

American Morgan Horse Association, Inc.

Presents



**AMHAY Merit Program
Youth Workbook**

**LEVEL THREE
SHERMAN**



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LEVEL THREE: SHERMAN

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AMHAY Merit Program Sherman Level



MISSION

The AMHA Youth Programs are designed to help our youth become educated horsemen who are civically minded, passionate advocates of the Morgan Horse as well as advocates of horse sport and horse ownership.

RULES

1. This program is open to AMHAY members, 21 years and under, who are interested in learning more about Morgans and safe horsemanship while participating in Morgan promotion and community service.

2. There are 5 levels of achievement once AMHA Youth membership has been established:

- 1) Bulrush
- 2) Woodbury
- 3) Sherman
- 4) Black Hawk
- 5) Justin Morgan

Information on the first two levels is available at www.morganhorse.com

3. Level requirements do not need to be completed at the same time, although you must complete one level before progressing to the next.

4. Complete the checklist at the end of this packet and email to Nicole@morganhorse.com

5. Members may work on the merit levels as individuals or in a youth Team. The first two levels may be completed with any horse, but third level and above needs to be completed with a Morgan Horse.

Illustrations by Nancy Eidam & Jeanne Mellin Herrick



AMHAY Merit Program

Sherman Level

A: EQUINE FIRST AID

Basic knowledge on your horse's health is the first step to keeping them happy and healthy. This knowledge will help avoid conditions which might bring on sickness in your horse as well as be quick to perform basic first aid duties when your horse finds itself in some health troubles.

First Aid Kit

Having a first aid kit for your horse on hand is always a great idea. There are many items that are great have on hand. Some items may vary depending on the environment your horse lives in as well as the ways in which you use your horse, but here are a few essentials that would help in a pinch:

1. Thermometer: This is used to take a horse's internal temperature.

The normal horse temperature runs between 99.5 to 101.5 degrees Fahrenheit. Modern digital thermometers are the fastest and easiest to read. Always be sure to attach a string with a clip to your thermometer. Attach the clip to your horse's tail while in use so you do not lose the thermometer.



2. Vaseline/Petroleum Jelly: Use this on the tip of the thermometer before insertion. It also helps protect the soft tissues from soreness and chaffing.



3. Self-Adhesive Stretchy Bandages: Keep at least two rolls of this on hand, around 3–4 in. in width. This is an excellent item to keep on hand because it sticks to itself and not to the horse. This can be used over cotton and gauze on wounds to apply pressure and hold it in place.

4. Roll of Cotton: This can be used on wounds over gauze or non-adherent bandages. A roll is great because it can be cut to the appropriate size needed.

5. Gauze or Non-Adherent Bandages: These are kept on hand to be used with a topical ointment on your horses wound. It should be applied and then wrapped with cotton and a self-adhesive bandage to hold it in place.

6. Scissors: These are a very important tool to be kept in your kit. They can be used to cut hair, or debris away from your horse, as well as cut bandages, wrap a tape to size.



7. Topical Ointment/Spray: Use this on small open wounds on your horse.

There are many types and varieties. Some are gel/cream form, others are sprays while others can be dusted. Some of these require wrapping while others are meant to be exposed to the air after applied. Be sure to read all instructions before use.

8. Epsom Salts: Epsom Salts are used to soak hoof/foot abscesses. They are used by dissolving in hot water.

9. Tweezers/Forceps: Can be used to remove splinters and small debris.



10. Antiseptic Soap/Wound Cleaning Agents: Solutions such as betadine are used with warm water to scrub the affected area to clean it.



