

## Foundations and Beyond Horsemanship Clinic Packet

The following pages should help you prepare for your clinic experience. Please send your clinic deposit (\$100 for public clinic participants), with a signed copy of the last four pages to FAB Horsemanship, 2765 SW 3<sup>rd</sup> Avenue, Fruitland, Idaho 83619. Once your deposit has been received your clinic spot is reserved.

If you are a coordinator for a private clinic you will need to send the private clinic deposit (\$100 per each calendar date booked). Please include a list of your participants and their contact info as well.

In our fundamental clinics you learn how to teach your horse many ground work exercises as well as under saddle exercises. You will learn why these exercises work and how they build a partnership between you and your horse. You will be learning why horses do what they do and how you can use that knowledge to better communicate with your horse. You will learn how to apply the tools needed to achieve what are the **Foundations** for an enjoyable equine partner. We all want to have horses that are safe and fun!

Section 1 - General Info/Outline

Section 2 – Tack/Success Tips

Section 3 – Clinic/Participant Details

Section 4 – Safety, release, medical

A typical three-day fundamental clinic will follow the below outlined general schedule. Private clinics may follow the general plan but expect more variation and/or adjustments as they are tailored to the participants. Details such as start time/breaks/finish time should be clarified with the coordinator.

(TYPICAL clinic schedule as follows)

### Day One Outline:

9 am – Class instruction. Snacks and drinks allowed, don't bring your horse!

10 am – Horses in halters and leads in the arena to begin groundwork exercises. We will work on the primary groundwork exercises until noon.

12 pm – Lunch break,

1:30 pm – have your horse, again in halters and leads back in the arena to finish up our intro to groundwork exercises.

5:00 - Done for Day One

### Day Two Outline:

9 am - Class Instruction and Discussion Time

9:45 – Groundwork Exercises

12:00 - Lunch

1:30 Bring your horse saddled and wearing halter and lead to the arena. Do not have your bridle on the horse yet but have it with you or with your helper. We will begin riding exercises this afternoon.

5:00 – End of day two

### Day Three Outline:

9 am – Classroom (at arena) discussion, any questions that need addressed

Going straight into Groundwork overview

10:30 am – Short break

11:00 – Back to the arena, tacked up to ride

12:00 – Lunch break

1:30 – Back to the arena to continue riding exercises

5:00 - End of the official clinic time

## Tack Requirements

You will need a rope halter and a fourteen-foot lead. It does not need to be a Downunder Horsemanship halter and lead but Ted does think that style is the best design and encourages you to use it. A high quality lead made of yachting rope is much easier to work with.

You will need a training stick and string. Again, this does not need to be a Downunder stick and string but should be similar. Any variety of training stick, about four feet in length with about a five – six-foot string will do.

If you need to order those items we can help you with that. Just call Leni (541-212-3555) and she can help you out.

BRIDLE - Jointed (snaffle bits) or hackamore with loop (preferably mecate style) reins are required. We use direct rein exercises in fundamentals clinics so snaffle bits or hackamore set ups are required. You should have a spanker of some type; obviously if you are using a mecate rein set you have that covered.

SADDLE - Any type of saddle is allowed. It does not matter if your saddle is English, Endurance, or Western

ADDITIONAL ITEMS - Please bring interference boots, bell boots or sport boots if your horse needs them. Most horses will initially be somewhat awkward at least in a few of the exercises so it is a good idea to have protection on hand.

**Success Tips;**

Practice spanking the ground hard with your stick and string with each arm – big wide circles from the shoulder, not from the elbow. Try to do 100 times each side.

Bring appropriate clothing for the weather. Be prepared for hot or cold. You may be outside most of the day or all day, prepare accordingly. You may want sunscreen, hat, sunglasses, gloves, coat, etc.

We will provide lunch. We also provide bottled water.

Try to drink plenty of fluids.

Remember your horse will be working, bring extra feed and be sure to monitor your horse's water intake.

Remember you will be working too! Be sure to have convenient snacks and drinks available for yourself as well.

If you have any questions please call, text or email us,

Leni at [Leni@fabhorsemanship.com](mailto:Leni@fabhorsemanship.com) or 541-212-3555.

Thank you for the opportunity to be part of your horsemanship journey. We look forward to working with you and your horse.

CLINIC/PARTICIPANT DETAILS

CLINIC is located at

Foundations and Beyond Horsemanship, 2765 SW 3<sup>rd</sup> Avenue, Fruitland, Idaho  
83619

OR (if different location please list facility name/property owner and physical  
address below.)

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DATES of the clinic I am signing up for are:

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If this is a private clinic, please fill in your clinic coordinator name/phone number  
below

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Your info

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone/Email \_\_\_\_\_

Specific Concerns/Goals for this Clinic \_\_\_\_\_

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## RULES

You can take all the still photos you would like.

Video recording of any kind is not allowed.

No stallions are allowed at public clinics. Talk to Ted for clinic options for stallions.

Be courteous and supportive of your fellow participants.

At this point we do not require health papers or Coggin's tests but you may need them to travel legally.

I am aware that I am bringing my horse into contact with several other horses from several other areas and assume all possible risk associated with this fact.

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Signature \_\_\_\_\_ date \_\_\_\_\_

For the safety of all participants and horses if your horse has known behavior and or safety issues you need to discuss those ahead of time with Ted (541-212-3330).

I agree to abide by the above rules and consent to the publication of my name picture, videotaped image, etc. by Foundations and Beyond Horsemanship and/or Ted Nicholes.

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Signature \_\_\_\_\_ date \_\_\_\_\_

RELEASE OF LIABILITY

I understand that in order to participate in a horsemanship clinic with Ted Nicholes/Foundations and Beyond Horsemanship I will be working with and around horses and/or ponies. I understand the risk of injury from equestrian activities and events is significant. I knowingly and freely assume all such risks, both known and unknown, even if arising from negligence of those persons released from liability. I, for myself, and on behalf of my heirs, assigns, personal representatives, and next of kin, hereby release and hold harmless Ted Nicholes, and his family, employees and associates with respect to any and all injury, disability, death, loss or damage to persons, horses or property. I agree that this Release of Liability covers each and every time I engage in equestrian activities with Ted Nicholes whether on his property or elsewhere. I also release and hold harmless; the owner(s) and /or tenant(s) and their respective families, employees or associates, of any property or facility that we may be on, occupying, or using.

I understand that the use of riding safety helmets is recommended and acknowledge that to use a helmet or not is my choice.

I have read this release of liability and fully understand its terms.

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Signature

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date

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Printed name

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date

MEDICAL EMERGENCY information page

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Clinic Helper name \_\_\_\_\_ contact# \_\_\_\_\_

Who to contact in case of emergency, name \_\_\_\_\_

Phone # \_\_\_\_\_ alternate phone # \_\_\_\_\_

Please note any relevant medical information (drug allergies, existing conditions, etc.) here;

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I understand that in case of medical emergency I will be taken to the nearest urgent care facility, unless I have requested a specific facility.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
date

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