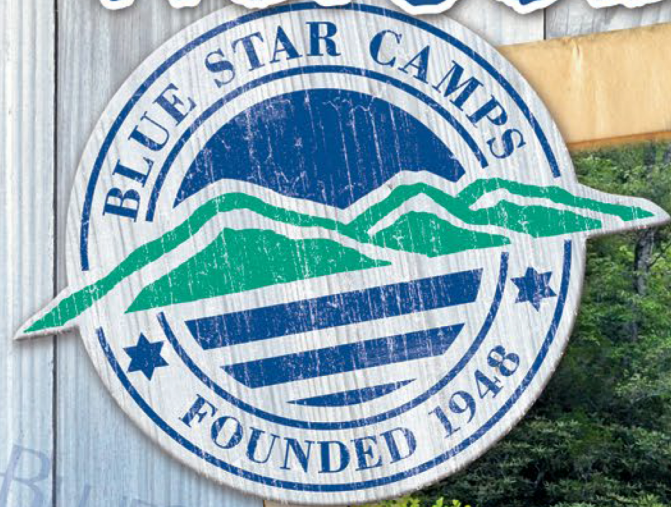


# Horseback Skills Camp



A Week-Long Equestrian Program at Blue Star Camps • June 3-9, 2018

828.692.3591  
info@bluestarcamps.com



# Developing Friendships and Embracing Adventures... In the Ring and on the Trail!

Located in the Blue Ridge Mountains of Western North Carolina, Blue Star's magnificent 500 acre campus and adjoining 10,400 acre forest preserve inspire campers to connect with the natural world, while providing every opportunity for extraordinary summer adventures.

Our campers spend their days immersed in camp life; enjoying exciting new activities and sharing happy moments with camp friends. Blue Star campers make summer memories that will last a lifetime!

Our goals for this innovative program are having campers benefit from the development of their equestrian skills, enhance knowledge of equine care, barn management and building a relationship between horse and rider; becoming a more intimate team working together as one. We provide endless opportunities to improve skill sets and gain knowledge while also creating a fun camp experience. As you embark on your Blue Star Equestrian Camp adventure, know that you can rely on our dedicated riding instructors and counselors to be there for you every step (be it a trot or canter) of the way!



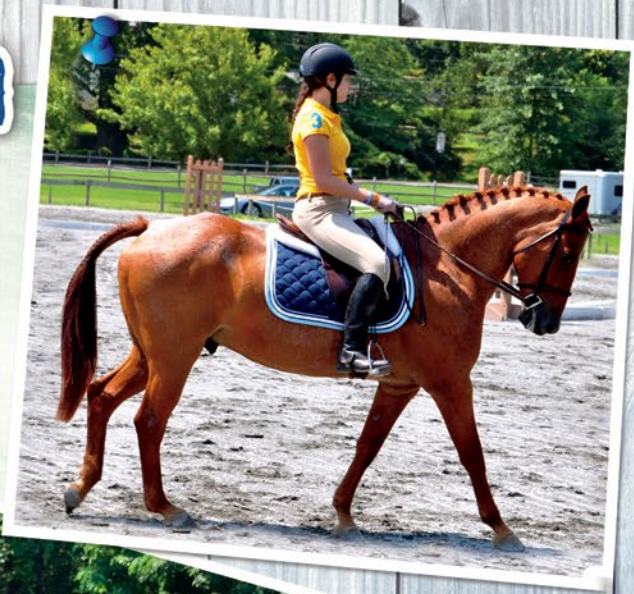


# Our Riding Camp Program

Blue Star's Equestrian Program offers campers high quality English riding instruction and an opportunity to interact with and care for our specially trained, camp-owned horses. As part of Blue Star Camps' national accreditation process through the American Camp Association, our Equestrian Program is additionally accredited by the certified Horsemanship Association (CHA). Since 1967, CHA's mission is to promote excellence in safety and education through certified instructors and the accreditation of equine facilities. Our modern barn, five riding rings, plentiful trails, and expansive stable of horses help to create the excellent program that we offer to campers. As they hone their skill sets, they also enjoy the fun of riding and spending time at the barn. Our campers love being members of our "Blue Star Riding Club."

