

# EQUESTRIAN SPORTS



## Accredited Paralympic Sport Club Program & Curriculum

Carlisle Academy is privileged to be a registered Maine Paralympic Sport Club (PSC) by the United States Olympic Committee. As a PSC, we provide inclusive, community-based sport opportunities for athletes with disabilities as well as injured military service members and veterans. Our coaching staff is nationally certified and Safe Sport trained, and our staff therapists are available as consultants for stretching and strengthening programs, adaptive equipment, and alignment on the horse. These programs not only create a foundation for adaptive competition, but also demonstrate the benefits inherent in sport and physical activity for people with disabilities.

In addition to operating as a PSC, the Academy is a founding center of the USEF/USPEA Para-Equestrian Dressage Centers of Excellence, and is regarded as a national leader in grassroots education and training for emerging and high-performance athletes and coaches. Carlisle Academy was awarded an Adaptive Sport Grant through the Department of Veterans Affairs, in partnership with United States Equestrian Federation, to encourage awareness and participation of para-eligible Veterans in Para-Equestrian Sports.

### ADAPTIVE EQUESTRIAN SPORT™

ADAPTIVE EQUESTRIAN SPORT™ focuses on skill progression within an introductory equestrian sports framework designed for youth and adult athletes with physical, visual, or intellectual disabilities. Our strength-based curriculum follows an adaptive physical education model and develops athletes' riding skills within a sport orientation. Riders may choose private lessons or become a member of a team. Our Adaptive Equestrian Sports Teams are mixed ability groups promoting positive life skills, teamwork, confidence and fitness through equestrian sports. Teams of 4 are grouped according to riders who need extra support and those who are more independent of horse handlers and sidewalkers. Participants will learn Adaptive Equitation, Adaptive Quadrille (riding in formation), Adaptive Mounted Games (Relay Races), and horse management skills all of which are modified from the Pony Club curriculum, which is the respected foundation of all youth equestrian sports. Each team will have an opportunity to perform in a competition at the end of the spring and fall sessions. Lastly, Carlisle works with schools and agencies to develop adaptive PE classes using this model.

### PARA-EQUESTRIAN SPORT

PARA-EQUESTRIAN SPORT is an equestrian sport governed by the International Federation for Equestrian Sports (FEI), and includes two competitive events: Para-Equestrian Dressage and Para-Equestrian Driving. Para-dressage is conducted in similar fashion to conventional dressage, but with riders divided into different competition grades based on their functional abilities, and is the only equestrian discipline recognized at the Paralympics. Para-Driving operates under the same basic rules as Combined Driving but places competitors in various grades based on their functional abilities. "Para" refers to parallel to able-bodied sports, designed for the independent rider/driver with permanent, physical and visual disabilities seeking a competitive track. Within this unique sport orientation, athletes may pursue a national or international (FEI) sport classification which allows them to compete at recognized regional, national and international horse shows.

Carlisle Academy offers ongoing private lessons in Para-Dressage taught by senior coaches with USEF Para-Dressage Coach training. In addition to lessons, Carlisle conducts clinics and training camps in both para-dressage and para-driving throughout the year. These training camps feature international para-coaches who work alongside Carlisle's coaching and clinical staff to help athletes and coaches build a pathway of success in para-equestrian sports.



### PROGRAM BENEFITS:

- Promote inclusion through training & competition
- Build self-esteem, discipline, & resilience
- Enforce teamwork, skill development, and goal setting
- Promote a healthy lifestyle and academic success
- Serve as a Pipeline for emerging athletes in Adaptive Equestrian Sports and Paralympic Sports.



Carlisle Charitable Foundation (CCF) raises scholarships for children and adults with disabilities in financial need, enabling access to life-enhancing, equine-facilitated programs at Carlisle Academy.  
[www.carlislecharitablefoundation.org](http://www.carlislecharitablefoundation.org)





## TUITION & CALENDAR

Please see current annual calendar. Private lessons are offered year round, while teams are offered *Wednesdays and Thursdays during the Spring and Fall semesters*. Scholarships are available for Spring and Fall semesters through Carlisle Charitable Foundation (CCF). CCF requires an application and typically covers 60-80% of the cost of the semi-privates and groups. Learn more and apply at [www.carlislecharitablefoundation.org](http://www.carlislecharitablefoundation.org).