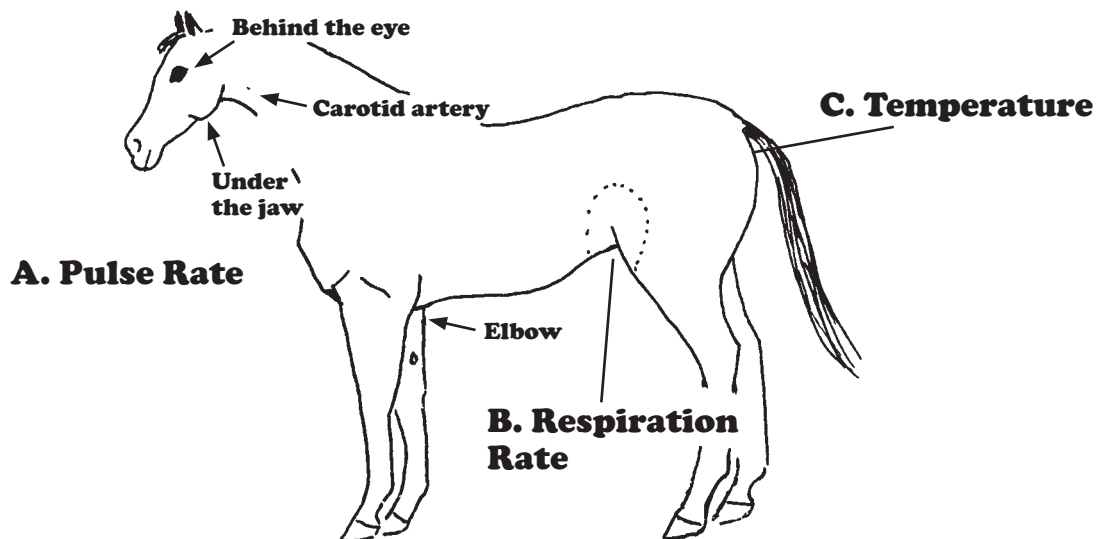
A: EQUINE FIRST AID

11. **Polo-Wraps:** Great to have on hand for a variety of reasons, wrapping a horse, or even wrapping a tail to keep it out of the way.
12. **Stethoscope:** To be able to hear your horse's heartbeat and respirations to ensure they are at a normal rate. A normal horse's heart rate is between 32–44 beats per minute. **See chart below. The normal respiration rate for a horse is 12–18 breaths per minute.
13. **Diapers:** Can be used in a pinch as padding of any sort, as well as wrapping a horse's hoof for short walking distance.
14. **Nitrile Gloves:** For keeping the area as sterile as possible and for applying wound dressings.
15. **Flashlight or Headlamp:** To be able to see your horse's wound/health problem better.
16. **Bute (phenylbutazone)/Banamine:** Need to be obtained by your veterinarian. They are considered non-steroidal Anti-inflammatory Drugs and can quickly help your horse become more comfortable.
17. **Bottle of Sterile Water:** In case there is no water supply available to you in your area.
18. **Halter and Lead Rope:** Great to have on hand—you just never know!
19. **Twitch:** In case restraint is needed to treat your horse properly.
20. **Phone Number for your Veterinarian.**



All First Aid kit items should be kept in a waterproof box in an easily accessible location. Be sure to check the expiration dates on the items in your box regularly.

Where to check your horse's pulse, respiratory rate, and temperature....





A: EQUINE FIRST AID

Worksheet #1: First Aid

Name 10 things to have in your Equine First Aid kit.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

11. The horse's average temperature should be between _____ and _____ degrees Fahrenheit.

12. The average horse's respiratory rate should be between _____ and _____ breaths per minute.

13. The average horse's heart rate should be between ____ and ____ beats per minute.

14. Epsom Salts are dissolved in _____ and are best used on your horse's _____.

15. Diapers can be used for wrapping your horses _____ for a short walk.

16. _____ are used for keeping the area as sterile as possible and applying wound dressings.

17. _____ can be used to remove splinters and small debris.



B: CAUSES AND SYMPTOMS

There are many reasons a horse can be ill or unsound. Here, you will learn the common illnesses and unsoundnesses and diseases that can affect your horse. You will also learn the symptoms, causes and treatments for them.

Colic: Colic is simply a “bellyache.” When a horse has colic, it is indicated by general uneasiness, restlessness, sweating, not eating, looking at the flanks, pawing or kicking at the belly, getting up and down, and rolling frequently.

Cause: The primary cause of colic is internal parasitism; this is said to be the cause in over 85% of colic cases. Other causes are irregularities in diet, feeding times/amounts, chronic indigestion, sand in the food or water, putting a horse away improperly (overly heated), and drastic sudden change in environmental temperatures.

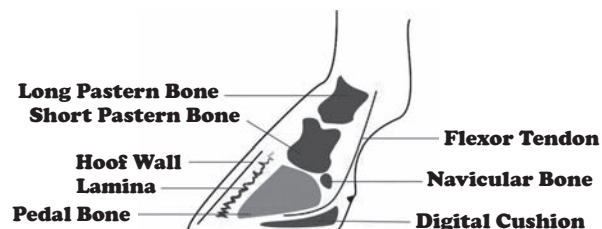
Treatment: Call your veterinarian at the first signs of colic. If not treated professionally, colic can be fatal. While waiting for your vet, walk your horse slowly, without letting them drop/laydown or roll. Your vet may treat them with medicine and a nasogastric tube, to help alleviate gasses and other obstruction. In extreme cases, if the horse’s intestine’s get twisted, surgery can be an option.

Founder (Laminitis): Founder is an inflammation of the sensitive laminae of the foot. It may be acute (sharp, sudden pain) or chronic (continuous pain over a long period of time). It may involve any foot or all four, but most commonly occurs in the forefeet. Symptoms include a rise in temperature, up to 106 degrees Fahrenheit, as well as rising heartrate. The animal is unsound, or resists moving. The horses feet are warm to the touch.

