

A group of female teenagers are in their second year of riding at TREC. They wrote a paper titled "My Time at TREC". Below are excerpts from two of those papers.



**My Time at TREC** by Kristina M.

My time was fun because I learned a lot like I learned how to do posting and how to weave in and out of cones and I think I learned how to control my anger better by riding when I am mad or frustrated. I think that I have become aware of what to do when I am riding, I pay more attention to my surroundings. Next I have gotten all my troubles out by talking to these horses. Also, I think that when I respect the horses you have to be calm and not kicking the horses and being all mean to them because you have to be calm...and when I have to come back to my home all I have to think about is to respect something or someone you have to be calm and not flipping out and screaming or getting mad...Getting to know these horses you are able to get everything that is bottled up inside of you out.

**My Time at TREC** by Amanda R.

I think that the TREC program is really important to have because there are so many people (like me) who have never rode a horse in their whole life because they never had the opportunity. Riding a horse is more than what some people think, it takes discipline and learning to relax and not be so tense because horses can sense those kinds of things and might not do what you want him to do...I think its neat how all horses have different personalities, kinda like humans! I have gained so much knowledge at TREC that I will take with me the rest of my life. I learned how to walk a horse, to groom and was a horse and cleaning out stalls, which isn't as horrible as I thought it would be. I felt good when I saw the stalls I helped clean knowing that the horse whose home that it was would be happy. I also learned how to ride a horse the right way to the point I don't need any sidewalkers, which is a big accomplishment for me because this is my first time ever riding a horse! The trainers do an excellent job at teaching us to do the right thing without getting frustrated and giving up. Someday I hope to own a riding so I can teach some people in my family how to ride who never had, because it's a great experience and a lot of fun.

