Advanced Veteran Lesson Plans for Extreme Trail Obstacles

Presented by Debbi Fisher, Hope for Heroes Equine Therapy Consulting and Mark Bolender, 3 Time National Grand Champion, and course designer
Presentation Agenda

• Introduction
• Film
• Extreme Trail and Mountain Trail – What Is It?
• How Does It Help Veterans?
• Class Lesson Plans
• Obstacle Design and Construction
• Mark Bolender and Int’l Mountain Trail Challenge Assoc.
• Wrap – Up and Questions
Introduction
Film
Extreme Trail and Mountain Trail
What is it?
- Intermountain Trail Challenge Association
- History
Extreme Trail and Mountain Trail – What is it?

- Philosophy of Mountain Trail
How Does It Help Veterans?

- Advanced Lessons for “Retained” Veterans
- High Trust between Veteran and Horse
- Horsemanship Skill Building
- Veterans are asking for this training
Class Lesson Plans

- Courses
- Types of Obstacles
- Training, and Safety, the Bolender Bubble
- Teaching a obstacle on the ground first
- Riding the obstacle
- Preparing for Competitions
Class Lesson Plans

Sample of a Obstacle Course
Class Lesson Plans

- Types of Obstacles in Mountain Trail

  ✓ Required in IMTCA shows

  ❏ Optional

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<tr>
<th>✓ Cross Buck</th>
<th>✓ Teeter Totter</th>
<th>✓ Balance Beam</th>
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<tr>
<td>✗ High Balance Beam</td>
<td>✓ Turn Around Box</td>
<td>✓ Raised Logs</td>
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<td>✓ Rock Obstacle</td>
<td>✓ Scramble Poles</td>
<td>✓ Back through</td>
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<td>✓ Water Box</td>
<td>✓ Cake Box</td>
<td>❏ Trestle Bridge</td>
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Class Lesson Plans

- Horses properly schooled in obstacles
- Standardized Obstacles that are Safe
- Proper Equipment
- Bolender Bubble
Always introduce obstacles on the ground first before riding to build confidence and trust.
Class Lesson Plans

- Teaching to SEND the horse through obstacle
Obstacle Design and Construction

- Bolender Mountain Trail Courses
Obstacle Design and Construction

Courses all over the world by Mark Bolender
Obstacle Designs and Construction

CROSS BUCKS
Obstacle Design and Construction

Water Box
Obstacle Design and Construction

Texas Two Step
Obstacle Design and Construction

Rolling Bridge Part 1
Obstacle Design and Construction

Rolling Bridge part 2
Mark Bolender & Int’l Mountain Trail Challenge Association

IMTCA Guide included
In presentation handout

Available for Purchase
Mark Bolender & Checkers
Wrap Up and Questions

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