

RIATA RANCH INTERNATIONAL

Presents The

Riata Ranch Cowboy Girls
America's Ridin' & Ropin' Royalty of the West

2007 WESTERN PERFORMANCE CLINICS



WWW.RRCOWBOYGIRLS.COM



Cowboy Girls 2007 Clinic Preface

What is the goal that we are trying to accomplish through our clinics?

The goal is to provide an interesting and exciting event for young people through western horsemanship and performance skills while building character and establishing positive core values.



What is the appropriate age for a Riata Ranch clinic and experience level?

Ideally a young girl no younger than 10 years old because of the physical nature of what we do. If the student is younger than 10 we suggest only half a day. Our specialty is a young student with little or no horse experience however, if a student has some equine training it is better for her. Girls with a physical fitness background & training have an advantage in our program, if they have any sport or dance background that is a plus.

What will a young girl learn in your clinic?

ARENA SKILLS:

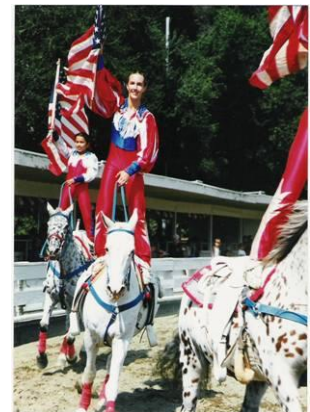
Trick Riding
Trick roping
Vaulting Barrel
Vaulting

CLASS ROOM :

Arena Awareness
Stage Presence
Body Control
Precision Execution

LIFE LESSONS:

Confidence & Critical thinking
Positive Work Ethics
Poise under Pressure
Tenacity & Commitment



What does Riata Ranch need to hold a clinic in your area?

For a 3-4 Day clinic

1. Covered area is preferred for ground work. Covered arena is preferred but not necessary (depending on the weather) to ride or to work on roping, vaulting barrel, production techniques and life lessons.
2. Stalls for horses when we bring our own horses. ******(max. 4 stalls)
3. Accommodations for Riata personnel (max. 4 rooms)
4. A minimum of 10 students per clinic (min.\$3,500 per clinic) .
5. If possible provide beverages & lunch for students.
6. Cost: approx. \$125 per student per day for the duration of the clinic.
7. Travel expenses may be necessary depending on location of clinic.

***An option is for us to use a vaulting horse in the area.*



PRE CLINIC KIT –Get ahead of the game!!

You can now purchase a Riata Ranch Training DVD to prepare you for maximum benefit! The training DVD comes with a trick rope and instruction on basic trick rope skills, physical fitness and basic stretching moves. There will also be some self-expression skills included. The DVD covers:

PHYSICAL FITNESS:

1. Push ups – 10
2. Pull Ups – 10
3. Cartwheels
4. Somersaults
5. Headstand
6. Handstand – hold for three seconds.

TRICK ROPE:

1. Be able to spin a flat loop proficiently
2. Learn parts of a trick rope
3. Understand proper rope care; coil rope properly and remove kinks
4. Extra Credit – Learn to jump in and jump out

SHOWMANSHIP & SELF EXPRESSION:

1. Learn a proper & firm handshake- Look the person you're meeting in the eye and repeat their name as you meet them. If you are the one being introduced it is your prerogative to offer your hand. If some one is being presented to you then wait for them to offer their hand.
2. Introduce yourself with respect and confidence. Remember, if you are speaking to a group of people who have never met you, be sure to speak low and slow because you know who you are, but the people you are introducing yourself to may have never heard of you.
3. Be prepared to tell your story in 2 or 3 minutes. Include age, schooling, sports or athletics, and interesting facts about where you were born and your family. All of your life you are going to have to learn to sell yourself. So, the first step is learning to package your story! Just like L'Oreal – You're worth it!!! So learn to love yourself!!



Also for sale on our website, www.RRCowboyGirls.com

- Trick ropes
- T-Shirts
- Trick Riding Equipment – saddles and straps for skill execution

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