☐ Low ☐ Moderate ☐ Strenuous

Highlights

Homework



Date: Friday Afternoon, June 28, 2024

Activity

☐ Lesson

☐ Schooling

☐ Flatwork

☐ Caveletti/poles

☐ Cross country school

☐ Test riding/figures

☐ Course work

☐ _____

Horse & Rider

I felt _____. My horse felt _____.

Ride intensity: ☐ Low ☐ Moderate ☐ Strenuous

Highlights

Homework



Date: Sunday Morning, June 30, 2024

Activity

☐ Lesson

☐ Schooling

☐ Flatwork

☐ Caveletti/poles

☐ Cross country school

☐ Test riding/figures

☐ Course work

☐ _____

Horse & Rider

I felt _____. My horse felt _____.

Ride intensity: ☐ Low ☐ Moderate ☐ Strenuous

Highlights

Homework

DRESSAGE TEST REFLECTION



Date: Saturday, June 29, 2024 Test: _____ Score: _____

Best Movements

Positive Comments

Negative Comments

What do I need to work on?

DRESSAGE TEST REFLECTION

Date: _____ Test: _____ Score: _____

Best Movements

Positive Comments

Negative Comments

What do I need to work on?

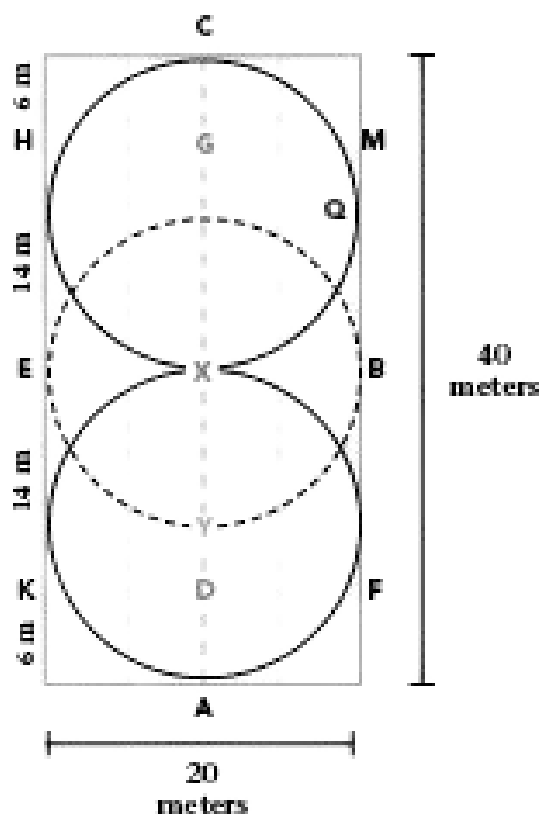
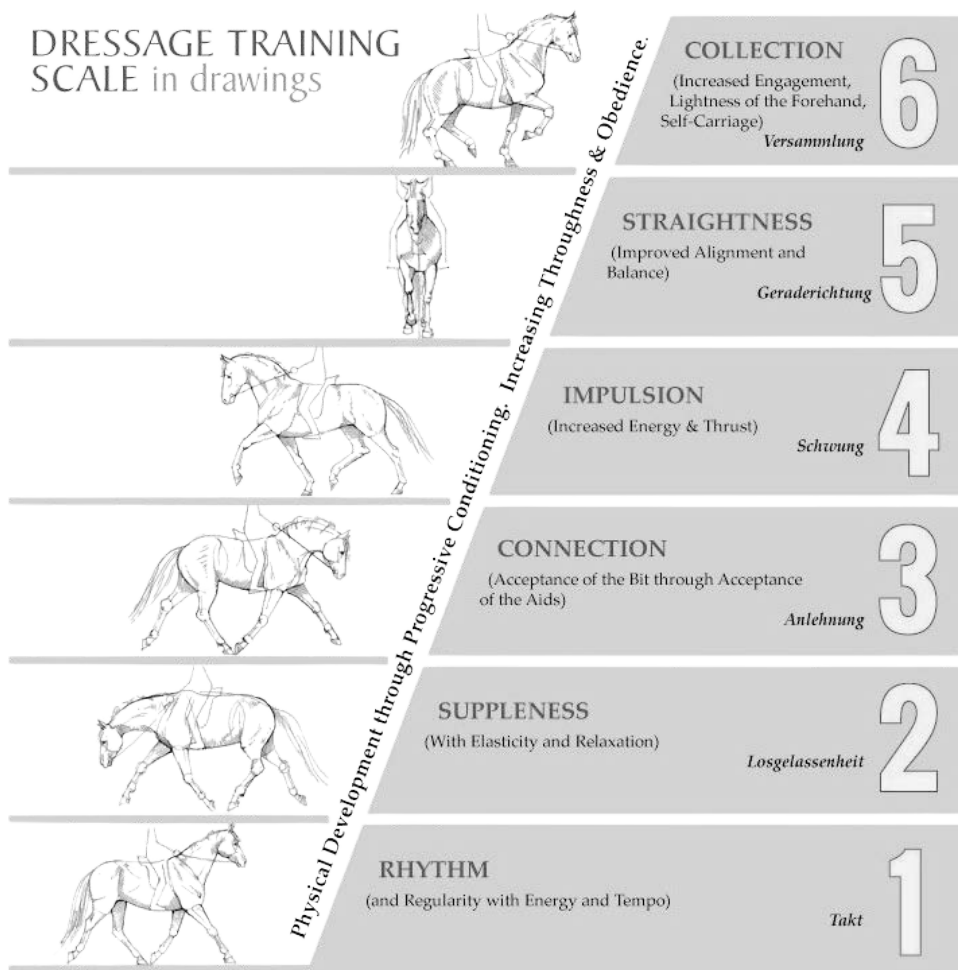
END OF DAY CHECKLIST

