# 2017
# North Carolina
# 4-H Horsemanship Camp
# OFFICIAL CAMP MANUAL

4-H CAMP MILLSTONE ELLERBE, NC

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NC State University A&T State University COOPERATIVE EXTENSION
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North Carolina 4-H Horse Program

# 4-H Horsemanship Camp
# DRESS CODE

**For males and females:**
The dress code is designed to insure that each camper brings the appropriate attire for Horsemanship Camp, which resembles proper work attire and meets community expectations.

Campers are expected to adhere to standards of dress and appearance that are compatible with an effective learning environment. Wearing clothing which is disruptive, provocative, revealing, profane, vulgar, offensive or obscene, or which endangers the health and safety of the youth or others is prohibited. Youth failing to adhere to these guidelines are subject to dismissal from camp.

**Examples of prohibited dress or appearance include but are not limited to:**

- tank tops whose straps are less than three fingers width wide
- exposed undergarments (including sports bras)
- sagging pants
- excessively short or tight garments
- bare midriff shirts
- strapless shirts or spaghetti strap tank tops
- open-toe shoes
- overly large clothes which may allow a rider to possibly become caught on the saddle
- riding chaps with shorts which allow the flesh to be seen
- attire or hats with messages or illustrations that are lewd, indecent, or vulgar or that advertise any product or service not permitted by law to minors
- see-through clothing attire that encourages indecent exposure
- any adornment such as chains or spikes that could be deemed dangerous while handling animals or that reasonably could be perceived as or used as a weapon
- any symbols, styles or attire frequently associated with intimidation

*Adopted from the NC 4-H Congress Manual*

# NORTH CAROLINA 4-H HORSEMANSHIP CAMP

**This manual will serve to answer questions concerning 4-H Horsemanship Camp. Please read this information thoroughly prior to your arrival.**

## PURPOSE

The purpose of Horsemanship Camp is to provide campers an opportunity to learn new and better techniques of horsemanship and to enjoy the fellowship of other 4-H'ers, youth with a horse interest, and volunteers from different areas of the state. This camp is designed to increase the horse knowledge, horsemanship skills, and showing techniques of the advanced rider as well as to introduce the beginning rider to the basics of horsemanship.

## COST

The price of camp includes meals, lodging, swimming and camp recreation, stable bedding, riding instruction, riding rings, trails and limited personal accident insurance. Modest amounts of spending money are the only additional funds needed. However, should a farrier or veterinarian need to be called, the expense shall be the responsibility of the owner/parent/camper.

## CAMPER QUALIFICATIONS

Youth, ages 9 to 19, who have access to an acceptable horse.

## REGISTRATION

Camp may be limited to 100 campers. Should camp reach full capacity, NC 4-H members shall have first priority to attend. All health forms for the camper and horse must submitted prior to arrival at camp. Campers will be notified of their acceptance.

## REFUNDS

Fees will be refunded **only** under the following conditions:

1) Project horse is lame or sick, and the condition is verified by a dated veterinarian's certificate.
2) Camper is sick and illness is verified by the attending physician's certification.
3) Death in the camper’s family or other serious emergencies.
4) Space transferred within county group should the camp not be full or if a waiting list is not maintained.
5) If the camper’s registration is not accepted.
6) If the camper’s horse is determined to be unsuitable for camp conditions.

## HEALTH REQUIREMENTS

The N.C. State Board of Health requires that **every camper must, within 24 months before camp, be given a physical examination by a licensed physician**. Such evidence must be brought to camp to be filed with the Camp Director. Please plan for your own family doctor or the county health department to provide this. A sample form is enclosed. A new form must be on file each year. In addition, you must have a parent or legal guardian complete the enclosed form, North Carolina 4-H Camps Health Information for Boys and Girls, to be given to the Millstone Center director. (A short check-up will also be given by the camp's health personnel upon arrival at camp.) It is very important for youth and parents to alert the full-time camp staff in regard to any physical limitations or allergic reactions a youth may have to specific medicine, insect stings or diabetes. Any special conditions\limitations should be given in writing to the Millstone Camp Staff. Your cooperation in this matter is greatly appreciated.

## HORSE FIRST AID & BEHAVIOR

The required horse health forms must be filled out by a licensed veterinarian and submitted to the Camp Director upon arrival to horse camp. Youth are encouraged to pack minor horse first-aid supplies. A veterinarian will be on call during camp. The owner of the horse or pony will be responsible for all veterinarian's fees. Horses and ponies must be sound and in good physical condition. Horses exhibiting unsoundness or behavioral problems will be sent home (at check-in time or later in the week if needed). Although shoes are not required, it is recommended that thin-soled horses be shod. If not shod, feet must be properly trimmed. ***Any farrier work is recommended to be done at least one week prior to attending camp.*** A farrier & veterinarian will be available for emergency situations at the owner's expense. Arrangements must be made ahead of time with the Millstone 4-H Camp Director for payment. Every effort will be made to contact the parent/owner should the animal require medical attention (please leave a phone number where you can be reached). Each youth will be held responsible for all care of his/her mount. This includes but is not limited to feeding, daily manure removal, cooling out mount, and hoof care in a regular and timely fashion.

