



Texas Tech Therapeutic Riding's Horse Talk

Special Olympics Showcase Young Equestrians

By John Bradshaw

ISSUE NUMBER 1

SPECIAL OLYMPICS

Riders from Texas Tech Therapeutic Riding Center competed in the Special Olympics Equestrian Competition Area Show.

Nine riders participated and took home 18 medals! Way to make Tech Proud!!!

NEWS IN BRIEF

Tech Therapy achieves NAHRA Premier Accredited Status

Horse Showcase: Lola

New Arena to be Built Soon

Contestants from across the South Plains competed in the Special Olympics Equestrian Competition Area Show on April 29. The event was held at Turff Therapy, and riders from both Refuge Therapy and the University Therapeutic Riding Center participated.

Heather Hernandez, Center Coordinator for the University Therapeutic Riding Center at Texas Tech, said that her riders have been practicing for two months for this show. They were all presented gold, silver or bronze medals from the Special Olympics Director for this area.

It was rare to find a participant who was not smiling, and all were extremely proud of their medals. When they weren't busy showing they were talking to each other about their med-

als and performances.

Bray Reed, an eight-year-old with caudal regression syndrome, competed in the showmanship class, western equitation class and trail class. "I really love horses. They make me happy," said Bray.

He has gone through thirty surgeries including a kidney transplant when he was two. He could not walk when he began therapy at three years old, and his parents had been told that he never would. He began walking after only a month of therapy and now runs, jumps and wants to play football. "I'll be the best player out there," Bray insisted to his mom.

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New Name for UTRC: Texas Tech Therapeutic Riding

The UTRC Advisory Board has voted to change the name from University Therapeutic Riding Center to Texas Tech Therapeutic Riding Center.

In an effort to become more recognizable not only on the local level but on a national level, TTRC wanted to incorporate the Texas Tech name. This would distinguish TTRC from any other university therapeutic riding program.

We are proud to hold the Texas Tech name, so "Guns Up and Wreck 'em Tech!"



Tech Therapy Achieves NARHA Premier Accredited Status

As many of you may know, Texas Tech Therapeutic Riding center underwent Accreditation with the North American Riding for the Handicapped Association (NARHA) last July, 2006. Upon completion of the site visit, Tech Therapy was granted Premier Accredited Center Status receiving several perfect scores! Premier Accredited status is the highest level of certification a NARHA center can obtain.

Site visitors from NARHA visit the center and inspect the quality and safety of all programs, policies, equines, staff, volunteers and facility. NARHA currently has over 700 NARHA center members across the nation, of this 700 less than 150 hold this Premier Accredited Status. Texas Tech Therapy is the only center in the south plains who is a NARHA center.

We want to extend a special thanks to the therapists from South Plains Rehab and all the volunteers who help us prepare and helped us on accreditation day.

We are excited to have achieved this important milestone as a center and are proud to offer our therapeutic riding and hippotherapy clients the highest level of quality equine therapy.

For more information about NARHA, check out their website: www.narha.org



New Instructor: Tangi Arant

TTRC is proud to welcome Tangi Arant to our therapy team. Tangi has a Bachelors degree in Biology from Texas Tech University. It was while she attended Tech that she became involved with the TTRC program. She started out taking the introductory class in therapeutic riding and hippotherapy and continued to volunteer over the next couple of years. She is currently a NARHA Registered Therapeutic Riding Instructor.

Tangi believes horses provide a unique learning experience to riders. They have a way of bringing out confidence and building self-esteem that few other things can compare.

Welcome Tangi!!!

New Arena Coming Soon

The Texas Tech Therapeutic Riding Center will be building a new arena soon. It is still in the early stages of development .

The new arena will be located closer to the therapeutic pasture and sensory trail. This will make getting horses and tack to the arena much more accessible. It will also provide a space for sessions to be held when it gets colder or when the weather isn't as nice as we would like it to be.

If anyone has any expertise in this area or would like to donate to the building of the arena, any help would be appreciated.



Horse Showcase: Lola

“Lola” is one of the newest horses to join the Texas Tech Therapeutic Riding Center. She came to us in February of 2007 from Sagerton, TX. Lola is an eight year old Registered AQHA Quarter Horse. She is a blue roan and measures 15.0 hands.

Before coming to TTRC, Lola was a youth show horse as well as a ranch horse. She has done showmanship, and western pleasure. She also has experience in reining.

Since joining TTRC, Lola has been helping out with both hippotherapy and

therapeutic riding classes. She participated in Special Olympics this Spring and helped our riders bring home medals.

Lola has made many new friends since joining the program. Not only has she become good friends with all of the other horses, she has made friends with many of the riders. She really enjoys her job here at Texas Tech Therapeutic Riding Center.



Special Olympics Showcase Young Equestrians cont'd

Bray's mother Misty said that he has shown progress throughout his years of therapy, though he doesn't even think the horse riding is for therapy. He thinks it's for fun.

“Therapeutic riding is really beneficial because it helps riders with their balance, motor skills, speech, self-esteem and self-confidence,” said Heather Hernandez.

“It gives them a really good feeling to control a thousand pound plus horse and compete in a trail course like these.” Horses move the riders on three different planes: rotationally, laterally and longitudinally. This benefits students with many types of physical disabilities, and different horses and different breeds have certain movements that benefit particular disabilities. “The horse enables riders to begin walking sooner than other forms of therapy will. There's nothing like the way a horse moves you,” explained Hernandez.

Bray Reed does not have any difficulty interacting with his horse, or people for that matter. In the showmanship class he

showed a miniature horse because their sizes correlate. During the class his horse would occasionally look away or take a wrong step, and Bray would pull his head around and whisper intently, “You behave.”

**Texas Tech Therapeutic Riding had 9 riders participate in the Equestrian competition who brought home 18 medals! Congratulations to all who participated, Texas Tech is proud of you!

A special thanks to Meghan Blaneck for donating her time to judge the event.



Bray Reed shows off the three medals he won at the Special Olympics Area Equestrian Competition on April 29th

Wish List

- Leather Sidepulls (available at Sergeant's Saddlery)
- Western and English bridles and bits
- Large halters
- Western and English saddles
- Various other usable tack

Sponsor a Horse

Keeping our horses costs money. Some of the expenses in maintaining healthy and happy horses are

- Grain and hay
- Ferrier --to keep their feet in shape
- Vaccinations against disease
- Dewormer 4 times a year
- Veterinary bills

To Find out more visit our website:
www.afs.ttu.edu/utrc/index.html



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Texas Tech Therapeutic Riding's Horse Talk

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TTRC Mission Statement

The mission of the Texas Tech Therapeutic Riding Center is to provide the highest quality of equine-assisted therapy to people with disabilities in the South Plains. Through a collaborative effort of medical and university professionals, our goal is to enhance the quality of life of each person participating in hippotherapy and therapeutic riding. It is further a mission of the program to train students in all aspects of equine-assisted therapy and to contribute to the scientific knowledge in this area through research.



“Creating a Brighter Future Together”

SUMMER 2007

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Texas Tech
Therapeutic
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Talk

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