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EMAIL: HORSEWARRIORS@WYOMING.COM

Dear Participants, Parents and Guardians, Sponsors and Mentors,

We want to be clear about the nature of the HW program. **It's about Horses, Art, Writing and Community.** Pretty much everyone comes away unscathed in their encounters with colored pencils and poetry, but there's a risk factor around the horses that we want to be very up front about.

What is likely to happen with a horse program? Well, in our experience, a lot of phenomenal, magical interaction with these wonderful creatures who have much to offer and teach us. Lots of bonding, lots of thrilling adventures, lots of hard work and dirt. There are days of frustration, and days of passing milestones. There are all kinds of weather involved - we do this no matter what. All of us - horses and people - have complex personalities and we'll probably get to know a lot of different sides of each other as we go down this path together. We believe this will be one of the best experiences in all of our lives.

But the cautionary side comes from the fact that horses are much larger, stronger, and instinctually responsive than we are. What does that mean? It means that when a horse steps on your foot (which will most likely happen sometime) it really hurts. That's why we want everyone to wear leather boots all the time. It means that a horse can yank itself out of your hands, or run away with you if it wants to. That's why we spend so much time teaching safety on the ground, and why we practice so much on our riding skills and developing our "horse awareness" so we get to thinking like a horse and can anticipate accidents before they might occur. It means that a horse, a "fight or flight" responder, can turn so suddenly that a rider is left in the original spot! That's why we require everyone to wear an approved safety helmet when riding and working with the horses. Horse language is appropriate for horses - if they bite and kick each other to make a point, they can usually take it pretty well. We don't want to be caught in the middle, so we are careful about the situations in which we place ourselves.

Everybody who has learned to ride has fallen off at some point or another. Even great riders fall off sometimes. We practice riding bareback, so we develop a real sense of balance and finding our rhythm and sense of balance with our horses' gaits. It's also why we practice falling off and landing well, and knowing when to bail off in an emergency. And why we drill for emergency situations. We take time to observe our horses, to see how they are in the herd, to notice individual personality traits, to find out what each horse does and doesn't like. All of these provide us with a good, solid understanding of the nature of a horse in general, and our horses in particular. We do this with our human group members as well. It helps us understand our community.

We have had countless good experiences with horses. We've learned major lessons from the few bad ones. **We have a deep and unwavering commitment to safety. IT'S OUR BOTTOM LINE.** But we want you all to know the risks, just so you can make an informed choice about whether this program is really for you. We think it is - that's why we do it! We hope you do, too.

Priscilla Marden, CEFIP-ED, TRI
Executive Director



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PROGRAM DESCRIPTION

"Warriorship is a path or thread that runs through your entire life. It is not just a technique that you apply when an obstacle arises or when you are unhappy or depressed. Warriorship is a continual journey. To be a warrior is to learn to be genuine in every moment of your life. That is the warrior's discipline."

CHOGYAM TRUNGPA, RINPOCHE, THE SACRED PATH OF THE WARRIOR

"Spiritual warriors do no harm, inflict no pain, and cause no suffering. They work to set things right by good example...Warriorship for them in no way entails aggression on others; rather it means having integrity, being brave, and standing forthright but peacefully for all that supports life. Their war is for safety, sanity and respect."

STEVEN MCFADDEN, ANCIENT VOICES. CURRENT AFFAIRS: THE LEGEND OF THE RAINBOW WARRIORS

?

Where do the names "Horse Warriors" and "CIREQUUS" come from? "Horse Warriors™" applies the model of the Sacred Warrior, the one who practices gentleness, courage, and self-knowledge while walking the path of life. In a time when it is important to stress alternatives to violence, HW/C has undertaken a commitment to reestablish a personal code of ethics, and a willingness to rise above the destructive side of peer pressure by teaching clear communications skills, trust and accountability. It helps create a sense of self-confidence by developing levels of proficiency in horse mastership, group dynamics, mentoring, and community service. In order to prevent frustration or a sense of failure, all of these skills are presented with understanding, compassion and encouragement.

"CIREQUUS™" is a combination of "Circle" and "Equus." All students are required to participate in the CIREQUUS™ circle art and discussions throughout the non-riding seasons. CIREQUUS™ discussions provide something we are losing in our culture in these frantic times, and that is a quiet, safe space to share the process of living. Meeting with peers and mentors on a monthly basis, participants are invited to be part of an intimate, evolving, community. The discussions are facilitated by adults, but the direction of the topics comes as much from the participants in the program as it does from the mentors.