## FACILITIES

Millstone 4-H Center is located on a paved road between U.S. 1 at Hoffman and U.S. 220 at Ellerbe. Directional markers are posted along this road. See the enclosed map. The camp mailing address is:

**Millstone 4-H Center**
**1040 Mallard Drive**
**Ellerbe, NC 28338**

Parents can contact the the Millstone 4-H Camp office at (910) 652-5905 in the event of an emergency. Youth **will not** be permitted use of the telephone except during an emergency. **Cell phones are strictly forbidden!**

## ARRIVAL PROCEDURES

Campers will be accepted at camp between 1:00 and 3:00 p.m. on Sunday. You **may not** check-in prior to 1:00 p.m. as the Horsemanship Camp Staff will be completing camp training. During the riding test, horses will be checked for soundness. Unsound and unruly horses will not be allowed to stay at the camp. Youth will be assigned to cabins by age groups. If campers wish to be assigned to the same cabin, they must notify the Camp Millstone Office at least three weeks prior to camp. It is requested that parents help unload their children and must remain until their child has been assigned to a riding group. The first assembly for all campers will be on Sunday evening at 6:30 p.m. during the evening meal.

When you arrive at camp, go first to the barn area to check in with the Horsemanship Camp Director. When space permits, you will be instructed to unload your horse. No horses may be unloaded until all paperwork has been checked & the trailer is allowed into the unloading area. NO TRAILERS OR VEHICLES WILL BE ALLOWED IN THE BARN AREA PROPER. Trailers may only be unhooked in the trailer parking area. There will be staff available to show you where everything you will need is located. It is requested that unloading be done as rapidly as possible to help relieve congestion in the barn unloading area. Do not bring unnecessary vehicles into the barn area (if the vehicle does not have horse equipment/supplies, then it is unnecessary). There is parking for such vehicles near the Dining Hall (see map page 5).

Stalls will be assigned randomly on a county basis. Campers will be assigned a stall within their county group. Written requests must accompany all camp applications for grouping of counties together (only one request will be honored per county). Open tack storage areas are located on one end of each barn (**the use of saddle covers is strongly encouraged**). Hay and grain storage for each barn will be provided via a storage shed. Sawdust/shaving bedding will be supplied by the camp for all stalls. Therefore, campers do not need to bring any straw or other bedding for their horses.

After your horse and equestrian-related equipment have been unloaded, campers should report to the Dining Hall (see enclosed map, page 5) for check-in, cabin assignment, and unloading of personal effects.

## VISITORS

The N.C. 4-H Horsemanship Camp Campers and Staff maintain a very active schedule. Experiences have taught us that campers are happiest when they are involved in meaningful activity. Therefore, visitors are discouraged. Horsemanship Camp provides campers an opportunity to gain independence and self-reliance and often a visit from parents or relatives can interrupt their progress. Having to readjust to camp following a visit is difficult. Parents or relatives are encouraged to attend the Camp Horse Show and Awards Ceremony prior to pick-up on Friday at 2:15. This will allow you to see all of their accomplishments from their week at camp. When a visitor does come to camp, he/she must immediately check-in at the Staff House with the Millstone Camp Staff to secure a visitors pass. All visitors must obey all camp rules.

## DEPARTURE PROCEDURES

Parents must pick up youth on Friday between 5:15 and 7:00pm. **NO YOUTH WILL BE ALLOWED TO LEAVE UNTIL THEIR STABLE AREA PASSES INSPECTION.**

## RECREATIONAL ACTIVITIES

Campers may be able to participate in the following activities during their free activity time:

- Swimming
- Shooting
- Archery
- Field Games
- Dancing
- Ropes Course
- Canoeing
- Basketball

## HORSE ACTIVITIES

The horse activities may include the following hands-on demonstrations and clinics:

- Riding Lessons
- General Handling and Training
- Stable Management
- Showmanship
- Nutrition
- Grooming
- Parasite Control
- Judging
- Restraining Methods
- Equipment Care
- First-Aid
- Training Techniques
- Reproduction
- Competitive Trail Riding
- Horse Safety
- Show Ring Preparation
- Trailer Safety
- Dressage Techniques

## INSURANCE

Horse -- Equipment and horses are **not** insured by Millstone 4-H Center. Any loss or damage to equipment or injury to horse or rider is at the owner's risk and expense.

Camper -- A group accident and health policy is included in the registration fee. The limit of camp insurance for an accident is $2,500.00 and for illness is $1,000.00 (this is subject to change, please contact the 4-H Camping Program for additional information, 919\515-3242).

## BEHAVIOR POLICY

Safety will be emphasized at all times. To ensure a safe atmosphere, campers must strictly adhere to camp personnel and their policies. Failure to adhere to these rules will result in the camper being sent home at the parent's expense. The following misconduct will result in a camper being sent home:

**1) Deliberate cruelty to animals**
**2) Deliberate destruction of facilities or equipment**
**3) Possession of alcoholic beverages, weapons or illegal drugs**
**4) Blatant discourtesy to camp personnel**
**5) Disregard of camp personnel's requests to obey rules and regulations**
**6) Unacceptable or dangerous conduct**
**7) Possession or use of fireworks**

# CAMP CLEAN-UP DUTIES

Clean-up duties each morning only take a few minutes, and they can be fun when everyone works together as a team and does a satisfying job. It is important from the standpoint of health and enjoyment that the entire camp is kept as clean and sanitary as possible.

Campers will keep themselves and their cabin clean at all times and is asked to work as a group in the following responsibilities:

**DINING HALL DUTY**

1. Report to dining hall 15 minutes before mealtime.
2. Set up each table with place settings, beverage container, salt and pepper shakers, butter and other bowls of food as provided by the kitchen staff. Go to kitchen for extra servings when needed.
3. After meal is finished and group is dismissed, clean off table and return unused food to kitchen.
4. Sweep dining hall and porches.
5. Empty and wash garbage cans and trash cans.

**CLASSROOM DUTY**

1. Sweep all shelters and classroom areas.
2. Empty trash cans in garbage cans in back of kitchen.
3. Arrange tables, chairs, etc. in orderly manner.