Date	06/24	06/25	06/26	06/27	06/28	06/29	06/30
Horse's Temperature:							
Tack Hook Up							
Stall Latched							
Water Buckets Filled							
Tools Tied Away							
Stall Guard Down							
Bit Clean							
Bridle Clean & Conditioned							
No Metal Deposits							
Metal Polished							
Figure-8							
Saddle Clean & Conditioned							
Stirrups Polished							
Metal Polished							
No Metal Deposits							
Stitching Safe							
Girth Clean							
Saddle Pad Clean							
Halter Clean & Conditioned							
Clean Brushes							
Stall Clean							
Appropriate Bedding							
Water Buckets Clean							
Area Raked to Tie Rail							
No Trash							
Nothing on Tie Rail							
Hoses Wound Up							
Horse Clean and Brushed							
No Sweat Marks							
Hooves Picked Out							
Mane and Tail Brushed							

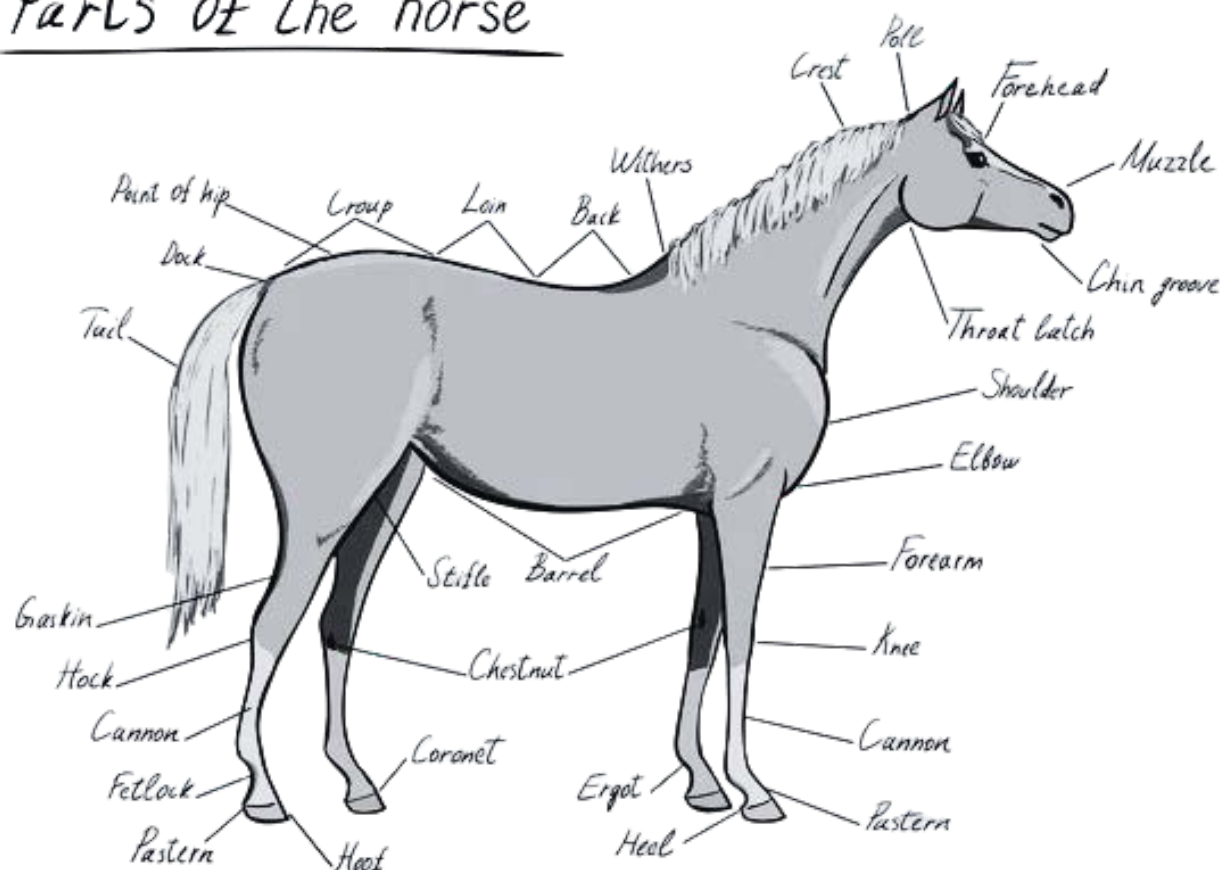
REFERENCES



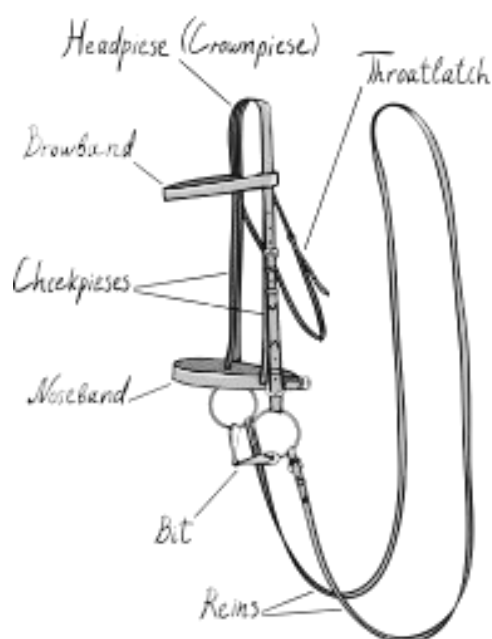
DRESSAGE TRAINING SCALE in drawings



Parts of the horse



Parts of bridle



Parts of saddle