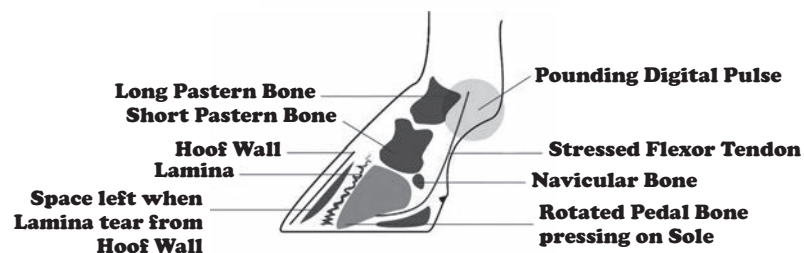
Cause: There are different types of founder, each with different causes:

- **Acute Founder:** Caused by toxic conditions to the bloodstream. The toxemia seems to originate in the digestive tract and the reproductive tract (in mares). The toxins result in the formation of histamine, a chemical which finds its way into the bloodstream and causes constriction of the small arteries.

Healthy Hoof



Laminitic Hoof



*photo courtesy of Washington Vet Clinic



AMHAY Merit Program Sherman Level

B: CAUSES AND SYMPTOMS

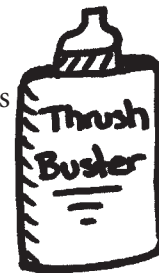
- **Grain Founder:** Caused by a horse eating more grain than can be tolerated.
- **Water Founder:** Caused by an overheated horse drinking excessive amounts of water.
- **Road Founder:** Caused by a horse's feet moving too fast, standing too long, or worked over a long period of time, all on a hard surface. Could also be mistaken for sore foot syndrome.
- **Foal (postparturient) Founder:** Caused by birthing mares retaining portions of fetal membranes (afterbirth) or a uterine infection resulting in systemic toxic condition.
- **Grass Founder:** Cause by horses grazing on alfalfa and clover in lush pastures. This type of founder more commonly affects overweight horses. In can occur in winter when feeding legume hays.
- **Other Causes:** Founder can also be caused by hormonal difficulties in mares, viral respiratory diseases, colic, and the administration of strong purgative.

Treatment: Call your veterinarian right away. The sooner it is treated, the better the outcome. Walk your horse slowly to get the blood flow moving, this will ease the pain. Move your horse to soft footing. Your vet may prescribe some medicines. Cut out all high protein and fat grains and keep feet on ice, or in ice boots.

Thrush: Thrush is an ailment of the foot that happens in the central sulcus or cleft of the hoof, and eventually involves the entire frog. Symptoms include a foul order of the hoof. The infected area is moist and there is often a thick black discharge.

Cause: Thrush (*Spherophorus Necrophorus*) is cause by unclean conditions, such as when a horse stands in a damp, dirty stall. Failure to clean out the hooves daily is also a cause.

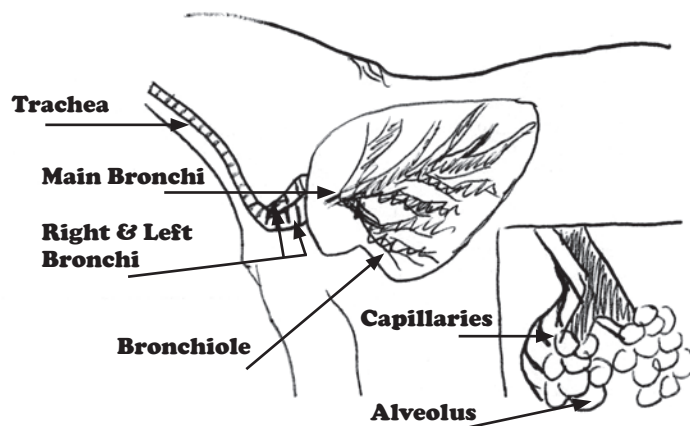
Treatment: Can be lengthy, but start with clean, dry bedding. There are also several commercial treatments that can be purchased. Another great home remedy is a bleach diluted in water and applied regularly.



Heaves: Heaves is a respiratory disease and is characterized by difficult breathing, a chronic cough, and generally poor condition. Cough and nasal congestion are the first signs of heaves, followed by shortness of breath and using the abdominal muscles to breath after exercise. Symptoms are aggravated by exercise, dust, and poor-quality hay. Sometimes with Heaves, the alveoli in the lung's ruptures.

Cause: The specific cause of heaves in unproved, the following are probable causes...

1. Allergic Reaction
2. Exposure to dust or molds
3. The result of chronic bronchitis





B: CAUSES AND SYMPTOMS

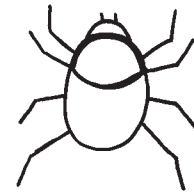
4. Prolonged feeding on poor grade roughage
5. Extreme exertion.

Treatment: While there is no cure for Heaves, it can be treated. The first part of treatment is eliminating the factors that could be contributing to it. Different bedding, better hay etc. Once a vet is called, they may administer anti-inflammatory medicines, such as corticosteroids, and bronchodilators. They can be delivered by injection or orally.

Lyme Disease: Lyme disease can cause arthritis, neurological disease, uveitis (moon blindness), and dermatitis in horses. Symptoms include fever, muscle aches and fatigue. They also include joint pain and Nervous system abnormalities such as numbness, pain, Bell's palsy (facial paralysis, which usually occurs on one side), and meningitis.

Cause: Lyme disease is caused by a bite from a tick.

