

## 4H Jump Clinics

### Goal:

To provide interested Benton, Lincoln and Linn County Horse 4H members with a solid foundation which will enable them to be safe and successful in Hunt Seat Over Fences (jumping) activities.

This will be achieved by systematically building skills beginning with fundamentals and working logically toward more advanced skills. We will begin with a review of the riders' position and basic flatwork skills. We will then move on to exercises over poles on the ground before graduating to work over fences.

### Format:

Clinics will be offered on the second Monday of each month, beginning in November and continuing through May. Two sections will be offered: Novice/Beginner 6:00-6:45 and Intermediate/Advanced 7:00-7:45. Participants should arrive no sooner than 15 minutes prior to their scheduled time.

While this is a 4H club, all participants are required to be active members in another club which is to be their primary club. All fees should be paid through that club. There are no fees directly associated with attending the Jumping Clinics, however riders and their families should be familiar with and agree to the What You Need to Succeed section of this handout.

## What You Need to Succeed:

### Horse:

Your horse must exhibit;

- Both a willingness & an ability to move with forward motion.
- Be sound at a walk, trot & canter.
- Be current on farrier care, whether shod or unshod.
- Be in good physical health.

### Rider:

Skills:

The ability to control your horse on the flat at all three gaits, or at the walk and trot. Control on the flat is the basis for safe, accurate work over fences.

Desire:

You want to improve your riding skills, boost your confidence and learn to jump.

Relaxation:

A willingness to do less as a rider to achieve more.

Focus:

The ability to concentrate on the task at hand and to visualize what you want to achieve.

Dedication:

The work ethic to judiciously follow the instruction given and to ask questions as needed for clarification.

Determination:

The willingness to persevere, even when you get frustrated, and you likely will as your muscles learn new skills.

Positive Attitude:

A willing attitude and an open mind.

Gratitude:

A willingness to reward your horse for ANY correct or incrementally improved effort he makes.

### Rider Attire:

- Breeches, jodhpurs or leggings—no sweats, jeans or baggy pants. Belt must be worn if there are belt loops.
- Field or dress boots (tall boots) or paddock boots with half chaps. No boots with lug soles of any type or western style boots will be allowed.
- ASTM-SEI approved helmet. Fit and age will be assessed by instructor.
- Dress in fitted layers on top (such as a long sleeve t-shirt & vest). No baggy sweatshirts or jackets.
- Optional items include; gloves, spurs, & a crop.

### Horse Equipment & Tack

- Hunt seat saddle (no dressage saddles), pad and girth. Proper fit for both horse and rider will be assessed by instructor.
- Hunt seat bridle with a smooth mouth snaffle bit.
- A martingale, *only* if you have a green horse that might throw his head and hit you in the face. Proper fit and need will be assessed by instructor.
- Optional items include; breast collar & protective leg wear.

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