

## The Rocking L Ranch Spring/Summer Riding Camp Morning Schedule

### **Day 1-Monday**

- 9:00am- Students arrive and sign in; collect registration forms and fees due
- 9:15am- Barn tour/ barn rules/safety rules
- 9:30am- Group A: Ride - Students get acquainted with the horses and learn the basics in the round pen  
Group B: Barn Lesson – Students discuss safety, how to halter, lead, tie and groom
- 10:30am- Group A: Barn Lesson – Students discuss safety, how to halter, lead, tie and groom  
Group B: Ride – Students get acquainted with the horses and learn the basics in the round pen
- 11:30am- Lunch and review of the lessons
- 12:00pm- Pick Up

### **Day 2-Tuesday**

- 9:00am- Students arrive, groom down their horses
- 9:30am- Group A: Ride - Students learn more of the basics in the round pen  
Group B: Barn Lesson – Students learn how to properly tack up their horses
- 10:30am- Group A: Barn Lesson – Students learn how to properly tack up their horses  
Group B: Ride – Students learn more of the basics in the round pen
- 11:30am- Lunch and review of the lessons
- 12:00pm- Pick Up

### **Day 3-Wednesday**

- 9:00am- Students arrive, groom down and tack up their horses
- 9:30am- Group A: Ride - Students ride in the big arena; Simon says, follow the leader  
Group B: Barn Lesson – Students learn horse anatomy and parts of the saddle
- 10:30am- Group A: Barn Lesson – Students learn horse anatomy and parts of the saddle  
Group B: Ride – Students ride in the big arena; Simon says, follow the leader
- 11:30am- Lunch and review of the lessons
- 12:00pm- Pick Up

### **Day 4-Thursday**

- 9:00am- Students arrive, groom down and tack up their horses
- 9:30am- Group A: Ride - Students ride in the big arena; Horseshoes on Horseback, Red Light Green Light and Flag Race  
Group B: Barn Lesson – Students learn stall maintenance
- 10:30am- Group A: Barn Lesson – Students learn stall maintenance  
Group B: Ride – Students ride in the big arena; Horseshoes on Horseback, Red Light Green Light and Flag Race
- 11:30am- Lunch and review of the lessons
- 12:00pm- Pick Up

### **Day 5-Friday**

- 9:00am- Students arrive, groom down and tack up their horses
- 9:30am- Group A: Ride - Students ride in the big arena; Students pick the games  
Group B: Barn Lesson – Students learn different gates of the horse and how to lunge
- 10:30am- Group A: Barn Lesson – Students learn different gates of the horse and how to lunge  
Group B: Ride – Students ride in the big arena; Students pick the games
- 11:30am- Lunch and review of the lessons
- 12:00pm- Slip N Slide Day – Last Day Party
- 1:00pm- Pick Up

## The Rocking L Ranch Spring/Summer Riding Camp Afternoon Schedule

### **Day 1-Monday**

- 1:00pm- Students arrive and sign in; collect registration forms and fees due
- 1:15pm- Barn tour/ barn rules/safety rules
- 1:30pm- Group A: Ride - Students get acquainted with the horses and learn the basics in the round pen  
Group B: Barn Lesson – Students discuss safety, how to halter, lead, tie and groom
- 2:30pm- Group A: Barn Lesson – Students discuss safety, how to halter, lead, tie and groom  
Group B: Ride – Students get acquainted with the horses and learn the basics in the round pen
- 3:30pm- Snack and review of the lessons
- 4:00pm- Pick Up

### **Day 2-Tuesday**

- 1:00pm- Students arrive, groom down their horses
- 1:30pm- Group A: Ride - Students learn more of the basics in the round pen  
Group B: Barn Lesson – Students learn how to properly tack up their horses
- 2:30pm- Group A: Barn Lesson – Students learn how to properly tack up their horses  
Group B: Ride – Students learn more of the basics in the round pen
- 3:30pm- Snack and review of the lessons
- 4:00pm- Pick Up