Treatment: When caught early enough the outlook for recovery is good. Antibiotics can be administered such as Tetracycline or Doxycycline. Sometimes in more severe cases an IV treatment at a clinic is needed.



EPM (Equine Protozoal Myeloencephalitis): EPM is a disease that affects the central nervous system, and is considered rare. It takes 14 days from infection to positive antibody tests. Symptoms include general weakness with muscle spasticity. It can also cause lameness, muscle atrophy and airway abnormalities.

Cause: EPM is caused by the parasite *Sarcocystis Neurona*. This originally lives in an intermediate host such as a cat, opossum, raccoon, armadillos, skunks, and sea otters. Horses most commonly contract it by ingesting water or food contaminated by the feces of one of these animals.



Treatment: EPM is treatable but can cause irreversible damage to the nervous system. Your horse can be given antiprotozoal drugs for treatment. There are currently three of these approved by the FDA in the United States. These drugs minimize the infections but do not kill the parasite. Anti-inflammatory agents such as Banamine or Bute can also aid in reducing the inflammation and limit further damage. Antioxidants such as vitamin E can help restore the nervous tissue.

Potomac Horse Fever (PHF): PHF is a potentially-fatal febrile illness. It is also known as Shasta River Crud and Equine Monocytic Ehrlichiosis. Symptoms of PHF include acute-onset fever, depression, no appetite, colic-like symptoms, decreased manure, watery diarrhea, edema due to protein imbalances and acute laminitis. Infected horses usually founder within three days of initial symptoms.

Cause: The cause of PHF is a bacteria called rickettsial bacterium which is commonly found in freshwater snails. Insects then ingest the larvae of the snails, and then horses ingest the insects.



Treatment: PHF is treated best with tetracycline antibiotics, and mild cases can be treated with oral doses of Doxycycline. Severe cases can be treated with intravenous



B: CAUSES AND SYMPTOMS

Oxytetracycline. A vaccine is available, but it does not cover all strains of the bacterium, and the vaccine seems to create a weak immune response in horses.

West Nile Virus: West Nile Virus in horses causes encephalitis, inflammation of the brain and spinal cord and can be fatal. Prior to 1999 the virus was only found in West Africa, Eastern Europe and Western Asia. Symptoms include loss of orientation, aimless wandering, bumping into walls, blindness, excessive excitability, coma, collapse, elevated body temperature, weakness of the hindlimbs, incoordination and death.

Causes: West Nile virus is contracted from a mosquito bite.

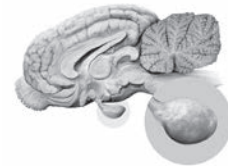
Treatment: There is no specific treatment for West Nile Virus. Most treatment is aimed toward individual symptoms and supportive care for encephalitis and neurological abnormalities. There are vaccines available for horses and it has been proven safe and effective.



Cushing's: Equine Cushing's disease is also known as pituitary pars intermedia dysfunction (PPID). It starts with the pituitary gland, which is located at the base of the brain. The pituitary gland produces hormones in response to brain signals, in Cushing's disease the normal control of the pituitary gland is damaged to the gland starts overproducing normal hormones. The hormones enter the circulation and affect the whole body. Symptoms of Cushing's include increased coat length, delayed shedding, laminitis, lethargy, increased sweating, weight loss and excessive drinking and urinating.

Cause: The cause is based on the incorrect hormone production in the pituitary gland. This can happen in mostly older horses, the average age of a horse with Cushing's is 19 years old.

Treatment: Medical treatment includes dopamine agonists, serotonin antagonists and cortisol antagonists. These replace the loss of inhibition in the pituitary gland.





B: CAUSES AND SYMPTOMS

Worksheet #1: Diseases and Causes

Draw a line from the Disease to the Cause.

- | | |
|--------------------------------|--|
| 1. Acute Founder | Mosquito Bite |
| 2. Heaves | Internal Parasitism |
| 3. Colic | Tick Bite |
| 4. Thrush | Bacteria from a snail |
| 5. Grain Founder | Unclean Conditions |
| 6. Lyme Disease | Working on hard surfaces over time. |
| 7. Road Founder | Eating more grain than can be tolerated. |
| 8. EPM | Eating too much lush grass. |
| 9. Foal Founder | Drinking too much water while overheated. |
| 10. Potomac Horse Fever | Allergic Reaction/exposure to dust. |
| 11. Grass Founder | Cat/Opossum/raccoon/skunk/sea otter |
| 12. West Nile Virus | Malfunctioning Pituitary Gland |
| 13. Water Founder | Retaining portions of fetal membranes |
| 14. Cushing's | Toxic conditions to the bloodstream |



B: CAUSES AND SYMPTOMS

Worksheet #2: Treatments

Fill in the blanks.

