



HART'S GET YOUR HORSE MOVIN'



Summer Challenge

Complete 70 of the 100 things to do with your horse(s), from the list below, between June 1st and August 31st and RECEIVE A ROSETTE RIBBON IN THE MAIL. Complete 90 or more to be entered in a drawing to win some prizes.

Entry Fee: \$20 per entry

ALL PROCEEDS BENEFIT HART EQUINE THERAPY CENTER, INC.

RULES:

1. To enter, visit HART's GET YOUR HORSE MOVIN' CHALLENGE page on Facebook and fill out the JotForm link in the announcements to indicate your interest in the challenge.
2. Payment accepted via – Please indicate what the payment is for and the person:
 - a. PayPal.Me/HARTETC
 - b. Venmo.com/Kirsty-Fahey
 - c. Mail check to: 10198 Brookside Rd.
Auburndale, WI 54412
3. Check off the tasks you have completed and send to westphalsa1022@gmail.com by August 31st at 11:59 pm CST and receive your rosette ribbon!
4. You may also enter the GET YOUR HORSE (Skills) MOVIN' SUMMER CHALLENGE as well, which does not involve a horse.

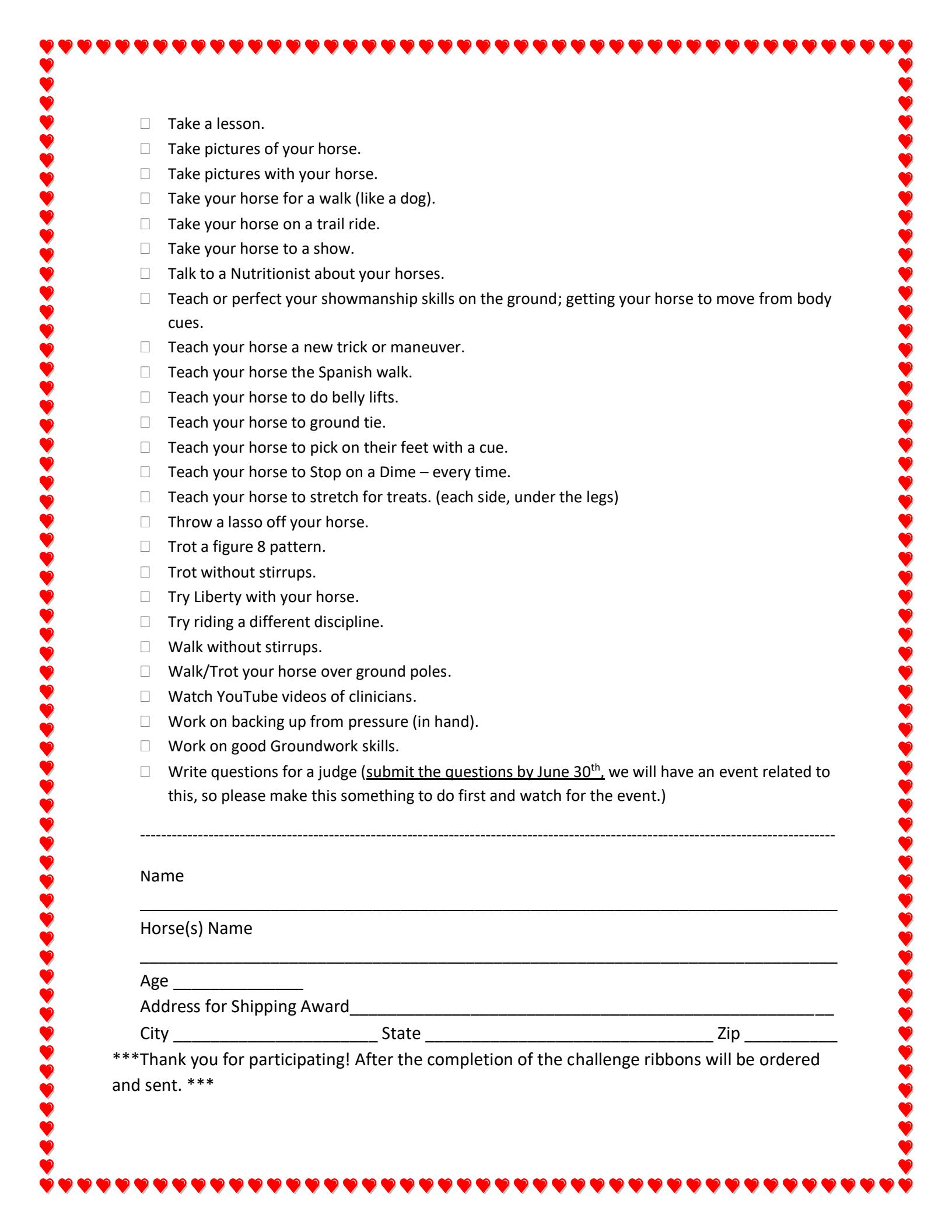


Summer Challenge List:

Check off when you completed it and write the date after the sentence.