### **Day 3-Wednesday**

- 1:00pm- Students arrive, groom down and tack up their horses
- 1:30pm- Group A: Ride - Students ride in the big arena; Simon says, follow the leader  
Group B: Barn Lesson – Students learn horse anatomy and parts of the saddle
- 2:30pm- Group A: Barn Lesson – Students learn horse anatomy and parts of the saddle  
Group B: Ride – Students ride in the big arena; Simon says, follow the leader
- 3:30pm- Snack and review of the lessons
- 4:00pm- Pick Up

### **Day 4-Thursday**

- 1:00pm- Students arrive, groom down and tack up their horses
- 1:30pm- Group A: Ride - Students ride in the big arena; Horseshoes on Horseback, Red Light Green Light and Flag Race  
Group B: Barn Lesson – Students learn stall maintenance
- 2:30pm- Group A: Barn Lesson – Students learn stall maintenance  
Group B: Ride – Students ride in the big arena; Horseshoes on Horseback, Red Light Green Light and Flag Race
- 3:30pm- Snack and review of the lessons
- 4:00pm- Pick Up

### **Day 5-Friday**

- 1:00pm- Students arrive, groom down and tack up their horses
- 1:30pm- Group A: Ride - Students ride in the big arena; Students pick the games  
Group B: Barn Lesson – Students learn different gates of the horse and how to lunge
- 2:30pm- Group A: Barn Lesson – Students learn different gates of the horse and how to lunge  
Group B: Ride – Students ride in the big arena; Students pick the games
- 3:30pm- Snack and review of the lessons
- 4:00pm- Slip N Slide Day – Last Day Party
- 5:00pm- Pick Up



## The Rocking L Ranch and Riding Center, LLC Spring/Summer Riding Camp Registration Form

### Student Information

Student Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

DOB \_\_\_/\_\_\_/\_\_\_      Height: \_\_\_\_\_      Weight: \_\_\_\_\_

(Height and weight are used to determine saddle fit and horse)

### Parent/Guardian Information

Name of Parent or Guardian \_\_\_\_\_

Does the student live with you?      Yes      No

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_      Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_      Other Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

### Emergency Contact Information

Name \_\_\_\_\_ Relation \_\_\_\_\_

Phone \_\_\_\_\_      Other Phone \_\_\_\_\_

Name \_\_\_\_\_ Relation \_\_\_\_\_

Phone \_\_\_\_\_      Other Phone \_\_\_\_\_

Date of Week Signed Up For: \_\_\_\_\_ Morning OR Afternoon?

Please make checks payable to:

The Rocking L Ranch  
6767 Palae Ln.  
Cocoa, FL 32926

<u>Payment Information (FOR OFFICE USE ONLY)</u>			
Summer Camp			\$220/Week
Extra Early Registration? (May 1 <sup>st</sup> , 2011)	___ Yes	___ No	_____
Early Registration? (May 21 <sup>st</sup> , 2011)	___ Yes	___ No	_____
Deposit \$50	___ Paid	___ Unpaid	_____
Sibling Discount? 10%	___ Yes	___ No	_____
TOTAL AMOUNT OWED			_____

Paid By:      \_\_\_ Cash      \_\_\_ Credit Card      \_\_\_ Check# \_\_\_\_\_



## The Rocking L Ranch and Riding Center, LLC Summer Riding Camp Information Sheet

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Welcome to the Rocking L Ranch and Riding Center's Summer Riding Camp! We are going to have a blast this summer spending time with the horses and learning all about them! There are a few things that you should know before you join us this summer at camp. We ask that you come prepared and properly dressed to be around horses. The following lists the proper attire and what you should bring with you to the Rocking L Ranch Riding Camp:

### Proper Attire-

- ✓ **Boots or Tennis Shoes** (Must be closed toed)
- ✓ **Jeans or long pants** (Please no shorts)
- ✓ **T-Shirt or Tank Top** (Please no spaghetti straps or bathing suit tops while riding)
- ✓ **Bathing Suit** (For Slip N Slide on the last day)
- ✓ **Limited Jewelry** (Please no dangling earrings, bracelets or necklaces that could easily get caught on things)

### Things to Bring with you to Camp-

- ✓ **Packed Lunch** (See menu for lunches available for purchase)
- ✓ **Snack**
- ✓ **Plenty of Water and Fluids**
- ✓ **Sunscreen**

ASTM helmets are provided for each student. Students may provide their own helmets. Bicycle helmets will be allowed.