1. If your horse has _____, call the vet and then walk it slowly to prevent it from rolling.
2. To treat _____ start with dry, clean bedding, then purchase some over the counter treatments.
3. Antibiotics such as _____ or _____ are commonly used for treating Lyme Disease.
4. Cutting out high proteins and calling the vet for prolonged treatments is the best way to handle your horse getting diagnosed with _____.
5. Corticosteroids and bronchodilators are the best treatment for a horse with _____.
6. Sever cases of _____ can be treated with intravenous treatments of Oxytetracycline.
7. EPM is best treated by getting _____ drugs from your veterinarian. There are currently 3 FDA approved in the U.S.
8. There is a proven safe and effective vaccine for _____.
9. _____ is best treated with dopamine agonists, serotonin antagonists and cortisol antagonists.



C: IMMUNIZATIONS AND PARASITE CONTROL

Immunizations

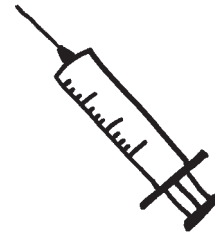
Immunizations are a vital part of keeping your horse happy and healthy. Most of vaccines and immunizations are required yearly or twice a year. Though they do vary based on what part of the country your horse is located, here is a list of the core vaccines your horse should be getting.

Rabies: Rabies is a neurological disease. Incidences are low, but rabies can be fatal. Your horse can contract the disease by getting bit by an infected animal. The vaccine for Rabies should be administered once a year.

Sleeping Sickness, EEE, WEE or VEE (Eastern, Western or Venezuelan Encephalomyelitis): These virus diseases can be fatal or leave your horse with permanent brain damage. They are prevalent in summer months, causing a central nervous disturbance and they are spread by insect bites. Vaccination for these diseases should be administered yearly in the spring.

Equine Influenza: This is a virus that lasts two to four weeks. Symptoms include nasal discharge, fever, and a pronounced cough. A vaccine for Equine Influenza should be administered yearly.

Tetanus (Lockjaw): The germ which carries this disease is commonly found in the feces of man and animals, especially those of horses, and lives in the soil as a spore for years. Infections can occur as a result of contaminated wounds, especially deep puncture wounds. A vaccine for Tetanus should be administered yearly.



Rhinopneumonitis: This is a virus infection (herpes virus) causing high temperatures (102-105 degrees Fahrenheit) lasting from 25 days after the appearance of nasal and eye discharge, cough, congestion and loss of appetite. The infection may last 24 weeks. It is transmitted through contact exposure, inhalation or ingestion of infected material. This virus is especially dangerous in pregnant mares because it causes them to abort. Vaccine is recommended in horses, and at 5, 7, and 9 months gestation for pregnant mares.

Parasite Control

Internal parasites can seriously harm your horse. They do serious damage by interfering with growth, development, performance and resistance to disease. They can also cause colic! The most common and dangerous intestinal parasite in horses are :

