

Trick Riding School Information/FAQ's sheet

1. Long-sleeved t-shirts, or layered t-shirts, (to keep arms from getting scraped up) sweatpants or biking/running pants (made of stretchy bathing suit type material) ***NO TIGHT JEANS***. If you can't raise your knee to your nose, they are too tight. We recommend good socks to cover and protect your ankles.
 2. A one piece type leotard or suit to wear under sweatshirts or long shirt, to cover when hanging upside down is handy. These also can come in full length (to ankles) and are helpful in case we have cold weather.
 3. Wrestling shoes or high top lightweight tennis shoes. You must be able to point your toes. ***NOT BASKETBALL TYPE OR THICK SOLES***.
 4. Weight lifting gloves or baseball gloves, or you can cut off top of fingers of gloves that fit your hands. Many students have found these helpful. We have a few pair available but many times you can find them at Wal-Mart or a sports supply store.
 5. Long hair must be fastened back.
 6. Cameras and video cameras are welcome if you have someone to run them.
 7. If you have an old trickriding saddle, bring it and we can update it or get straps made for certain tricks.
 8. Proof of insurance is required.
 9. Please bring your own snacks, labeled bottle of water, lunch, sunscreen, chap stick, equine certified riding helmet, etc.
- Horses and saddles are supplied.
 - Each student is trained individually, according to their level of expertise. We have ALL levels of training, from beginner to professional.
 - Video library will be available of numerous professional trickriders, also photo books, and hand-outs describing various techniques or resources to help in trickriding.
 - "Dry work" (similar to working in ballet or floor mat exercise) is stressed and expected to be done as "homework".
 - A strength test will determine the level of training that will be started. (EX: A basic exercise routine of 50 situps, 30 pushups and pull-ups is needed to begin properly as well as numerous stretching and flexibility exercises)
 - Basic familiarity with horseback riding is necessary.