The Michigan 4-H Proud Equestrian Program was introduced in 1974 in partnership with Lida McOwan, executive director of the Cheff Center for the Handicapped, and with support from a three year grant from the W.K. Kellogg and C.S. Mott Foundations. Today this equestrian program reaches out to individuals with disabilities throughout Michigan. Programs vary according to community needs and resources.

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General Information:

- Riders are anyone age 5 - 26 identified with special needs and must have approval and permission from their doctor to participate.
- There is a $10 registration fee required that enrolls riders & volunteers into the 4-H program. Session fees for participants are minimal.
- Participants are registered into a session on a first come basis and as space permits.
- Volunteers must be 14 years of age or older.
- Volunteers do not need prior horse experience; however they must be confident around the animals and students, and attend the training and orientation prior to sessions.

Helping Hooves
Lapeer County
4-H PEP
(Proud Equestrian Program)
PEP GOALS

To provide a safe environment for disabled individuals to learn and develop horsemanship skills, and to have the opportunity to share these abilities with others.

To allow volunteers and riders to work together to become more aware of each other as individuals with similar interests, capabilities and needs.

HOW DOES THERAPEUTIC HORSEBACK RIDING HELP INDIVIDUALS WITH DISABILITIES?

- It helps them to improve balance, posture and coordination.
- It helps them build confidence and self-esteem and promotes social growth.
- It gives them a feeling of freedom and independence.

WHY SHOULD I VOLUNTEER?

- To be rewarded with the joy of helping a rider develop and reach their goals.
- To build new friendships with riders, their families and other volunteers.
- To learn about therapeutic riding equipment and riding technique.
- To have fun!

Why Should I Volunteer My Horse?

The “heroes” of the program are the quiet horses and ponies. What better way to share the joy your horse brings you?

What:
Lapeer County 4-H Proud Equestrian Program is a therapeutic horseback riding program for persons with disabilities. The program is also intended to encourage the interaction of volunteers with students to promote awareness of individuality and to build teamwork.

When:
A 5-6 week session is held spring and fall. Classes are 30 minutes long. A more intense 4-week summer session is held for riders who qualify if volunteers are available. These classes are 60 minutes long.

Where:
Spring and Fall sessions are currently being held at Windrush Farm in Metamora. Summer Session location - to be announced.

Who:
Any Lapeer County youth age 5-26 years, with an identified special need, that could benefit from this program. Also, any person, 14 and older, who would enjoy the benefits of volunteering and making a positive difference. Certain medical conditions prevent safe participation in horseback riding and cannot be accepted in the program. Please call for information.

How:
Funding for this program comes from organizations, service clubs and individual donations. Volunteers supply the peoplepower and horses for the program. Certified instructors teach the program.

Name ___________________________________________________
Address _________________________________________________
Phone ____________________________ Age (if minor) ___________
Interest in PEP Program: Please check all that apply:
- Parent of, or potential PEP student ______
- Horse Groomer _______
- Lead Walker _________
- Teen volunteer ______ age ________
- Side Walker _________
- Administrative volunteer ______
- Volunteer horse ______

Please return this form to MSU Extension, 1800 Imlay City Rd, Suite 1, Lapeer 48446
(810) 667-0343  msue44@msu.edu

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