## ADAPTIVE EQUESTRIAN SPORTS™

Private Lessons	Duration: 45 minutes	Tuition: \$95 per diem
Package of Six Private Lessons	Duration: 45 minutes	Tuition: \$500 (pre-paid)
Adaptive Team Lessons	Duration: 1.25 hours	Tuition: \$1800 per person; 12-week session (Spring/Fall Only)

## PARA-EQUESTRIAN DRESSAGE - PRIVATE LESSONS

Private Lesson	Duration: 45 minutes	Tuition: \$95 per diem
Package of Six Private Lessons	Duration: 45 minutes	Tuition: \$500 (pre-paid)

## RIDER RESTRICTIONS

Team participation is restricted to riders who do not exceed 190 pounds, who are able to adhere to safety standards, follow directions, manage basic patterns, show good body control and balance, and be free of sidewalking support. Horse handling support is available for less independent riders.

## LESSON STRUCTURE

Adaptive sport equestrians learn valuable skills from 15 minutes of grooming and tacking time as part of the lesson time. Para-equestrians may use with their own horses and/or have access to Carlisle's safe, trained school mounts. Program horses will be tacked up and ready for para-equestrian lessons.

## ATTIRE

Carlisle Academy has a small supply of used riding pants and riding boots that can be borrowed during a lesson or season. Students are required to wear riding helmets during mounted portions of their lessons. Carlisle Academy provides students with a properly fitted ASTM-SEI approved riding helmet. Students who wish to use their own helmet must present it to a staff member for approval. The helmet cannot be more than 5 years old and must bear the ASTM/SEI certified seal. Riding boots with a heel are also required.

# EQUESTRIAN SPORTS



The Pony Club mission is to “develop character, leadership, confidence and a sense of community in youth through a program that teaches the care of horses and ponies, riding and mounted sports.”

## PONY CLUB CORE VALUES:

- Horsemanship with respect to healthcare, nutrition, stable management, handling and riding a mount safely, correctly and with confidence.
- Organized teamwork including cooperation, communication, responsibility, leadership, mentoring, teaching and fostering a supportive yet competitive environment.
- Respect for the horse and self through horsemanship; for land through land conservation; and for others through service and teamwork.
- Service by providing an opportunity for members, parents, and others to support the Pony Club program locally, regionally and nationally through volunteerism.
- Education at an individual pace to achieve personal goals and expand knowledge through teaching others.

## Accredited U.S. Pony Club Riding Center Program & Curriculum

Carlisle Academy is honored to be named a United States Pony Club Riding Center within the Northeast Region. Pony Club is one of the leading equestrian organizations in the world and offers the motivated rider access to internationally-recognized mounted and unmounted horsemanship curricula following PC standards of proficiencies. Carlisle has two levels of involvement: The Formal Pony Club Program and Curriculum Clubs.

### FORMAL PONY CLUB PROGRAM

The Formal Pony Club Program is the foundation of the Pony Club experience and is offered year-round. It is designed for independent equestrians, ages 8 to 18 (Juniors), who commit to 10 monthly Saturday meetings throughout the year for three hours (time of day is dependent upon certification level) and maintain national and regional memberships\*.

Through the Pony Club certification system, along with sanctioned horse shows and rallies, members receive quality instruction and access to various disciplines of their choice such as dressage, eventing, and hunter seat equitation. In addition to providing a solid foundation of equine skills, the Pony Club experience emphasizes personal growth and the development of citizenship and life skills. Members may also choose to be involved in service-learning apprenticeships as sidewalkers and equine assistants, helping Hippotherapy and Adaptive Equestrian Sport students.

All programs take place at the Academy and are led by Carlisle’s nationally certified teaching staff. Members may truck in their own horses or utilize Carlisle program horses. Those who pursue certifications on program horses may do so through D3 Eventing and Hunter Seat tracks, and through C3 in Dressage.

*Independent Study: For Junior members who are not able to participate in the majority of the monthly meetings, or Senior Members (18 and older) who want to pursue the certification levels on their own, Carlisle will design an independent study program taking into account time dedicated to mounted and unmounted instruction and adherence to the standards of proficiency. Group participation in rallies and sanctioned events is still encouraged.*

### CURRICULUM CLUBS

#### LITTLE BOOTS

This curriculum club is designed for the young equestrian, ages 5-8, as an introduction to horse care and mounted skills, as well as receiving foundational education through the Pony Club Curriculum. At this stage, age-appropriate games/skills, safety and fun are at the center of all activity. Members attend the 10 monthly Saturday mounted meetings from 9-10am, and are assisted by the upper level PC members and a Carlisle instructor. Additionally, members may take weekly lessons through discounted lesson packages, as time allows. U.S. Pony Club national and regional memberships are not required.