## Program Highlights:

- Camp-Owned Horses
- English Riding Lessons (5 large Riding Rings)
- Horse Care
- Trail Rides
- Off-Camp Trail Trips
- Participation in an in-camp Horse Show





# Program Focus

The primary focus of the Horseback Skills Camp is fun and safe riding and horsemanship. Many of today's life lessons are learned by working with and riding horses. Campers will be able to demonstrate effective communication skills with the horse and other riders, responsibility for taking care of the horse s/he loves and a commitment to doing the best you can do for the horse and yourself.

## What to Expect

Each camper will be assigned his/her "own" horse for the course of the camp (horse and rider appropriately suited). Working together, the camper and horse will become a team by concentrating on the skills of riding. The rider will also be encouraged to understand what his/her horse is thinking and feeling. The goal is to better understand and communicate with your mount, so that both horse and rider enjoy their riding time together.

In addition to the excitement of riding a horse of his/her "own", the camper will learn the responsibility and work involved with properly caring for a horse. After each morning lesson, the campers will exhibit the proper care of his/her horse including un-tacking, bathing, grooming and stabling.



## Riding Assessment and Instruction

Campers will be grouped according to age and experience so as to offer the most fine-tuned and highest quality riding instruction. Our instructor to camper ratio is never more than 3:1.

## Does my child have to have previous riding experience?

NO! Our beginner group will consist of campers who have no or very little experience or who have only progressed to the trot. Beginner riders will concentrate on learning the correct position and skills necessary to be a balanced and secure rider and advanced beginners will work towards cantering and small fences.

Novice riders are comfortable with the walk, trot and canter and have not jumped or have jumped very small fences. Riders will improve their basic riding skills and will concentrate on cantering, performing school movements and jumping basics.

Intermediate riders are comfortable with walk, trot and canter and jumping the appropriate level of fences.

Instruction will continue to be tailored to each individual rider so as to build on the rider's skills and adding the finer point of riding. Advanced riders are those comfortable with the walk, trot, canter and jumping courses. Instruction will continue on hows and whys of riding including but not limited to flying changes, jumping, turns and courses.





# Program Focus

## HORSEMANSHIP, BARN MANAGEMENT and HORSE CARE

Safety around horses, how to handle a horse, and the learning of colors, markings and breeds will be important aspects of the rider's program. It is our goal for our campers to create a natural bond with their horse and gain a basic understanding of how horses think. Additionally, skills learned will include correct leading, grooming, haltering, saddling, braiding, bathing, stall cleaning and feeding.

## Trail Ride

Campers will participate in a daily afternoon trail ride, which will reinforce the daily lessons learned. Each ride will consist of a new trail that will suit the rider's ability.

## Mini Horseshow

All campers will participate in an on-site horseshow that will showcase each rider's abilities and riding skills. Parents are absolutely welcome to attend. This culminating event on Saturday, will showcase each individual's abilities and riding skills, focusing on his/her progress and achievements.



All activities will adhere to CHA standards and during the introductory session, participants will be introduced to the certifications and the requirements for each learned level.

Riders entering grades four through ten are welcome! In order to insure quality instruction, we keep our camper-to-instructor ratio low. Please register early to reserve your camper's space in our Horseback Skills Camp.





# Meet Our Blue Star Camps Equestrian Program Director

## Louise Hardman

Louise C. Hardman is a long time employee of Blue Star Camps. She brings her extensive knowledge and equestrian background to our program, and after five years as the lead instructor and Assistant Riding Director, she has been Director of Riding since 2012.