- bloodworms (strongyles)
- roundworms (ascarids)
- bots

****Periodic worming is a must for all horses.



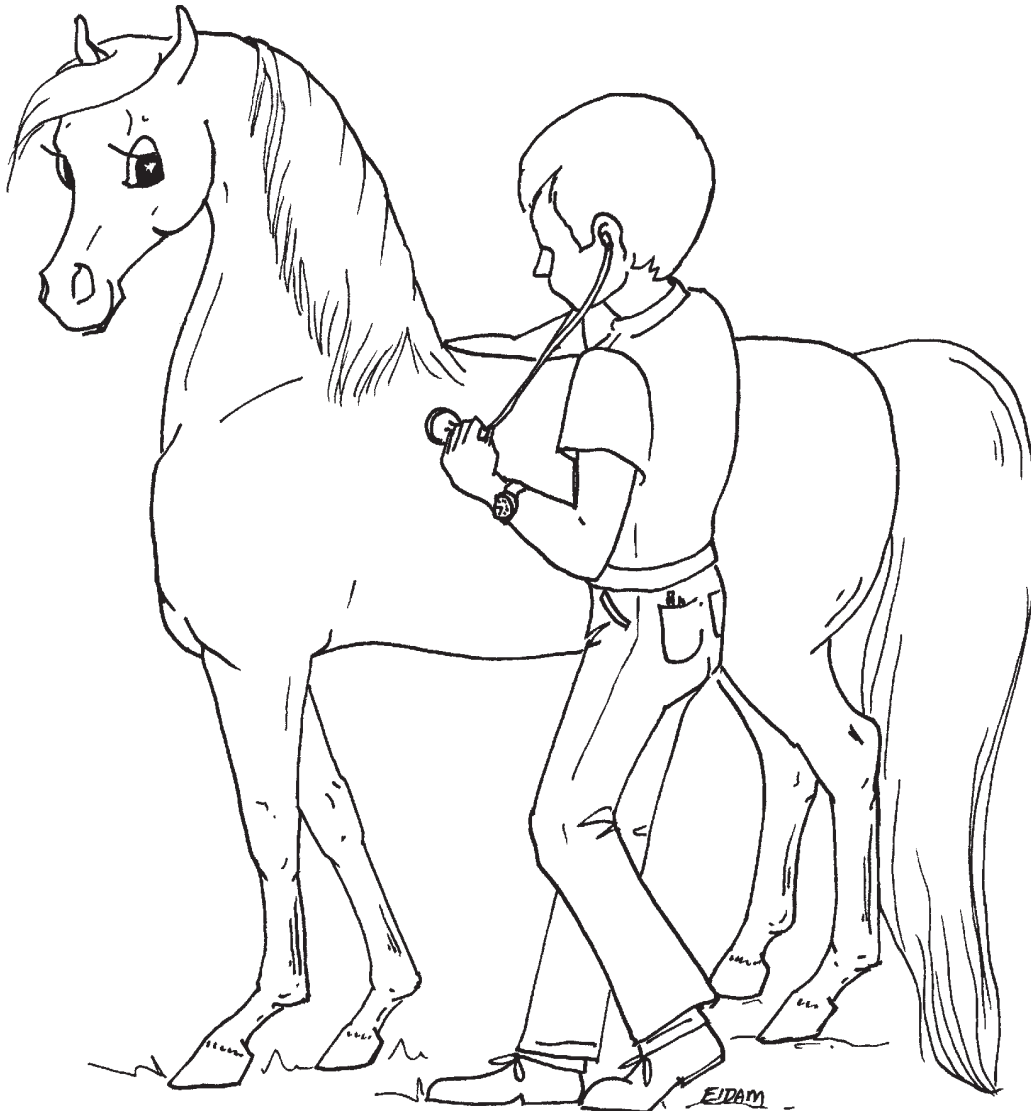


C: IMMUNIZATIONS AND PARASITE CONTROL

Here are some helpful hints to help prevent your horse from contracting worms:

1. Do not feed hay or grain on the ground
2. Do not allow drinking from barnyard pools or strange water holes.
3. Constantly remove manure piles
4. Keep grain covered
5. Remove bot fly eggs from horse's hair

External parasite can also be a problem to many horses. These are easier to get rid of than internal parasites. A good fly control program includes removal of waste, spraying with recommended pesticides around the table area and using a safe spray or replant on the animal during fly season.





C: IMMUNIZATIONS AND PARASITE CONTROL

Worksheet #1

List 5 helpful hints to prevent your horse from contracting worms

1. _____
2. _____
3. _____
4. _____
5. _____

Draw a line to match the symptoms to the diseases.

Rabies

The germ which carries this disease is found in feces.

Equine Influenza

This is a neurological disease

Rhinopneumonitis

This virus lasts 2-4 weeks.

Sleeping Sickness, EEE, WEE, VEE

This infection can last 24 weeks, and is especially dangerous in pregnant mares.