### **Rain Dates and Re-Scheduling**

Unfortunately due to inclement weather we may have to cancel a day or two and maybe a whole week of camp. If this happens there will be scheduled make-up days scheduled in advance for the make-up sessions. If one or two days are cancelled and require a make-up, there will only be one scheduled make-up day for the day(s) lost. If three or more days are lost, there will be an equivalent of make-up days to replace the ones lost. If weather is not severe, camp will still run as scheduled. See camp calendar on the following page for scheduled make-up days if needed. No Refunds will be given if you cannot make it to the scheduled make-up days as they are scheduled in advance. Other arrangements may be made on a case by case basis for make-ups if there is a conflict in schedule.

# 2011 Camp Calendar and Rain Dates

May 30 – June 3

June 6 – 10

June 20 – 24

June 27 – July 1

July 11 – 15

July 18 – 22

July 25 - 29

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## **Make-up dates for May 30 – June 24:**

June 4<sup>th</sup> & 5<sup>th</sup>

June 15<sup>th</sup>

June 18<sup>th</sup> & 19<sup>th</sup>

June 25<sup>th</sup> & 26<sup>th</sup>

## **Make-up dates for June 27 – July 29:**

July 4<sup>th</sup> – 8<sup>th</sup>

July 16<sup>th</sup> & 17<sup>th</sup>

July 23<sup>rd</sup> & 24<sup>th</sup>

July 30<sup>th</sup> & 31<sup>st</sup>

August 1<sup>st</sup> – 5<sup>th</sup>

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Make up days and times are on an as needed basis. Re-schedule dates immediately following the week scheduled will be used if needed. Times will be scheduled as needed.

# The Rocking L Ranch Menu

## Lunches Available for Purchase During Camp

All proceeds go toward Giddyup Girl Junior Drill Team

### Individual Items

Lunchables (No Drink)	.....\$2.75
...Pizza	
...Ham and Cheese Crackers	
Uncrustable Peanut Butter and Jelly Sandwhich	.....\$1.00
...Grape Jelly	
...Strawberry Jelly	
Chips	.....\$.50
...Assorted Variety	
Cheese Stick	.....\$.50
Cookies	.....\$.50
Bottle Water	.....\$1.00
Capri Sun	.....\$1.00

### Combo Items

Lunchable Combo	.....\$3.50
Your choice of a lunchable, chips or cheese stick, and a bottle of water or Capri Sun	
Peanut Butter and Jelly Sandwich Combo	.....\$2.00
Your choice of a peanut butter and jelly sandwich, chips or cheese stick, and a bottle of water or Capri Sun	

**COMPLETE RELEASE FROM LIABILITY IN CASE OF INJURY OR LOSS WAIVER AND  
INDEMNITY AGREEMENT**

I/We understand that horseback riding and related activities, such as rodeo events, lessons, showing, jumping, barrel racing, camping, trail riding and all other horse related sports are very dangerous and involve the risk of serious injury and/or death, and/ or property damage, including injury to horses, spectators and others. Accordingly, I/we agree that any activity engaged in, by me, or my dependents, or those in my care on the property owned by Dale Landfried, Susan Landfried, Ashley Lay & The Rocking "L" Ranch, leased, or related to horseback riding on any other properties used by Dale Landfried, Susan Landfried, Ashley Lay & The Rocking "L" Ranch is done at my own risk and with my/our knowledge of all of the above.

Accordingly, I/we release and agree to hold harmless Dale Landfried, Susan Landfried, Ashley Lay & The Rocking "L" Ranch, any and all persons or entities who are guarantors or indemnitors of the above, all agents, employees and promoters, sponsors, other riders, horse owners, photographers, volunteers, (hereafter identified as Releases) from all liability for negligence or otherwise.

