



Welcome to Four Star Farm LLC at Valley Dressage and Sporthorse Center! We take pride in a welcoming and quality English riding lesson program. Please fill out this form to help us get to know you better.

Parent/Guardian Name (first and last) \_\_\_\_\_

Rider Name \_\_\_\_\_

If a minor (under 18), rider's age \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Address (street, city) \_\_\_\_\_

What is your or your rider's previous experience with horses and riding? \_\_\_\_\_

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What are your or your rider's goals? \_\_\_\_\_

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What are your scheduling needs for lessons? \_\_\_\_\_

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How did you find us? \_\_\_\_\_

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Anything else you'd like to add? \_\_\_\_\_

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## Four Star Farm Policies

1. To respect the schedules of Cece Fortier and Natalie Brady, please text or call during weekday business hours, Monday-Friday, 8:00 a.m.-5:00 p.m. Outside of those hours, please email unless it is a veterinary emergency. Thank you!
2. A 24-hour cancellation notice is required for all lessons.
3. Students, boarders, and visiting riders must sign a release of liability form before riding.
4. All riding is done at your own risk.
5. Dogs must be leashed at all times.
6. Smoking is not allowed inside barns, buildings, or other facilities.
7. No open-toed shoes, i.e. flip flops or sandals. This is for your safety.
8. ALWAYS wear your riding helmet while on the horse. TROXELS are not allowed. Charles Owen helmets are our preferred brain protector! Four Star Farm has helmets available for riders in lessons.
9. Always return equipment in clean condition and neatly hung or put away.
10. Clean up any manure your horse leaves behind in the arena, wash stalls, cross ties or aisles.
11. Four Star Farm is not responsible for personal items. It is your responsibility to properly store all personal gear not in use.
12. Please note that when trailering in horses not boarded at Valley Dressage, the barn charges a \$25 trailer-in fee.
13. Please remember that if you break or lose a piece of FSF equipment or tack, you are expected to replace it within one week.
14. Have fun! Horses are an adventure.

## Payment and Lesson Attendance Policies

1. Tuition options are available for two, four or eight lessons per month.
2. Tuition entitles a student to a standing appointment for the same day and time, depending on the lesson option. Note: Lesson time includes learning to groom and tacking a horse.
3. Lesson horse assignments are made upon arrival at the barn. If a rider would like to ride the same lesson horse consistently, please talk with Natalie or Cece about half leasing a lesson horse.
4. Lessons may be conducted individually or in small groups, at our discretion and depending on the needs of the rider. Private lessons are 45 minutes, group lessons are one hour.
5. Training and tuition fees are due by the 5th of the month. A late fee will be assessed after the 10th. Electronic bill pay is available.
6. When competing, coaching and horse use fees are billed following the event. Trailering fees are due at the time of service.
7. If paying per lesson, payment via cash, check or Venmo, is due at the time of lesson.
8. Monthly tuition is payable by check, credit card (3.5% fee) or electronic funds transfer (EFT). To receive the monthly discount, payment must be by EFT.
9. Missed lessons cannot be carried over or discounted from the next month's bill. If 24-hour notice has been given, you may reschedule within the month the missed lesson occurred. Make-up lessons are scheduled the last week of the month in which the missed lesson occurred.
10. Lessons are not scheduled on major holidays. All students are entitled to make up any lesson that falls on major holidays.

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Client Name

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Client Signature

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Date



We are glad you have joined the Four Star Farm riding and horsemanship program! If you're a beginning rider, your lesson time will include learning to halter, lead, groom and tack up your assigned horse. These are skills necessary to understanding the care involved in horsekeeping! When Cece has determined you've mastered these skills, you are welcome to arrive early to get your horse ready for your lesson and increase your time in the saddle. Also, beginning riders may start with vaulting to learn balance and position.

Listed below are the skills you need to demonstrate prior to starting lessons with Natalie, who instructs advanced riders. Check them off as you master each and ride on!

- Safety rules
- Basic horse anatomy
- Tack parts
- Correct haltering and leading
- Groom and tack up your horse independently
- Care after riding
- Correct mounting and dismounting
- Emergency dismount
- Steering
- Aids for halting and moving forward
- Understand the role of the inside and outside leg and rein
- Know correct posting diagonal
- Post at the trot with and without stirrups
- Ride trot poles
- Stand in the stirrups at the walk, trot and canter
- Keep a dollar bill under the leg while riding
- Learn and ride the United States Eventing Association's lower-level dressage tests
- Mastering the half-halt
- Correct jumping position
- Trot and canter over a course of poles
- Jump a crossrail without stirrups and without reins
- Ride a course of six jumps (The progression is poles, crossrails then crossrails and verticals.)
- Execute a turn on the forehand
- Demonstrate aids for lateral movements (leg yield, shoulder-in)
- Demonstrate keeping your horse straight
- Demonstrate correct geometry of a circle and riding corners
- Canter without stirrups

Once you have mastered these skills, you'll be ready to take lessons with Natalie, who focuses on preparing riders for competition. With Natalie you'll develop the following:

- Understand the training scale for advanced dressage and lateral work
  - Rein back
  - Leg yield
  - Shoulder-in
  - Haunches-out (renver)
  - Haunches- in (traver)
  - Flying lead changes

- Learn dressage tests of increasing difficulty, both United States Eventing Association tests (USEA) and United States Dressage Federation (USDF) tests
- Advanced jumping skills
  - Oxers
  - Combinations
  - Gymnastics
  - Courses
  - Cavaletti work
- Expectations for your first show
  - Rules while on the show grounds
  - Grooming
  - Braiding
  - Warming-up
  - Walking courses: show jumping and cross country
- Cross-country riding skills
- Strategies when showing
- Advanced veterinary care
  - Giving injections
  - Wrapping wounds
  - Taking temperature, pulse and respiration
  - Diseases
  - Bandaging
- A secure, balanced, independent, and classically correct seat on the flat, over fences, and in the open.
- Correct, independent, and effective use of aids, with tact, empathy, and good judgment, considering the level of the horse's training, his needs, and his nature. Understand proper use and effect of the natural and artificial aids.
- Ability to ride different horses at various stages of training.