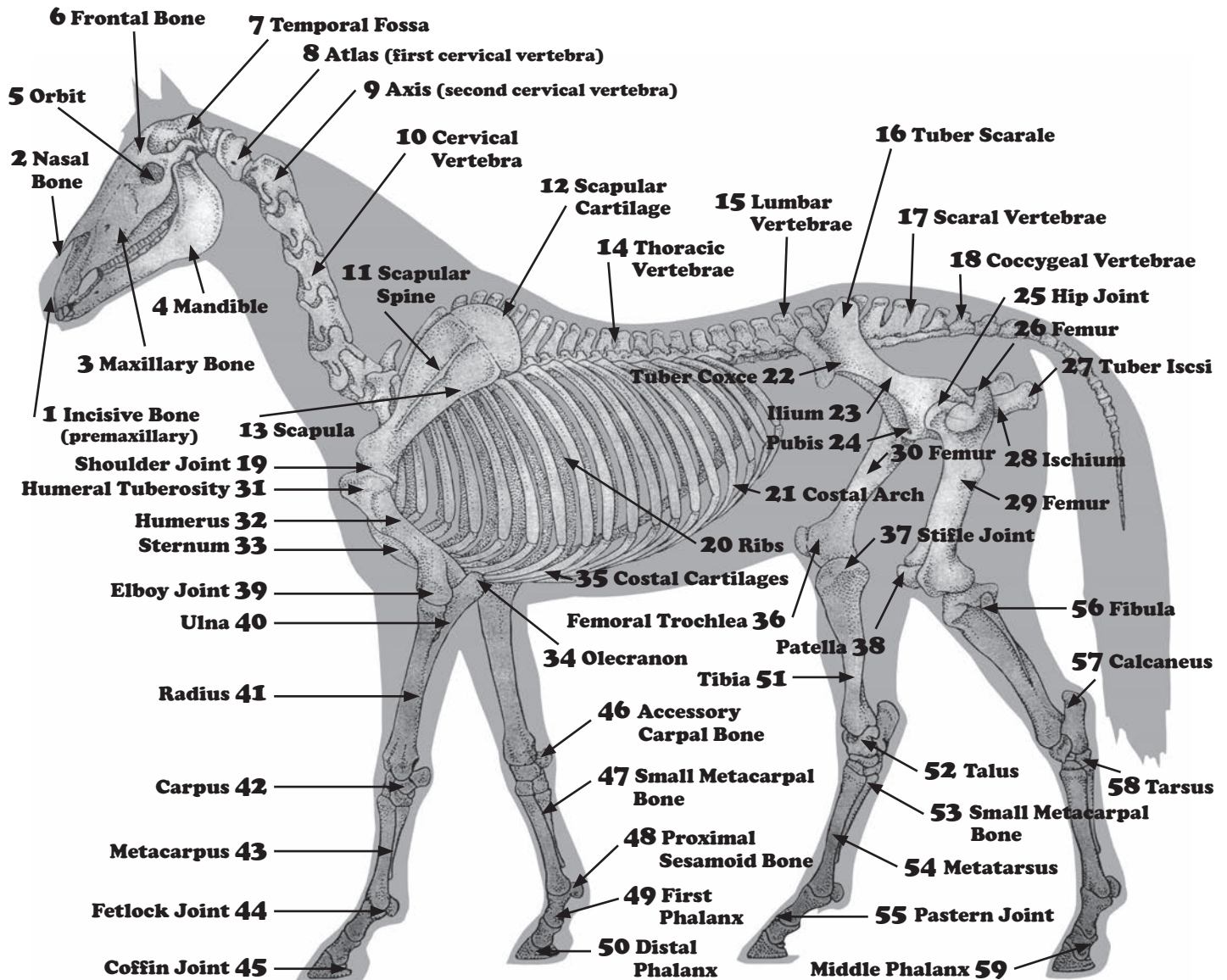
Tetanus

This virus is spread by insect bites and can leave your horse with permanent brain damage.