- Attend a fundraiser.
- Attend or audit a clinic.
- Back your horse in a circle.
- Braid or band your horse's mane or tail
- Canter a perfect circle.
- Canter straight between two parallel, narrow poles on the ground.
- Canter without stirrups.
- Clean and shine your boots.
- Clip your horse's bridle path.
- Count your strides in between ground poles.
- Desensitize your horse to a plastic bag and tarp.
- Do "around the world" both directions. Start by facing forward normally in the saddle and then swing your leg around and continue.
- Do something fun with your horse – with no expectations.
- Donate to a local horse center or rescue.
- Drop and pick up your stirrups without looking.
- Enter a virtual competition.
- Find a showmanship pattern and practice it.
- Find an equitation/horsemanship pattern and practice it.
- Find different exercises you can do with your horse on YouTube or books. Try 10 of them.
- Get on your horse from the ground.
- Get your horse to bend using your reins.
- Get your horse to bend without using your reins.
- Give someone a pony ride.
- Give your horse a bath.
- Give your horse a good grooming.
- Give your horse a massage.
- Groom your horse and pick their feet.
- Help with hay.
- Instruct someone else how to ride your horse.
- Learn how to apply polo wraps or bandages.
- Learn how to band or braid your horse's mane or tail.
- Learn how to do a flying lead change.
- Learn how to do a turn on the forehand.
- Learn how to do a turn on the haunches.

- Learn how to do shoulders in.
- Learn how to do shoulders out.
- Learn how to feel the correct diagonal.
- Learn how to or perfect your counter canter.
- Learn when you are on the correct/wrong lead within 3 strides.
- Learn your horse's vital signs and find them (temperature, heartbeat, pulse)
- Listen to Keeping It Real (Videos on Facebook).
- Lunge over ground poles.
- Lunging both directions and moving around the arena.
- Make a horse costume for the participant and horse.
- Make a horse first aid kit.
- Make a trail or jump obstacle.
- Make your own horse safe treats.
- Open and close a gate while mounted.
- Perfect smooth transitions.
- Perfect your canter.
- Perfect your jog.
- Perfect your lope.
- Perfect your sitting trot.
- Post or two point without stirrups.
- Practice backing
- Practice emergency dismounts.
- Practice getting your horse used to fly spray or any spray.
- Practice half halts.
- Practice loading and unloading your horse.
- Practice mounting. Making sure your horse does not move.
- Practice straight lines.
- Record your ride and then watch it.
- Recruit a volunteer for HART Equine Therapy Center, Inc.
- Ride 30 hours.
- Ride a cloverleaf barrel pattern.
- Ride Bareback
- Ride in two point and see how long you can do it.
- Ride on a loose rein and steer with your legs.
- Ride someone else's horse.
- Ride through water.
- Ride your horse bridleless.
- Ride your horse to your mailbox.
- Share HART's events/posts on your page or other pages.
- Spiral in a circle and then spiral out of the circle.

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- Take a lesson.
 - Take pictures of your horse.
 - Take pictures with your horse.
 - Take your horse for a walk (like a dog).
 - Take your horse on a trail ride.
 - Take your horse to a show.
 - Talk to a Nutritionist about your horses.
 - Teach or perfect your showmanship skills on the ground; getting your horse to move from body cues.
 - Teach your horse a new trick or maneuver.
 - Teach your horse the Spanish walk.
 - Teach your horse to do belly lifts.
 - Teach your horse to ground tie.
 - Teach your horse to pick on their feet with a cue.
 - Teach your horse to Stop on a Dime – every time.
 - Teach your horse to stretch for treats. (each side, under the legs)
 - Throw a lasso off your horse.
 - Trot a figure 8 pattern.
 - Trot without stirrups.
 - Try Liberty with your horse.
 - Try riding a different discipline.
 - Walk without stirrups.
 - Walk/Trot your horse over ground poles.
 - Watch YouTube videos of clinicians.
 - Work on backing up from pressure (in hand).
 - Work on good Groundwork skills.
 - Write questions for a judge (submit the questions by June 30th, we will have an event related to this, so please make this something to do first and watch for the event.)
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Name _____

Horse(s) Name _____

Age _____

Address for Shipping Award _____

City _____ State _____ Zip _____

***Thank you for participating! After the completion of the challenge ribbons will be ordered and sent. ***