**GROUND DUTY**

1. Pick up paper and trash and empty trash cans from following area: around dining hall, store, recreation hall, playground area, along all paths, at waterfront, riding rings and the barns.
2. Put trash in garbage cans in back of kitchen.
3. Pick up cans and stack in store area.

# Group Assignments

| Daily Duties | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Belgians** | Dining Hall | Grounds: Cabin Area to Rec Hall | Grounds: Dining Hall to Ellis House | Grounds: Horse Facilities | Dining Hall |
| **Clydesdales** | Grounds: Horse Facilities | Dining Hall | Grounds: Cabin Area to Rec Hall | Grounds: Dining Hall to Ellis House | Grounds: Horse Facilities |
| **Shires** | Grounds: Dining Hall to Ellis House | Grounds: Horse Facilities | Dining Hall | Grounds: Cabin Area to Rec Hall | Grounds: Dining Hall to Ellis House |
| **Percherons** | Grounds: Cabin Area to Rec Hall | Grounds: Dining Hall to Ellis House | Grounds: Horse Facilities | Dining Hall | Grounds: Cabin Area to Rec Hall |

**Sunday Night: Dining Hall Duty - Clydesdales**

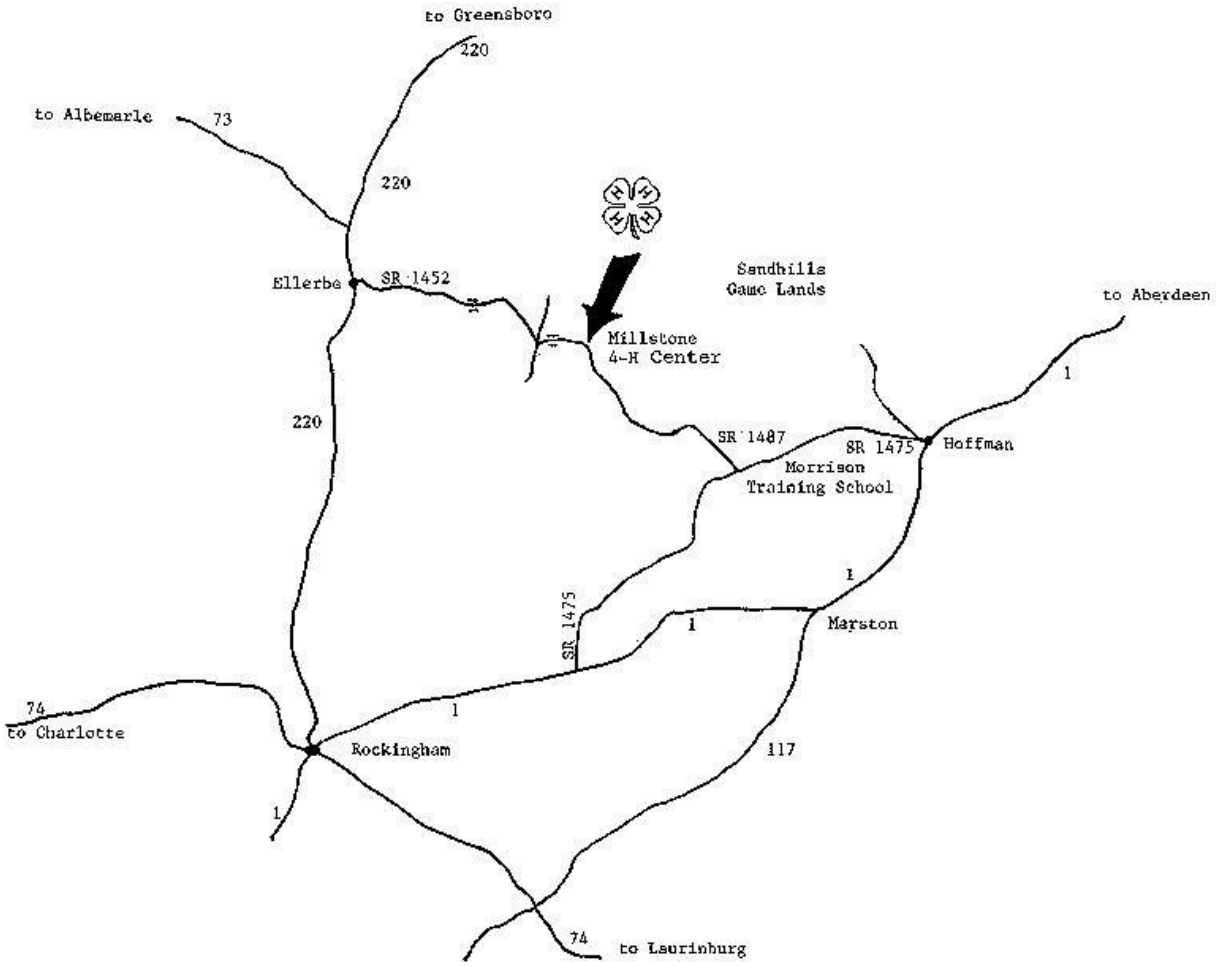
# Map to Millstone 4-H Center
# 1040 Mallard Drive, Ellerbe, North Carolina 28338

Millstone 4-H Center is about 90 miles Southwest of Raleigh, 90 miles East of Charlotte, 75 miles South of Greensboro, and 35 miles Northwest of Laurinburg. It is located on a tar and gravel road between Hoffman on US 1 and Ellerbe on NC 220.

1) At Hoffman, turn west at the BP Station (look for large Millstone Sign). After 3 miles, right turn onto Millstone Road. Follow road to Millstone entrance.