Horse Warriors/CIREQUUS™ is a year-long, ongoing youth program. Students enrolling during their middle school years have the opportunity to remain in the program for 7 years. The target population is from 6th grade through age 21. Participants are encouraged to act as mentors and junior instructors in the horse program as they increase their skill levels and experience in the program.

In this program, the horse is the primary educator for building trust, teaching patience and perseverance, and using non-verbal communication to reconnect the student to his/her own self-awareness. Students begin their horse involvement through a bonding process that includes intense observation of herd dynamics and of their own horses in particular. From there they move into one-on-one body language rapport with their horses, learning basic safety and "horse speak." To learn body (self) awareness and horse rhythms, students begin by riding bareback, again deepening their rapport and trust with their horses.

Enhancing self-awareness and developing self-esteem are significant components of this program. We use journaling as a tool for recording this process, stressing alternative means of describing the journey through art, poetry and flow writing. Students also use these as records of their horse care and riding development. The program provides field journals and art supplies, as well as horses, tack and safety equipment. Students are required to provide their own leather riding boots, non-flapping rain gear, water bottles and sack lunches.

Structure

Because of the intimate student teacher ratios in this program - most often 3:1 or 2:1 - students are addressed as individuals, even within a group setting. Learning styles are targeted, and participants can progress at their own paces in skill development, while still enjoying the camaraderie and educational support of a small group.

Students meet for two weeks, Monday- Friday from 9 AM - 4 PM, during the summer program sessions. After they become familiar and safe with the horses, the majority of their riding sessions take place on the trail. The trail riding day is structured so there is a discussion component and a journaling segment, enabling students to process with peers and have solo writing/drawing time in their journals. During the lunchtime discussions, students have opportunities to share their journal work, address group and individual concerns, and interact with their mentors. Horsemanship and safety are stressed at all times during the trail ride itself. During the school year students meet once a month on a Saturday or Sunday (depending on instructors) for our guest artist seminars with professional artists.

Emotional Intelligence is a concept we encourage and enhance by teaching ways to manage and positively direct emotional responses. The horses model straightforward responses to human signals, demonstrating how communication works in a positive way. Through the mentoring process, students learn empowering and appropriate ways of speaking, and how to effectively communicate through their body language. Over time, students are taught how to become positive role models for younger or less experienced participants, and are encouraged to participate with greater levels of responsibility within the program.

Community Involvement

Community service is a required component of the program, allowing students to see themselves as an integral part of their environment, and to realize their impacts on the place in which they live. All students must contribute 30 hours of volunteer work in their community each year in order to be able to participate in the riding portion of the program.

Because of the year-round aspect of the Horse Warriors™ program, students are able to interact with their mentors beyond just a summer session in horsemanship. Involvement in the school-year discussion groups helps to ground and strengthen the communications skills learned during the summer horse program, and provides an opportunity to have the type of committed adult involvement that many young people are missing.

Philosophy

The potential for kindness, compassion and excellence exists in all people. We strive to bring forth the best of each student's character and capabilities through a gentle and encouraging teaching/modeling process. We do this in a non-violent way, demonstrating the courage it takes to become self-aware, and to consciously act to achieve our desired results. We work with horses because they help us incorporate both an emotional and physical awareness of ourselves, while providing forthright, immediate and authentic responses to our learning processes.



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APPLICATION FORM

Name: _____

Address: _____

Phones: Home: _____ Mother's Work: _____ Father's Work: _____

Email: _____

Age: _____ Date of Birth: _____ Grade Level: _____ Gender: M ___ F ___

We would like to hear from you about why you are interested in the program. Your responses to these questions help us evaluate whether Horse Warriors™ would be beneficial for you. Please be as thorough as possible in your answers. If you need extra paper, feel free to continue on a separate page.

1) What has been your experience with horses up to this point? (You don't need to have had ANY experience to have fun and be part of this program.)

2) How much time do you like to spend outside during each day?

3) How do you feel about working with horses all day and getting really dirty? What about occasionally having to ride in the rain? Are you mature enough to be around horse manure without having to make jokes about it?

4) This is year-round program, with discussion groups throughout the fall and spring, and includes 30 hours per year of community service. Are you willing to make the commitment to the full year of programming?

YES _____ NO _____



5) When you are in a group and you don't like one or more of the people in your group, how do you usually react?

6) What would you say is your greatest challenge in your life right now?

7) What is your greatest strength? (This is something that you find easy to do, that helps you overcome your challenges - if you feel that right now you don't have a particular strength, tell us something that you would like to develop as a strength in the future.)

8) Do you feel comfortable or uncomfortable sharing your feelings with a group of your peers?

