

## Equine Studies 10

Equestrian sports are incredibly rewarding and fun, so as an integral part of Equine Studies 10, students will follow both the **Equine Canada** and **Certified Horsemanship Association for Horsemanship Safety and Education** curricula. Both programs emphasize safety, strong horsemanship skills, and knowledge, delivered over several levels of increasing difficulty. (Learn more at [www.hcbc.ca](http://www.hcbc.ca) and <https://cha.horse>)

Note: students must ride with an ASTM-SEI approved helmet (provided by CSS), long pants, and boots with a 1" heel. Instruction will always be done in small groups of 3-6 students, so maximum supervision can be provided.



## Who We Are

### CSS Equestrian Program Teacher:

**Avril Broekhuizen** - B.Sc. in biology (specialty in ecology), M.Ed. in ecological education, formerly a certified CHA English/Western riding instructor, and created this unique CSS Equestrian Program. She currently owns and rides her Clydesdale mare, Darby, and has a lifelong passion for horses and introducing new people to riding.

### Our Coach & Barn Manager:

**Jillian Cross** (Coach at Crosswind Equestrian) & **Emma Mindel** (barn manager.) Coach Jillian is a highly qualified & EC certified professional that loves working with our students to make equestrian sports accessible, fun, safe, and personally fulfilling. Emma is a longtime equestrian, excelling in vaulting (& other disciplines), and is a former CSS Equestrian graduate!

---

*"The essential joy of being with horses is that it brings us in contact with the rare elements of grace, beauty, spirit, and fire."*

*- Sharon Ralls Lemon*

---



## Environmental Science 11

Students will be earning credit for Environmental Science 11. We explore the various micro and macro environments in and around the farm, gathering data and working on assignments & labs. We also endeavor to take fieldtrips to work with community groups and specialists in other unique environments (wetlands, sea-shore, etc.)

## Physical & Health Ed 10

Students will also complete PHE10 as a part of the Equestrian Program. This course will be run online, with some direct instruction on our campus days. Students can count their riding time as a part of their required hours of physical activity.

*\*\*We can substitute Active Living 11 or 12 if you already have credit for PHE 10.*



# EQUESTRIAN PROGRAM

**Building Character & Leadership  
One Ride at a Time**



Chilliwack Secondary School



## Program Overview

Applicants to the Equestrian Program should be **entering grade 10, 11, or 12** and have a strong interest in learning about horses. This is an **individualized** and **experiential** program, delivered both on CSS campus and at the barn (during the regular school day hours). Students do not require any previous horse handling/or horseback riding experience, but we can build on all experience levels (new to the sport or experienced!)

Students will learn how to work safely around horses, basic care & maintenance (grooming, feeding, etc.), as well as riding skills. Riding instruction will happen in small groups, with experienced coaches, and will be individualized based on each rider's level of comfort & experience, with an emphasis on **safety, fun, and equestrian sport skill acquisition.**

Students will each ride on a regular schedule, and then work on other written/online/& fieldwork components during the rest of the week's classes.

In this program, students will earn a total of 12 credits for **Equine Studies 10, Environmental Science 11, and Physical & Health Education 10 (or Active Living 11/12)**. An optional 2 more credits may also be earned if riders choose to do an EC English rider level 1 or 2 certification exam in June.

## Benefits of Working with Horses

### PSYCHOLOGICAL Benefits

- Learning to live in the moment
- Increased motivation, self-esteem and confidence
- Goal setting (& *celebration of success!*)
- Emotional self-awareness
- Gain a sense of empowerment, and increased sense of control

### SOCIAL Benefits

- Create and deepen friendships
- Experience challenges as a team, and problem-solve together
- The opportunity to be a caregiver, and to experience and practice empathy
- Improve communication, verbal & non-verbal
- Gain local contacts in the horse industry

### PHYSICAL Benefits

- Increased balance, coordination, awareness of rhythm and timing
- Increased muscle strength, flexibility, and overall endurance/fitness
- Learn and practice respiratory control
- Increased body language awareness

### SPIRITUAL Benefits

- Connection with animals, nature, and people (mindfulness)
- Connection to, and increased awareness of, the natural world around us.



## Who Should Apply?

- Do you love horses or have always wanted to learn how to ride/improve your skills?
- Do you prefer to learn in an outdoor setting with hands-on experiences?
- Are you interested in environmental science?
- Would you like to earn your PHE credit by doing the activities you love?
- Are you considering a career in the horse industry?
- Are you trustworthy, have a good attendance record, and want to have a unique experience in high school?
- Are you a self-motivated and independent learner?

**If yes, then this program is for YOU!**



## Questions?

**Avril Broekhuizen**  
Equestrian Program Teacher

avril\_broekhuizen@sd33.bc.ca

[css.sd33.bc.ca/equestrian-program](https://css.sd33.bc.ca/equestrian-program)