***or***

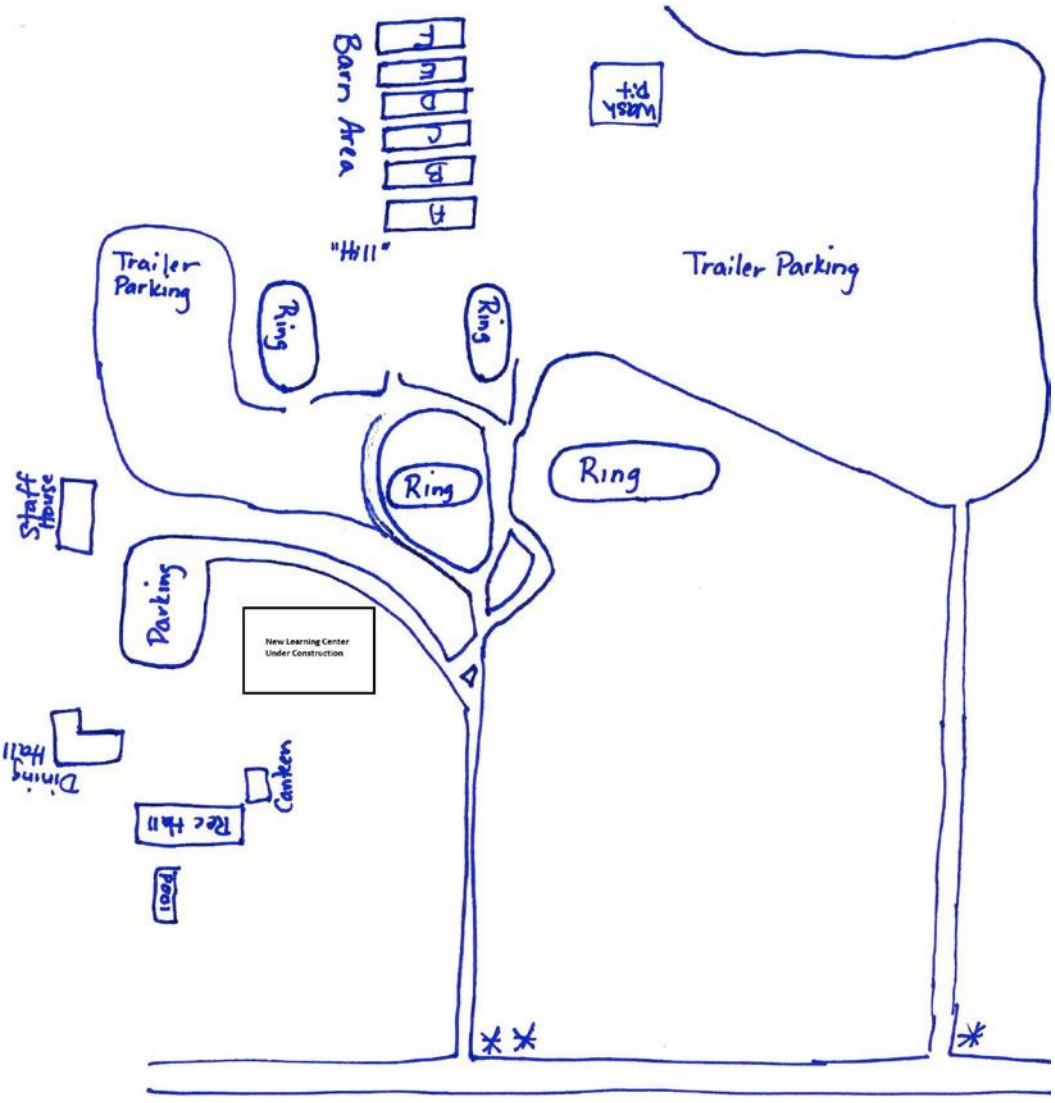
2) At Ellerbe, turn east at the small Millstone Sign at the intersection in town with a BP station, pizza place, quickie mart and antique business on the corners. Follow the road five miles to camp entrance.



# ARRIVAL PROCEDURES

**Sunday**

- 1:00 - 3:00 p.m. **Check-in Time for campers**. Please do NOT arrive before 1:00p.m. as we will be busy settling the Horsemanship Camp Staff into their quarters, completing staff training, and will not accept campers early. **You will not be allowed to unload until all paperwork has been filled out.**




1. Check-in at **Barn Area** (see map).
   a. Negative Coggins Test and Horse Health Forms must be on file! (copies must be provided if not previously submitted)
   b. Bed stall
   c. Unload horse & tack
   d. Park and unhook trailer (if necessary)

2. Report to **Dining Hall** for Registration.
   a. Pay balance of camp fee (if necessary) and deposit store money.
   b. Turn in any missing camper health examination forms.
   c. Receive cabin/group assignment.
   d. Unload personal belongings at cabin.

- 3:30 - 4:00 p.m. **Report to barn area**. Youth in Barn A first, followed by Barns B, C, D, E, & F respectively. Listen for announcements.

**Please follow the guidelines:**

1. Saddle horse and report to appropriate ring (wear proper riding attire). Mount inside the ring when instructed. Please be patient and do not crowd the in-gates. Leave a horse length between you & any other horse while waiting.
2. Riders will be divided into riding levels. Youth may advance to the next group during the week. Parents should not leave for home until youth are placed into riding groups. Potential groups are: 2-3 Western, 2-3 Hunt Seat, 1 Eventing, 1 Dressage, 1 Non-trotting, 1 Saddleseat and/or 1 Gaming. There must be a minimum of 10 campers participating in a particular riding seat for it to be offered during Horsemanship Camp.
3. Instructors are looking for how well the youth can ride and manage their mount. Soft hands, good use of aids, ability to pick up correct leads and transitions between gaits are some of the criteria used to place youth into a riding group.
4. **Parents:** please no coaching from the rail while the youth is in with the instructors. Allow your rider to comfortably exhibit their horsemanship skills.