#### SILVER SPURS

This curriculum club is designed for adults who want to learn the USPC curriculum alongside an organized group of like-minded individuals. This adult-friendly format provides first-rate equestrian education and follows the traditional Pony Club certifications. Members commit to 5 monthly Friday evening lectures (unmounted) throughout the year, focused on stable management and unmounted instruction. Additionally, members are encouraged to take weekly lessons through discounted lesson packages, either in Hunter Seat or Dressage lessons, or enjoy group lessons in Quadrille while practicing for a performance. U.S. Pony Club national and regional memberships are not required.

### RECREATIONAL LESSONS - GREATER COMMUNITY

Carlisle instructors teach weekly lessons to the greater community in recreational dressage and hunter seat equitation following the pony club standards. These lessons are offered at the full rate for individuals who do not wish to join one of the clubs.



## TUITION & CALENDAR

These programs are offered year-round within an 6-week Winter, 12-week Spring, 6-week Summer and 12-week Fall calendar, with lessons focused on Tuesday - Saturday. Please see current annual calendar.

## ALL CLUB ANNUAL FEES

Formal PC (D3 & up)	Duration: 10am - 1pm	Schedule: 10 Saturday mounted/unmounted meetings per year (see flyer)	Tuition: \$600 annual fee
Formal PC (D1 & D2)	Duration: 12 - 3pm		Tuition: \$600 annual fee
Little Boots	Duration: 9 - 10am		Tuition: \$250 annual fee
Silver Spurs	Duration: 1 hour (TBD)	Schedule: 5 Friday unmounted meetings per year (see flyer)	Tuition: \$125 annual fee
PC Independent Study	Duration: TBD	Individually scheduled	Tuition: \$600 annual fee

\*Formal Pony Club Membership Dues: USPC annual dues-\$140, Northeast Region annual dues-\$15

## ALL CLUB LESSON PACKAGES

For registered Pony Club Members, Little Boots or Silver Spurs only. These are discounted rates, and must be used within the session purchased. Riders can opt for Dressage, Hunt Seat, Quadrille or stadium jumping lessons in privates or groups, and will be matched according to riding leveling.

Six Private Lessons	Duration: 45 minutes	Tuition: \$400 (pre-paid)
Six Jump or Flat Lessons (group)	Duration: 1 hour	Tuition: \$300 (pre-paid)
Six Quadrille Lessons (group)	Duration: 1 hour	Tuition: \$300 (pre-paid)

## OTHER COSTS

Coaching/Groom/Combined Fees per show/rally/offsite schooling (Carlisle staff is required to attend with Carlisle horses)	\$75 per rider
Horse Use Fee per show/rally/offsite schooling	\$40 per rider
Hauling Fee	Min \$25 per local trip (or \$0.75 per mile round trip/per horse)

## RECREATIONAL LESSONS - GREATER COMMUNITY

Private Lesson	Duration: 45 minutes	Tuition: \$75
Group Lessons	Duration: 1 hour	Tuition: \$60 per person

## LESSON STRUCTURE

Less experienced equestrians learn valuable skills from 15 minutes of grooming and tacking time as part of the lesson time. Riders with more proficiency may tack up independently for the full lesson time.

## MOUNTED RESTRICTIONS

Rider weight limit is 190 pounds with some exceptions made for appropriate horses. All programs support inclusion and are open to riders with disabilities provided they are free of sidewalking and horse handling support and adhere to all safety standards.

## ATTIRE

Carlisle Academy has a small supply of used riding pants and riding boots that can be borrowed during a lesson or season. Students are required to wear riding helmets during mounted portions of their lessons. Carlisle Academy provides students with a properly fitted ASTM-SEI approved riding helmet. Students who wish to use their own helmet must present it to a staff member for approval. The helmet cannot be more than 5 years old and must bear the ASTM/SEI certified seal. Riding boots with a heel and gloves are also required. **A medical armband and Pony Club pin are required for regional/national level members only.**