9) Why do you want to participate in this program? What do you hope to get out of it, and what do you most want to learn?

A FINAL NOTE:

This goes without saying, most likely, but here it is in black and white: This is a drug, alcohol and tobacco product-free program. That means never, EVER in the program can you use any of these. ALSO, because we all work together as a group, we want all of the relationships to stay open. Having boyfriends or girlfriends within the group has the effect of excluding other people. We ask that you NOT relate exclusively to anyone in the program during program time, even if you have a romantic relationship/close or best-friends type friendship together on your own time away from the group. We also REQUIRE that you

participate fully in the discussion groups, program support (events, maintenance of supplies and horses and equipment) and community service projects.

Will you agree to respect and abide by these rules? _____

Student

Signature_____

NOTE TO PARENTS: We ask that you agree to not withhold participation in Horse Warriors™ as any form of punishment while your child is enrolled in the program. It is disruptive to group cohesiveness and negatively impacts both the program as a whole and the effectiveness for the individual student.

Will you agree to abide by this requirement? _____

I, the parent/legal guardian, have read all of the above, as well as the enclosed description of the program and the fee schedule and understand both the costs and expectations of the program. I understand that payment is due at the beginning of the program and that my child and I will only be able to participate after payment is received.

Name

Date

Parent Signature:

Date_____



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RECOMMENDATION FORM

THIS FORM IS TO BE COMPLETED BY A TEACHER,
COUNSELOR, MINISTER, OR ADVOCATE
AND RETURNED DIRECTLY TO HORSE WARRIORS™
AT THE ABOVE ADDRESS
DO NOT RETURN THIS FORM TO THE STUDENT

[You are filling out a recommendation form for your student to participate in an equine based self-empowerment program. This program includes horseback riding, group cooperation, journaling (which includes drawing and writing), community service and a year-round discussion circle with a committed group of mentors. If you have any questions about the program please call us. We are asking you to be as **CANDID** as possible about your comments. **All responses are kept strictly confidential.** Thank you.]

Name of Student

Applicant: _____

Your Name and

Title: _____

1) How long, and in what capacity have you known this student?

2) In your observation, what are this student's greatest strengths?

3) In your observation, what are the student's greatest challenges?

4) What would be the most likely outcome of this student participating in this program?

5) Is this student a high risk to him/herself or to others? If so, why?

6) If you could give this student one piece of advice at this particular time in his/her life, what would that advice be?

7) How does this student respond to praise and encouragement?

8) How does this student respond to feedback or challenges from peers and authority figures?

9) What advice would you give to adults working with this student?

10) Our goal in this program is to encourage students to find their strengths, their places of gentleness and compassion, and to see themselves as good, complete, creative and inspired individuals. How do you feel that an approach like this and a program with all the above mentioned components would benefit this student? If it would not, why?

Signature _____ Date _____

Mail to: Horse Warriors™ • Box 602 • Jackson • WY • 83001

or

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EQUIPMENT LIST

These are the items you will need to bring every day. You will carry these, along with your art supplies (which are provided with your tuition) in your saddlebags. It is very important that you wear sunscreen as we will often be out in the sun all day.

- Plastic or metal water bottle, **full**, (1 qt. minimum) that will fit in a set of saddlebags - OR a Camelback-type water pack (best)
- Sack lunch (**no glass bottles** or breakable containers)
- Munchie snacks if you need them - we're out all day
- Non-flapping raingear
- Leather shoes or boots with SMOOTH soles and substantial heels, like cowboy boots or paddock boots (no lug soles or running shoes)
- Sunscreen
- Bug repellent
- Long pants - we recommend comfortably fitting jeans. Pants should be roomy enough that you aren't constricted and uncomfortable. **No jeans with holes - no exceptions.** Believe it or not, the horses aren't the fashion police - be comfortable so you can relax!
- Layered clothing appropriate to our changing weather

Please **DO NOT** bring the following:

- earbuds
- Gum (no riding & chewing gum at the same time)
- **Cell phones on rides or during program time: THEY WILL BE TAKEN AWAY**
- **Soda/sugar based drinks of any kind**

HORSE WARRIORS™

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Authorization for Emergency Medical Treatment Form

Participant Staff Volunteer

Name: _____ DOB: _____ Phone: _____

Address: _____

Physician's Name: _____ Preferred Medical Facility: _____

Health Insurance Company: _____ Policy # _____

Allergies to medications: _____

Current medications: _____

In the event of an emergency contact:

Name: _____ Relation: _____ Phone: _____

Name: _____ Relation: _____ Phone: _____

Name: _____ Relation: _____ Phone: _____

Consent Plan

In the event emergency medical aid/treatment is required due to illness or injury during the process of receiving services, or while being on the property of the agency,

I authorize HORSE WARRIORS™ to:

1. Secure and retain medical treatment and transportation if needed.
2. Release client records upon request to the authorized individual or agency involved in the medical emergency treatment.

