

CENTERED RIDING RIDER RECOGNITION AWARDS



PURPOSE:

To recognize Centered Riding Members for the hours they have participated in Centered Riding lessons and Groundwork / Bodywork, and their continuing education and interest in Centered Riding.

CENTERED RIDING RIDER RECOGNITION AWARDS CONSIST OF:

- **1st Award: Red** (badge & certificate) for 30 hours CR lessons plus 10 hours bodywork
- **2nd Award: Blue** (badge, certificate) additional “ “ “
- **3rd Award: Green** (badge, certificate) additional “ “ “
- **4th Award: Yellow** (badge, certificate) additional “ “ “
- **Further recognition awards to be developed as the need arises.**

HOW THE PROGRAM WORKS:

1. CR Rider Recognition Awards are open to all current (dues paid) CR Rider Members, CR Junior Rider Members and CR Instructor Members. The program begins on April 1, 2007.
2. Centered Riding Members of all ages, levels and disciplines, including riders in therapeutic riding programs, may participate. There are no requirements as to level of riding, achievement or curriculum, except that **Centered Riding lessons must be taught by a CR Instructor or Clinician, who must be current (updated & dues paid)**. Lessons may be from different CR Instructors or Clinicians and may include Centered Riding Clinics.
3. Each CR Rider Recognition Award recognizes the completion of 30 hours of Centered Riding lessons and 10 hours of Centered Riding groundwork/bodywork or other related bodywork. CR Rider Recognition Awards are not Achievement Levels, and do not recognize or imply any specific level of achievement, skills, or competency in riding.
4. Participating members keep a log of Centered Riding Lessons and groundwork or bodywork lessons in their CR Rider's Journal. For every 30 hours of Centered Riding lessons and 10 hours of CR groundwork and/or bodywork, you receive a Rider Recognition Award, consisting of a badge and a certificate recognizing the lessons you have completed.
5. The Centered Riding Instructor or bodywork instructor should sign your CR Rider's Journal for each lesson, and record the date & lesson time (1 hour, ½ hour, etc.). When you have completed 30 hours of CR riding lessons plus 10 hours of Groundwork/bodywork, a Centered Riding Instructor must review your Rider's Journal and sign your Application for your Rider Recognition Award.
6. Bodywork lessons may include Centered Riding groundwork or bodywork (group or private), workshops in Alexander Technique, Feldenkrais, Franklin Method, or Tai Chi, or participation in bodywork/groundwork sessions at a Centered Riding Symposium, clinic or workshop. Bodywork lessons or workshop hours should be recorded in your CR Rider's Journal and signed by the bodywork instructor or practitioner.
7. You may not count lessons or bodywork taken previous to becoming a CR Rider or Instructor Member or before the beginning of the CR Rider Recognition Program (April 1, 2007) toward CR Rider Recognition Awards.

HOW TO APPLY FOR YOUR RIDER RECOGNITION AWARD:

1. When you have completed the required 30 hours + 10 hours, your completed Rider's Journal must be reviewed by a Centered Riding Instructor. This need not be the same CR Instructor who taught the recorded lessons, but must be a current Centered Riding Instructor (updated & dues paid).
2. Complete and send an Application for Recognition Award (available on the CR Website) to the CR Office with the required fee (\$5.00 U.S.A., \$6.00 Canada and Mexico, \$7.50 all other countries) to cover your Award badge and certificate and new Rider's Journal..

Please do not mail your CR Rider's Journal to the CR Office—only the application form.

3. Congratulations! Your Rider Recognition Badge and Certificate and a new CR Rider's Journal will be sent to you.