I/we assume full responsibility for the risk of bodily injury, illness, death of myself, my dependents or those in my care, and/or my horse(s) and any property damage due to the negligence of the Releases or otherwise while on or off the premises or engaged in horseback riding-related activities, and /or while training, riding, competing, observing, teaching, working for, or any other purpose related to horses or participating as rider or spectator in such activities.

I/we agree not to sue any Release, and I/we release and agree to indemnify Releases from and for all liability to the undersigned, his/her personal representatives, assigns, heirs and next of kin for any and all loss or damage, and any claim or demands therefore on account of injury to the person or property or death of the undersigned whether caused by the negligence of the Releases or otherwise.

I/we agree that this release, waiver and indemnity agreement is intended to be as broad and inclusive as permitted by the law of this state where these activities are conducted, and if any part hereof is held invalid, it is agreed that the balance shall continue in full force and effect.

I/we have read and voluntarily sign the release and waiver of liability and indemnity agreement and further agree that neither oral representations, statements or inducements apart from the foregoing written agreements have been made nor shall be made except by a written and signed addendum.

**WARNING!**

**Under Florida law, an equine activity sponsor or equine professional is not liable for an injury to, or the death of a participant in equine activities resulting from the inherent risks of equine activities. Fla Stat. 773.01-773.05**

**I/WE HAVE READ THIS ENTIRE RELEASE FORM AND THEREFORE AGREE TO ALL THE  
TERMS AND CONDITIONS ABOVE.**

**Please sign all that apply**

\_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_\_  
(Rider/Participant-Print)

\_\_\_\_\_ **DATE** \_\_\_\_\_  
(Rider/Participant-Signature)

\_\_\_\_\_ **DATE** \_\_\_\_\_  
(Parent/Guardian) *if above signed is of minor age 17 yrs or under.*

**THE ROCKING “L” RANCH**  
**PROTECTIVE HEADGEAR/HELMET POLICY**

**I understand and agree that The Rocking “L” Ranch requires riders to wear protective headgear/helmet according to the ASTM Standard F 1163 following requirements:**

<b><u>Rider Age</u></b>	<b><u>Protective Headgear/Helmet Requirement</u></b>
6 yrs and younger	Must wear ASTM Headgear/Helmet with adult supervision at all times
7 yrs through 15 yrs	Must wear ASTM Headgear/Helmet
16 and 17 yrs	Must wear ASTM Headgear/Helmet unless parent or legal guardian signs the refusal statement below.
18 yrs and older	May choose to wear or not to wear the ASTM Headgear/Helmet by checking the acceptance or refusal box in the statement below.

**PROTECTIVE HEADGEAR/HELMET ACCEPTANCE OR REFUSAL SELECTION FOR RIDERS 16 YEARS AND OLDER**

Circle and Initial your choice:

1.  Protective Headgear/Helmet Acceptance: I/We request for this participant to wear protective ASTM headgear/helmet. I/We also understand and agree that I/We must provide the ASTM headgear/helmet to the participant and that The Rocking “L” Ranch is not required to provide the ASTM headgear/helmet and will not be held liable in the event the participant fails to comply with this rule.
2.  Protective Headgear/Helmet Refusal: I/We refuse for this participant to wear any type of ASTM protective headgear/helmet. I/We assume full responsibility for My/Our safety in this decision.

**SIGNER STATEMENT OF AWARENESS**

I/We, the undersigned, represent that I/We have read and do understand the foregoing agreement, liability release and assumption of risk agreement. I/We understand that by signing this document I/we am giving up rights to sue today and in the future. I/we attest that all facts are true and accurate. I am signing this while of sound mind and not suffering from shock, or under the influence of alcohol, drugs or intoxicants.