Are you a parent who wants to help out during your child's lesson? A couple ways you can assist are to help find your child's helmet and scoop poop during the lesson. (Poop must be picked up immediately, not at the end of the lesson, to preserve the footing and keep the arena clean for everyone to enjoy.)

**RELEASE AND HOLD HARMLESS AGREEMENT**

FOR  
VALLEY DRESSAGE AND SPORTHORSE CENTER, LLC.  
AND  
FOUR STAR FARM, LLC  
7445 Pitt School Rd., Dixon, CA 95620  
707-693-9227

**This release contains important information on liability and should be carefully read by all horse owners, handlers and riders.**

**The undersigned states as follows:**

I acknowledge that horse riding, training and handling contain inherent risks of injury of damage to me, to my horse(s) and to my equipment. I also acknowledge that **VALLEY DRESSAGE AND SPORTHORSE CENTER** and **FOUR STAR FARM** urges horse riders and handlers to wear proper riding attire for safety at all times, including boots with heels and AHSA-approved helmets, with helmets required for minor children, for jumping and always strongly recommended. Knowing this, I nevertheless, with your acceptance of this form, do hereby for myself, my executors and administrators waive, release and hold harmless **VALLEY DRESSAGE AND SPORTHORSE CENTER** and **FOUR STAR FARM**, heirs, their owners, leases, officers, staff and all individuals thereof and all other persons and organizations in any way connected with the events, property, boarding, lessons or any activity described herein, the representative, heirs, executors, administrators and assigns, from any and all rights, claim or liability for any and all claims of any kind or nature that I might have as a result of or arising out of my participation in any activity. Further, I do hereby acknowledge that this release will extend to any accident, damages, or claims arising out of my participation, caused by my own acts or the acts of anyone or any animal within my control. I further agree that I will defend indemnify and hold harmless **VALLEY DRESSAGE AND SPORTHORSE CENTER** and **FOUR STAR FARM**, their owners, leases, officers, staff and all individuals thereof against all claims, demands and causes of action, including court costs and reasonable attorney's fees directly or indirectly arising from any action or other proceeding brought by or prosecuted for my benefit contrary to this release extended to all claims of every kind and nature whatsoever, whether known or unknown. I expressly waive any benefits I may have under Section 1542 of the California Civil Code relating to the release of unknown claims.

NAME \_\_\_\_\_

ADDRESS (include city and state) \_\_\_\_\_

EMERGENCY CONTACT NAME AND PHONE NUMBER \_\_\_\_\_

SIGNATURE \_\_\_\_\_

MINORS MUST HAVE THE FOLLOWING LIABILITY RELEASE SIGNED BY THEIR PARENTS OR LEGAL GUARDIANS:

We, the undersigned parents or legal guardians of \_\_\_\_\_ for and in consideration of our child's participation with **VALLEY DRESSAGE AND SPORTHORSE CENTER** and **FOUR STAR FARM**, state that we have read the waiver, release and hold harmless written above, that we have read and explained this agreement to our child and that we expressly agree that the terms and of conditions of said waiver, release and hold harmless shall apply to and be binding upon us and our minor child, insofar as it pertains to his/her participation and to any injury or damage said minor child or his/her horse(s) may sustain as a result of said participation. We further warrant we have health and accident insurance on said minor.

PARENT'S/LEGAL GUARDIAN'S SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

**Four Star Farm, LLC**

**Debit Authorization Form**

I, \_\_\_\_\_ (your name), authorize Four Star Farm, LLC, to electronically debit my bank account according to the terms outlined below.

**Terms of billing:**

- Monthly Tuition: on the \_\_\_\_\_ (choose 1<sup>st</sup>-5<sup>th</sup>) day of each month and every month thereafter on the selected day, tuition will be debited until I cancel the tuition contract by written 30-day notice.
- Full Training: on the \_\_\_\_\_ (choose 1<sup>st</sup>-5<sup>th</sup>) day of each month and every month thereafter on the selected day full-training will be debited until I cancel the training contract by written 30-day notice.
- Half-Lease with monthly tuition: on the \_\_\_\_\_ (choose 1<sup>st</sup>-5<sup>th</sup>) day of each month and every month thereafter on the selected day, the half-lease with the tuition will be debited until the leasing contract expires.

Customer bank account information:

\_\_\_\_\_  
Name(s) on account as printed on your checks or monthly bank statement

\_\_\_\_\_  
Phone number associated with account

\_\_\_\_\_  
Routing number

\_\_\_\_\_  
Account number

Account type:  Checking      Please indicate:  Consumer  Business

I, \_\_\_\_\_ (your name), will notify Four Star Farm, LLC, of any changes to this authorization by giving written notice in enough time for the Four Star Farm, LLC, and receiving financial institution to have a reasonable opportunity to act on it.

\_\_\_\_\_  
Customer signature

\_\_\_\_\_  
Customer printed name

Date \_\_\_\_\_