

## A CHRONOLOGY OF THE 2018 FALL SESSION AT EAGLES' WINGS STABLE

### Thursday – Classes 2 & 3

**Thursday, September 20<sup>th</sup>:** The following notes are from Ed Bauman, a horse leader and member of our board. At 5:30, all the riders were there – all had returned from the summer session. It was nice and warm with a slight breeze. The horses did really well and responded to the different speed changes better than normal, we even did a little trotting. My rider, who has cerebral palsy, was in great spirits as normal and followed Rebekah's directions very well, toward the end of class she was getting a little tired and sore – it had been a month since her last riding session. Best I could tell the other two riders were excited to get back to the arena and their horses. Each did some two point as well as getting to lead their horses themselves. Two point is achieved by bending forward at the hips, taking most of the weight in your ankles and heels, while keeping your back straight and your seat just off the saddle – I think it was the first time for one of them to do this exercise. All in all it was a great start for the fall session.



The following notes are from Rebekah Hastings one of our certified therapeutic riding instructors: Fall session for Thursday nights got off to a great start. All our riders were there along with plenty of volunteers to make the night run smoothly. The night included five Thursday night regulars and one rider that switched from a different night. Ted and Joe pulled double duty and were in both classes while Rerun and Sable were each used once. The horses cooperated surprisingly well given the heat and we got some great trotting out of Sable and Ted - they were both a little slow during the summer session. The riders worked on reviewing their riding position and some basic skills such as transitions, halts, circles and general steering/control of the horse. The riders were given a set pattern that incorporated these skills and had to take their horse through the pattern with the assistance of their volunteers. The first class also worked on leading their horses from the ground and got the chance to practice being their own horse leader.

**Thursday, September 27<sup>th</sup>:** All of the students in the first class were present – all are more advanced riders needing minimal support from their side walkers. The riders continued to work on riding positions, and basic horsemanship skills. They followed directions from Rebekah and continued to gain confidence in controlling their horses.

Two of the students in the second class were absent leaving just one rider who is our most experienced rider. She needs little assistance from her side walker and can ride independently. She really enjoyed this alone time with her horse and left the arena feeling very upbeat.