\_\_\_\_\_  
Signature of participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

THE ROCKING "L" RANCH  
PERSONAL MEDICAL AUTHORIZATION FORM

TO ENSURE PROMPT ATTENTION IN CASE OF SICKNESS AND/OR ACCIDENT, THE ROCKING "L" RANCH and RIDING CENTER L.L.C. OR DALE LANDFRIED, SUSAN LANDFRIED, OR ASHLEY LAY HAS PERMISSION TO SEEK MEDICAL ATTENTION AS DEEMED NECESSARY FOR THE PERSON OR PERSONS NAMED HERE

\_\_\_\_\_  
(PRINT NAME)

AUTHORISING PARTY WILL BE RESPONSIBLE FOR ANY AND ALL EXPENSE OCCURRED IN PROVIDING REQUIRED SERVICES.

SIGNATURE OF AUTHORIZING PARTY

\_\_\_\_\_  
(PARENT OR GUARDIAN IF MINOR UNDER 18)

DATE \_\_\_\_\_

NOTARY PUBLIC VALIDATION

The foregoing instrument was acknowledged before me this \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_,  
by \_\_\_\_\_ (who is personally known by me) or (who has provided  
\_\_\_\_\_ as identification)

\_\_\_\_\_  
NOTARY SEAL

\_\_\_\_\_  
NOTARY SIGNATURE

# STUDENT MEDICAL HISTORY FORM

\*The following information is requested to ensure the safety and well being of your child while under our supervision. Please fill out the following form in its entirety

**PRIVACY ACT DISCLOSURE** *\*The following information will be protected under the privacy act and will not be shared with anyone except pertinent staff and emergency personnel.*

Student Name \_\_\_\_\_ M\_\_F\_\_ DOB\_\_\_\_/\_\_\_\_/\_\_\_\_

Parent/Guardian Name \_\_\_\_\_ Phone \_\_\_\_\_

Physicians Name \_\_\_\_\_ Phone \_\_\_\_\_

Is your child currently taking any medications? If yes, please list \_\_\_\_\_

If you child is taking any medications and he/she needs to take them while under our supervision, please list them here with instructions

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Does your child have any physical limitations or conditions that would limit his/her ability to mount, dismount or ride a horse independent of assistance? If yes, please explain

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Does your child **now have** or **has he/she had** any of the following conditions?

**Heart Conditions** Y\_\_\_N\_\_\_

**Diabetes** Y\_\_\_N\_\_\_ **If yes, Insulin dependant?** Y\_\_\_N\_\_\_

**Allergies** Y\_\_\_N\_\_\_

**Asthma** Y\_\_\_N\_\_\_ **If yes and your child has an inhaler please bring it to all class sessions.**

**Physical Handicap** Y\_\_\_N\_\_\_

**Mental Handicap** Y\_\_\_N\_\_\_

**Behavioral Disabilities** Y\_\_\_N\_\_\_

**Head Lice** Y\_\_\_N\_\_\_

**If answered yes to any of the above conditions, please explain the condition and list any medications that your child is taking for those conditions.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Signature**

**Date**

\_\_\_\_\_

**The Rocking L Ranch  
Photo Release Form**

I hereby give my informed consent for the making of photographs, videotapes, and/or sound recordings of my youth:

Youth's Name: \_\_\_\_\_

for use as part of the any of the Rocking L Ranch and Riding Center's public information, educational and training activities. I authorize the Rocking L Ranch to release to the public, including the news media and Rocking L Ranch's website information regarding benefits of services the above named youth has received from or through the Rocking L Ranch. This shall include release of name and other identifying information, as well as photographs, videotapes and/or sound recordings.

It is my understanding that such material may be used by the Rocking L Ranch for an indefinite period of time. This authorization must be revoked in written statement mailed to:

The Rocking L Ranch and Riding Center, LLC  
6767 Palae Ln.  
Cocoa, Florida 32926

If revoked, the Rocking L Ranch shall not be required to recall affected publications, photographs, videotapes, slides and/or sound recordings that are already in use.

\_\_\_\_\_  
Print Parent/Legal Guardian Name (Print)

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

\_\_\_\_\_  
Parent/Legal Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date