5:00 p.m. **Free time** Great time to finish settling into stall and cabin.

6:00 p.m. **Flag lowering** Mandatory attendance for all campers.

6:10 p.m. **Dinner** General camp orientation during meal.
Introduction of Horsemanship Camp Staff.

6:45 p.m. **Feed and water horses**

7:00 p.m. **Stable management demonstration coordinated by Junior Leaders.**

7:45 p.m. **Recreation Hall:** Campers will be introduced Millstone 4-H Center Staff, followed by an activity
**Dining Hall:** meeting for Horse Camp Staff -Instructors, Junior Leaders and Volunteer Leaders

10:00 p.m. **Lights Out!!**

**CAMP ARRIVALS WILL NOT BE PERMITTED BEFORE 1:00 P.M. SO THAT THE HORSEMANSHIP CAMP STAFF MAY SETTLE IN PRIOR TO CAMPERS ARRIVAL.**

# CAMPER NEEDS FOR CAMP

**RIDING APPAREL FOR EVERYDAY (See camp dress code)**

Show clothes will not be required, but all campers will be expected to ride in neat workmanlike riding apparel such as jeans, jodhpurs, breeches, chaps, t-shirts, etc. Shorts, big leg pants, tank/halter tops, tops that expose sports bras, and other unsuitable clothes will not be acceptable. All riding is to be done in suitable leather boots or sturdy shoes that tie and have a heel. Long pants and hard-soled leather shoes or boots will be required in the stable area at all times. Do not bring new boots to camp, as the youth's feet tend to blister due to the heat and strenuous activity. Take precautions to avoid blistered feet. Loafers, tennis shoes, duck boots, clogs, etc. will not be acceptable riding shoes.

**HARD HAT/SAFETY HELMET RULE:**

**Western, Hunt Seat and Games Classes must wear protective headgear approved by USA Equestrian (USAE) when riding or mounted. Harnesses must be secured and if said headgear has a brim it must be flexible or semi-flexible. Any rider violating this rule at any time must immediately be prohibited from further riding until his/her headgear meets the required standards and/or is properly in place. Failure to comply with this rule will result in immediate disqualification from the show or activity. Riders of all divisions must comply with this rule.**

*All 4-H Camps (including Millstone) are accredited by American Camp Association (ACA). Standard PH-12 requires that "protective headgear specifically designed for horseback riding be worn by all campers and camp staff." A helmet approved by the American Society for Testing and Materials (ASTM) is highly recommended, but no particular brand is required.*

**GENERAL APPAREL/PERSONAL ITEMS NEEDED FOR EVERYDAY (see camp dress code**). Shorts, jeans, slacks, blouses, tennis shoes, loafers, etc. are acceptable away from the barn area. *Open-toed shoes and sandals are not suitable due to terrain.*

- □ pajamas
- □ robe
- □ swim suits
- □ jeans/riding pants
- □ barn shirts (NO spaghetti straps, no tops that expose bras/sports bras)
- □ shorts/shirts
- □ complete rain gear
- □ bedroom/shower shoes
- □ sweater or sweatshirt
- □ ample socks (2 pair/day)
- □ ample underclothes
- □ riding hat
- □ twin bed linens
- □ pillow
- □ blanket/sleeping bag
- □ pool shoes
- □ insect repellent
- □ light jacket
- □ bath towels
- □ wash cloths
- □ soap
- □ personal toilet articles
- □ comb & brush
- □ chigger rid
- □ baby powder to prevent blisters
- □ suntan lotion/sunscreen

**MISCELLANEOUS**

- □ dirty clothes bag
- □ flashlight
- □ extra batteries
- □ watch with a second hand
- □ alarm clock
- □ refillable water bottle
- □ softball glove (optional)

**Campers are required to deposit all their money into the camp store, in order to purchase snacks & gifts. All purchases will be deducted from their camp money card. Any money remaining will be returned at checkout time.**

***PLEASE DO NOT BRING EXPENSIVE JEWELRY, CAMERAS, CELL PHONES, WALKIE-TALKIES, RADIOS, FANS, COOLERS, FOOD OR EXCESSIVE AMOUNT OF MONEY TO CAMP.***

# HORSE NEEDS FOR CAMP

**Many of these items may be shared with other campers. Please make sure that the equipment properly fits the horse. Clearly mark all items with owner's name and when applicable in one container not to exceed 2' x 2' x 2'. NOTE: Tack space is extremely limited; therefore oversize equipment trunks, etc. will not be permitted!! It is not permissible to work out of your trailer.**

**GROOMING AIDS**

- □ rubber curry comb
- □ hoof pick
- □ stiff bristle brush
- □ Lots of fly wipe/spray
- □ sweat scraper
- □ soft bristle brush
- □ mane comb
- □ lineament/bracer
- □ towels or clean rub rags
- □ body sponge
- □ face sponge
- □ 2-4 standing wraps w/ quilts
- □ Showsheen, Laser Sheen, etc.