Continuing with Blue Star's fifty year tradition of an established riding program, Louise has continued to develop and strengthen the program based on equitation, good sportsmanship, responsibility and hard work. Louise brings to Blue Star over fifteen years of teaching and management experience in the equestrian field having managed equestrian programs and camps around the world.

She finds that working daily with each student individually and in groups helps foster a camaraderie and basis for development of talent that can only be achieved through dedication and passion for riding and horsemanship.

With her diverse educational background earning degrees with Honors in Health and Science, specializing in Anatomy/Physiology and Psychology/Sociology along with her amusing, energetic personality, Louise imparts on our campers a wealth of knowledge, creativity and innovation mixed together with elements of fun. She truly believes that each rider "should be a partner, not a passenger."

Louise is supported by a wonderful team of riding instructors who have extensive knowledge and training in Equestrian skills, including CHA coursework and certifications. Our team of riding instructors share expertise in their skill areas and create opportunities for campers to improve their riding abilities in a fun and supportive setting. Guiding campers to make friends, take on new adventures, and develop their confidence and skills is the mission of the Blue Star staff.



# More About Blue Star Camps

## OWNERS/DIRECTORS

### Lauren Popkin Herschthal

rose through the Blue Star ranks as a camper, Counselor, and Camp Leader. In 2005 she joined Blue Star's year-round leadership team as an Owner/Director. Lauren graduated from Florida State University with a BS in Anthropology and Sociology and later earned a Master's Degree in Art Education from Pratt Institute in New York. While in New York, she taught art to inner-city children with special needs.



**Seth Herschthal** has had a wide range of camp and educational experiences prior to joining Blue Star's leadership team in 2007. Seth graduated from Duke University and earned a Master's Degree in Education from Harvard University's School Leadership Program. Seth is an experienced educator having taught Middle School students in both the Dominican Republic and in North Carolina. He also has experience as a Middle School Director and has served on the American Camp Association's Southeastern Board.







## Campus Safety and Security

The health, safety, and security of our campers is our primary focus.

Supporting and protecting our camp community are:

- On-Site Health Center staff including registered nurses
- Full-time Health Care Administrator
- Two Daily Health Calls
- 25 bed, Air-Conditioned Facility
- 222 Bed Hospital - only 10 minutes away
- 800 Bed Teaching Hospital affiliated with UNC Medical School in nearby Asheville ("Life Flight" accessible)
- Camp entrance is monitored by video surveillance camera
- Staff Training with Pre-Camp Distance Learning Technology
- 7-21 Days of Pre-Camp on location Staff Training
- All camp staff are pre-screened through personal interviews and staff reference checks including the required Criminal Record checks
- Continuous Staff Evaluation
- All Cabins Equipped with Smoke Detection Devices
- Staff Practice Scheduled Fire, Aquatic and Emergency Skills
- Two fire hydrants located around our lakes
- 24-Hour Security, In-Camp Emergency Response Team and "911" In-Camp Emergency Line
- Accredited by the American Camp Association since 1950
- Accredited by the Certified Horsemanship Association since 1967
- Annual Compliance with the Insurance Safety Audit



## Delicious, Nutritious Meals

Blue Star's kosher meals are designed with the interests of kids and parents in mind! Like everything at Blue Star, our food is kid-friendly and includes tons of great options to accommodate every camper's needs. Choice is always a part of the Blue Star menu as we have a full salad bar every day at both lunch and dinner, and fresh fruit and other healthy options at every meal.

Healthy snacks are also available throughout the day. Campers can choose from apples, granola bars, and other selections if they get hungry in between meals. We also serve cookies and milk every night before lights out.

Blue Star can accommodate special dietary needs including food allergies, vegetarian, vegan, gluten-free, and lactose-intolerant diets. If your child requires specific food considerations, please let us know.

**CLICK HERE TO REGISTER ONLINE!**

<https://skillscamp.campintouch.com/v2/camper/application/App1.aspx#page=1>  
**828.692.3591 • info@bluestarcamps.com**