This authorization includes x-ray, surgery, hospitalization, medication and any treatment procedure deemed "life saving" by the physician. This provision will only be invoked if the person(s) above is unable to be reached

Date: _____ Consent Signature: _____

Client, Parent or Legal Guardian

Non-Consent Plan

I do not give my consent for emergency medical treatment/aid in the case of illness or injury during the process of receiving services or while being on the property of the agency.

- Parent or legal guardian will remain on site at all times during equine assisted activities.
- In the event emergency treatment/aid is required, I wish the following procedure to take place:

Date: _____ Non-Consent Signature: _____

Client, Parent or Legal Guardian

Participant's Application & Health History

GENERAL INFORMATION

Participant: _____

DOB: _____ Age: _____ Height: _____ Weight: _____ Gender: M F

Address: _____

Phone: _____ E-mail: _____ Alternative #: _____

Employer/School: _____

Address: _____

Phone: _____

Parent/Legal Guardian: _____

Caregivers: _____

Address (if different from above): _____

Phone: _____

Referral Source: _____

Phone: _____

How did you hear about the program? _____

HEALTH HISTORY

Diagnosis: _____ Date of Onset: _____

Please indicate current or past special needs in the following areas:

	Y	N	Comments
Vision			
Hearing			
Sensation			
Communication			
Heart			
Breathing			
Digestion			
Elimination			
Circulation			
Emotional/Mental Health			
Behavioral			
Pain			
Bone/Joint			
Muscular			
Thinking/Cognition			
Allergies			

MEDICATIONS (include prescription, over-the-counter; name, dose and frequency) _____

Describe your abilities/difficulties in the following areas (include assistance required or equipment needed):

PHYSICAL FUNCTION (i.e. mobility skills such as transfers, walking, wheelchair use, driving/bus riding)

PSYCHO/SOCIAL FUNCTION (i.e. work/school including grade completed, leisure interests, relationships-family structure, support systems, companion animals, fears/concerns, etc.)

GOALS (i.e. why are you applying for participation? What would you like to accomplish?)

Signature: _____ Date: _____

PHOTO RELEASE

- I DO
- DO NOT

consent to and authorize the use and reproduction by HORSE WARRIORS™ of any and all photographs and any other audio/visual materials taken of me for promotional material, educational activities, exhibitions or for any other use for the benefit of the program.

Signature: _____ Date: _____
Client, Parent or Legal Guardian



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WAIVER, CONSENT AND LIABILITY RELEASE

This document contains important information about your rights. Please read it carefully. If you do not understand it, we encourage you to consult with an attorney regarding its meaning. If you do not understand it, do not sign it.

In agreeing to voluntarily participate in **Horse Warriors/CIREQUUS™** activities, and in signing this document, you are acknowledging that there are dangers or conditions that are characteristic of, intrinsic to, and an integral part of horseback riding and any other equine activity.

I acknowledge and understand that when I take part in horseback riding or other equine activity as part of my participation in **Horse Warriors/CIREQUUS™**, I assume the inherent risks in that activity, whether those risks are known or unknown. I acknowledge and understand that I am legally responsible for any and all damage, injury or death to myself or other persons or property that result from the inherent risks of the activity. I also understand that **Horse Warriors/CIREQUUS™** is not required to eliminate, alter or control the inherent risks of horseback riding or other equine activities.

Participant

Date

Parent (if participant is a minor)



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OUR MISSION:

To create a safer and more sane world through empowering young people, individuals and families to live and act with kindness, compassion and wisdom in all facets of life.

SCHOLARSHIP APPLICATION

Please describe your needs for scholarship. Horse Warriors™ only offers partial scholarships. The amount of scholarship awarded in any given year is determined by the total scholarship donations, divided by the number of applicants.

NAME: _____ DATE: _____

AMOUNT REQUESTED: _____ AMOUNT AWARDED (HW): _____

APPLICANT'S EXPLANATION OF REQUEST: NOTE - *Be as DETAILED as you possibly can.* Use more paper if needed. These awards are made by outside committees, not HW staff. They need to know as much as possible in order to make an educated award. Please include the most recent copy of your IRS filing. INCOMPLETE APPLICATIONS will NOT be considered. Please be thorough and include everything.