**TACK (clean and in good repair)**

- □ one saddle
- □ one bridle
- □ one or two girths
- □ **two FITTED halters (required)**
- □ **two leadlines (required)**
- □ two or three saddle pads
- □ saddle cover

**EQUIPMENT** (at your discretion, except as noted)

*Do not use manure buckets for watering buckets, horses tend to play in them and wet their stalls.*

- □ **two 20 qt. flat back water buckets (required)**
- □ **feed bucket (rubber or hard plastic, required)**
- □ **salt bucket (rubber or hard plastic, required)**
- □ NO hay net or bag
- □ feed measuring device
- □ **water handling bucket (2-5 gal, required)**
- □ **bucket hangers - snaps with rope or chain (required)**
- □ **one manure basket/bucket/wheelbarrow (required, can be shared between campers)**
- □ one wide grain shovel for shavings
- □ one rake/yard broom
- □ **one manure fork (required)**

**FEED AND SALT**

**Do not begin a new feeding program the week before camp. For your horse's sake, have him on a regular feeding program at least two weeks prior to camp.**

Bring enough hay and grain for seven (7) days (Sunday p.m. through Friday p.m. -- twice daily). Grain must be stored in a medium-sized metal or plastic container with a lid of an appropriate size to store the grain needed. Open feed bags will not be allowed. Bring a minimum of 2 salt blocks or trace salt supplement.

**Bring plenty of hay.** Due to the hot weather, it is more important for the horse to eat hay in order to maintain gut motility and then grain. Extra hay may be stored in your trailer if you wish to do so. When in doubt, bring an extra bale. Please mark your hay so that it may be easily distinguished by your camper. Ribbon or tape on the hay string with the campers name works best.

**IMPORTANT: EACH HORSE AND PONY MUST HAVE ITS NEGATIVE COGGINS TEST AND A RECENT HEALTH CERTIFICATE PRESENTED FOR INSPECTION AT TIME OF ARRIVAL. THERE WILL BE NO EXCEPTIONS!!!**

# STABLE MANAGEMENT GUIDELINES

The safety and health of the camper and his/her horse will be emphasized.

Morning barn inspections are for the purpose of determining whether or not the horse has been properly fed and watered, the stall cleaned, tack serviceably clean for the day's activities and the general area neat and safe.

Afternoon barn inspections determine again whether the horse has been properly cooled out, groomed, fed, watered and left in a clean stall for the night. Also, the barn must be neat and safe and the tack properly put away.

Evening barn checks are to make certain that all horses have water, doors are properly closed, halters and leads visibly available for emergencies and that there are no indications of colic, etc. following the day's activities.

**Generally, the following rules will be observed & enforced:**

1. Stalls should be clean and well bedded. Doors must be closed & properly latched at all times.
2. Horses must be cooled and brushed out before being left in their stalls.
3. Tack should be safe, clean and in good condition. Do not allow tack to be where the horse may chew it.
4. Water and grain boxes/buckets should be placed in the front of the stall and for safety's sake not on the ground. Ground feeders for grain will be removed after the horse is finished eating.
5. Hay will be fed on the ground unless your horse has an allergy condition.
6. Salt must be kept available for horses at all times since they lose electrolytes during sweating.
7. Stall fronts & aisles must be kept free of obstacles. Tack area should be neat with equipment & tools arranged safely.
8. Each horse must have a halter hanging on his stall front at all times or wear a halter if he tends to rush the door. Each horse must have a leadline hanging on his stall at all times.
9. Campers must be properly attired at all times in the barn area and around the horses (see page 7).
10. Each youth will be held responsible for the care and feeding of his/her horse while at camp, but do not be afraid to ask for assistance should you have a question.
11. All horses must know how to tie and not exhibit any stable vices (kicking, biting, rearing, etc.).

**Stall Set-Up:**

1. Stalls should be well-bedded.
2. Water buckets (2) should be hung up next to the stall door facing the aisle.
3. Feed bucket may be hung in the corner of the stall, or a rubber feed PAN may be placed on the ground during feeding and removed after the horse finishes eating.
4. A salt block or lick should be hung in the stall or placed in the feeding tub.
5. Haynets will NOT be permitted except for horses with diagnosed respiratory conditions.
6. No horse should be left in a stall with a halter on, as this poses a safety hazard, unless prior arrangements have been made. A halter and attached lead rope should be placed on the hook outside the horse's stall at all times.
7. No horse should be left in the stall with bandages or boots on unless the equipment has been approved by your junior leader or adult instructor.

# MONDAY JUNE 12th, 2017

| | | |
|---|---|---|
| 6:00 am | Wake Up Bell | |
| 6:15-7:00 | Feed Horses and Clean Stalls | |
| 7:15-7:20 | Flag Raising | |
| 7:20-8:00 | Breakfast | |
| 8:00-8:30 | Camp Clean-up | |
| 8:30-8:45 | Clean Stables and Barn Area* | |
| | *(Prepare for barn and stall inspections)* | |
| 8:45-9:00 | Tack-Up | |
| 9:00-10:15 | Ring A B C or D | Horse Judging Demonstration |
| | Group 1 | Group 2 |
| 10:15-10:45 | Cool Horses or Tack Up/Canteen on Hill | |
| 10:45-12:00 | Ring A B C or D | Horse Judging Demonstration |
| | Group 2 | Group 1 |
| 12:00pm | Cool Horses | |
| 12:30-1:00 | Lunch | |
| 1:00-2:00 | Cabin Time | |
| 2:00-2:15 | Tack Up | |
| 2:15-3:30 | Ring A B C or D | Camp Activity |
| | Group 1 | Group 2 |
| 3:30 | Cool Horses or Tack Up | |
| | (Canteen to be held at camp store and in the barn area) | |
| 4:00-5:15 | Ring A B C or D | Camp Activity |
| | Group 2 | Group 1 |
| 5:15 | Cool Horses | |
| 5:45 | Wash-up for Dinner & Songs | |
| 6:00 | Dinner | |
| 6:45 | Flag Lowering | |
| 7:00 | Feed Horses | |
| 7:45 | Evening Activity | |
| 9:00 | Vespers and Showers | |
| 10:00 | Lights Out | |

**Trail rides and additional instruction are subject to volunteer and/or instructor participation.
*DAILY SOUNDNESS AND TACK INSPECTION: Check physical soundness (example- sore back, cuts, sores, sore mouth, hooves, etc.) and sturdiness of equipment.
***THE SCHEDULE IS SUBJECT TO CHANGE DUE TO RIDING DIVISIONS OFFERED, WEATHER AND SCHEDULED DEMONSTRATIONS.***

# TUESDAY JUNE 13th 2017

| | | |
|---|---|---|
| 6:00 am | Wake Up Bell | |
| 6:15-7:00 | Feed Horses and Clean Stalls | |
| 7:15-7:20 | Flag Raising | |
| 7:20-8:00 | Breakfast | |
| 8:00-8:30 | Camp Clean-up | |
| 8:30-8:45 | Clean Stables and Barn Area* | |
| | *(Prepare for barn and stall inspections)* | |
| 8:45-9:00 | Tack Up | |
| 9:00-10:10 | Ring A B C or D | Outside Horse Demo (TBD) |
| | Group 1 | Group 2 |
| 10:15-10:45 | Cool Horses or Tack Up/Canteen on Hill | |
| 10:45-12:00 | Ring A B C or D | Outside Horse Demo (TBD) |
| | Group 2 | Group 1 |
| 12:00pm | Cool Horses | |
| 12:30 | Lunch | |
| 1:00-2:00 | Cabin Time | |
| 2:00-2:15 | Tack Up Time | |
| 2:15-3:30 | Ring A B C or D | Camp Activity |
| | Group 1 | Group 2 |
| 3:30 | Cool Horses or Tack Up | |
| | (Canteen to be held at camp store and in the barn area) | |
| 4:00-5:15 | Ring A B C or D | Camp Activity |
| | Group 2 | Group 1 |
| 5:15 | Cool Horses | |
| 5:45 | Wash-up for Dinner & Songs | |
| 6:00 | Dinner | |
| 6:45 | Flag Lowering | |
| 7:00 | Feed Horses | |
| 7:45 | Evening Activity | |
| 9:00 | Vespers and Showers | |
| 10:00 | Lights Out | |

**Trail rides and additional instruction are subject to volunteer and/or instructor participation.
*DAILY SOUNDNESS AND TACK INSPECTION: Check physical soundness (example- sore back, cuts, sores, sore mouth, hooves, etc.) and sturdiness of equipment.
***THE SCHEDULE IS SUBJECT TO CHANGE DUE TO RIDING DIVISIONS OFFERED, WEATHER AND SCHEDULED DEMONSTRATIONS.***

# WEDNESDAY JUNE 14th 2017

| | | |
|---|---|---|
| 6:00 am | Wake Up Bell | |
| 6:15-7:00 | Feed Horses and Clean Stalls | |
| 7:15-7:20 | Flag Raising | |
| 7:20-8:00 | Breakfast | |
| 8:00-8:30 | Camp Clean-up | |
| 8:30-8:45 | Clean Stables and Barn Area* | |
| | *(Prepare for barn and stall inspections)* | |
| 8:45-9:00 | Tack Up | |
| 9:00-10:10 | Ring A B C or D | Horse Bowl Contest |
| | Group 1 | Group 2 |
| 10:15-10:45 | Cool Horses or Tack up/Canteen on Hill | |
| 10:45-11:55 | Ring A B C or D | Horse Bowl Contest |
| | Group 2 | Group 1 |
| 12:00pm | Cool Horses | |
| 12:30 | Lunch | |
| 1:00-2:00 | Cabin Time | |
| 2:00-2:15 | Tack Up | |
| 2:15-3:30 | Ring A B C or D | Camp Activity |
| | Group 1 | Group 2 |
| 3:30 | Cool Horses or Tack Up | |
| | (Canteen to be held at the camp store and barn area) | |
| 4:00-5:15 | Ring A B C or D | Camp Activity |
| | Group 2 | Group 1 |
| 5:15 | Cool Horses | |
| 5:45 | Wash-up for Dinner & Songs | |
| 6:00 | Dinner | |
| 6:45 | Flag Lowering | |
| 7:00 | Feed Horses | |
| 7:45 | Evening Activity | |
| 9:00 | Vespers and Showers | |
| 10:00 | Lights Out | |

**Trail rides and additional instruction are subject to volunteer and/or instructor participation.
*DAILY SOUNDNESS AND TACK INSPECTION: Check physical soundness (example- sore back, cuts, sores, sore mouth, hooves, etc.) and sturdiness of equipment. ***THE SCHEDULE IS SUBJECT TO CHANGE DUE TO RIDING DIVISIONS OFFERED, WEATHER AND SCHEDULED DEMONSTRATIONS.***

# THURSDAY JUNE 15th 2017

| | | |
|---|---|---|
| 6:00 am | Wake Up Bell | |
| 6:15-7:00 | Feed Horses and Clean Stalls | |
| 7:15 | Flag Raising | |
| 7:20 | Breakfast | |
| 8:00-8:30 | Camp Clean-up | |
| 8:30-8:45 | Clean Stables and Barn Area* | |
| | *(Prepare for barn and stall inspections)* | |
| 8:45-9:00 | Tack Up | |
| 9:00-10:15 | Ring A B C or D | Hippology Mock Contest |
| | Group 1 | Group 2 |
| 10:15-10:45 | Cool Horses or Tack Up/ Canteen on Hill | |
| 10:45-12:00 | Ring A B C or D | Hippology Mock Contest |
| | Group 2 | Group 1 |
| 12:00pm | Cool Horses | |
| 12:30 | Lunch | |
| 1:00-2:00 | Cabin Time | |
| 2:00-2:15 | Tack Up | |
| 2:15-3:30 | Ring A B C or D | Camp Activity |
| | Group 1 | Group 2 |
| 3:30-4:00 | Cool Horses or Tack Up/Canteen at store and on hill | |
| 4:00-5:15 | Ring A B C or D | Camp Activity |
| | Group 2 | Group 1 |
| 5:15 | Cool Horses | |
| 5:45 | Wash-up for Dinner & Songs | |
| 6:00 | Dinner | |
| 6:45 | Flag Lowering | |
| 7:00 | Feed Horses | |
| 7:45 | Evening Activity | |
| 8:45 | Dance | |
| 11:00 | Vespers and Lights Out | |

**Trail rides and additional instruction are subject to volunteer and/or instructor participation.
*DAILY SOUNDNESS AND TACK INSPECTION: Check physical soundness (example- sore back, cuts, sores, sore mouth, hooves, etc.) and sturdiness of equipment.
***THE SCHEDULE IS SUBJECT TO CHANGE DUE TO RIDING DIVISIONS OFFERED, WEATHER AND SCHEDULED DEMONSTRATIONS.***

# FRIDAY JUNE 16th 2017

| | |
|---|---|
| 6:00am | Wake Up Bell |
| 6:15-7:00 | Feed Horses and Clean Stalls |
| 7:15 | Flag Raising |
| 7:20-8:00 | Breakfast |
| 8:00-9:15 | Camp clean up and pack to go home |
| 9:30-10:45 | Camp activity #1 |
| 11:00-12:15 | Camp activity #2 |
| 12:30 | Lunch |
| 1:00-2:00 | Horse Show Prep |
| 2:15-5:15 | Millstone Horse Show and Awards Ceremony! Parents/visitors invited! |
| 5:15 | Cool Horses |
| **5:15-7:00** | **Camper Departure** |

Report to Rec Hall for Camper Check-Out

1. Get Balance of Store Money
2. Load Up Personal Belongings at Softball Field
3. Check Campers Out with Millstone Staff
4. Receive bagged dinner.

Report to Barns for Horse Check-Out

1. Completely Strip your Horse's Stall
2. Hitch Trailer (if necessary)
3. Load all Tack & Gear (including extra hay!!)
4. Have your Junior or Adult Leader approve your Stall
5. Receive Camp Online Evaluation Instructions
6. Load Horse
    - If you left your original Coggins at camp, ask for it to be returned at this point
7. DRIVE SAFE!

**NOTE- Campers MUST be picked up between 5:15 to 7:00pm!**

**Trail rides and additional instruction are subject to volunteer and/or instructor participation.
*DAILY SOUNDNESS AND TACK INSPECTION: Check physical soundness (example- sore back, cuts, sores, sore mouth, hooves, etc.) and sturdiness of equipment. ***THE SCHEDULE IS SUBJECT TO CHANGE DUE TO RIDING DIVISIONS OFFERED, WEATHER AND SCHEDULED DEMONSTRATIONS.***

# Tips for Horsemanship Camp

If your horse is not ridden regularly, please **begin a gradual exercise program** to condition your mount at least one month prior to camp. If you ride occasionally, begin with riding 30 minutes per day, 4 times a week. Gradually, add time until you are riding your horse 1 hour per day, 3-4 times per week. Remember this is your best friend, would he ask you to do something you may not be prepared for?

Make arrangements for a knowledgeable farrier (horseshoer) to evaluate and either **trim or shoe your horse at least one week before camp**, so that any bruises or soreness will have an opportunity to heal. Never gallop on rocks. Remember all lame horses will be sent home. If you think your horse may be sore, you may need to make arrangements ahead of time for another horse.

Plan to have **all dewormings and shots done several weeks prior to camp**. The heat and exercise, in addition to the stress placed on the horse's digestive tract, may cause a horse that has been recently dewormed to colic.

If your horse does not stay in a stall regularly, **acclimate your horse to a stall gradually** by putting him in one a few hours at a time and feeding in the stall until he is comfortable staying in one overnight.

**Do NOT make sudden feed changes!** If your horse has not been receiving grain or hay daily, you can stress him and his digestive system and cause a severe colic by suddenly putting him into an unfamiliar stall and giving him grains when he has been out in the pasture munching at leisure.

**If your horse kicks at other horses, bring a red ribbon and tie it in his tail.** Please make your instructor aware of any problem you may be having with your horse. Never crowd other horses. Leave enough room between your horse, yourself and others so that no one will be harmed if a horse kicks out.

**Check all tack for fit, wear and tear.** String girths, leather cinch straps, cheek pieces, chinstraps and reins tend to wear quickly. Make sure all your equipment is in good working order. When in doubt, replace it with good adjustable equipment.

**Have your horse's coggins and the horse health record available at check-in. Wear hard-soled leather shoes at check-in. Tennis shoes are not allowed on the hill at any time.**

Lastly, **come with an open mind**. No one knows everything! Everyone does not do things in the same manner. What is important is the result, which may be achieved in several different ways. A good horseman is a person who is receptive to what others are doing and able to learn from other people's successes or failures.

If you have any questions, please call Extension Horse Husbandry (919) 515-7871 or e-mail Alaina_Cross@ncsu.edu.

# 2017 North Carolina 4-H Horsemanship Camp

## REQUIRED FORMS

The following forms are to be completed in their entirety and brought to camp. It is **MANDANTORY** these forms be completed, *with all required signatures*, and presented prior to arrival at camp (no later than June 5, 2017). Failure to do so will result in campers not being accepted at camp during check-in.

**REQUIRED EQUINE FORMS TO BE COMPLETED:**

- □ Health Record for Horse
- □ Horses are required to have a Negative Coggins Test for EIA (Swamp Fever) dated April 1, 2017 or later for the current year.