D: SKELETAL SYSTEM

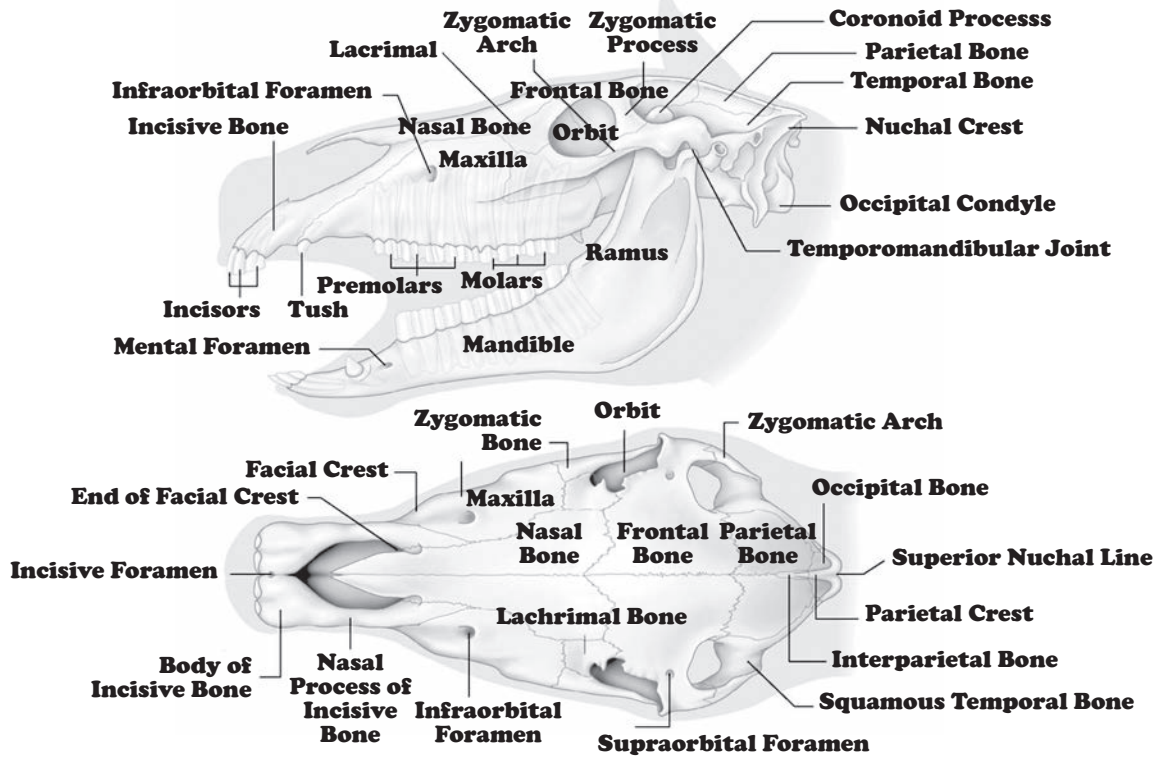
Skeletal System of the Horse



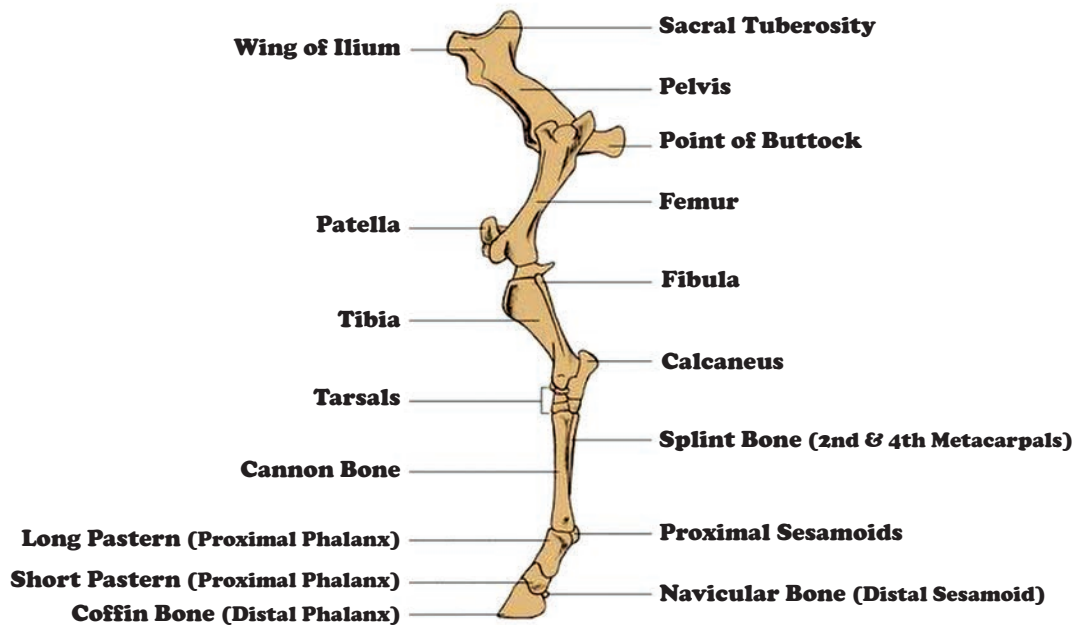


D: SKELETAL SYSTEM

Skull Bones



Leg Bones

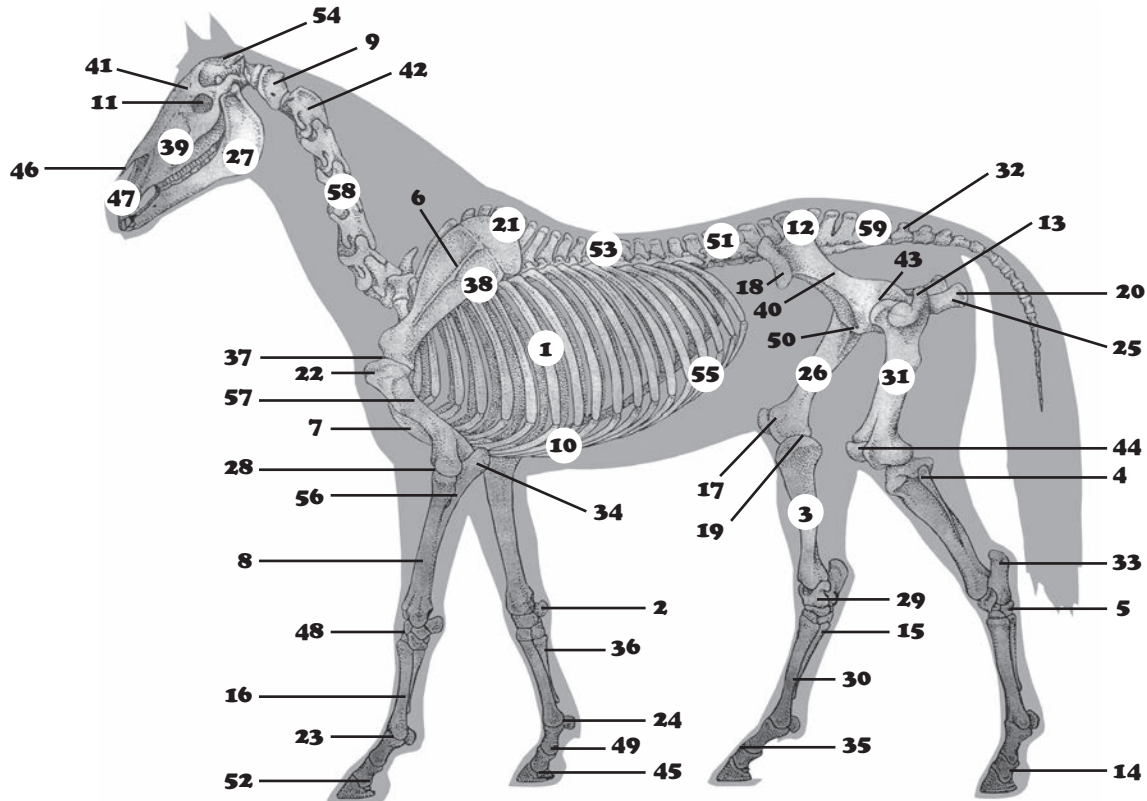




D: SKELETAL SYSTEM

Worksheet #1: Parts of the Skeleton

Put the correct number of each bone next to its name.



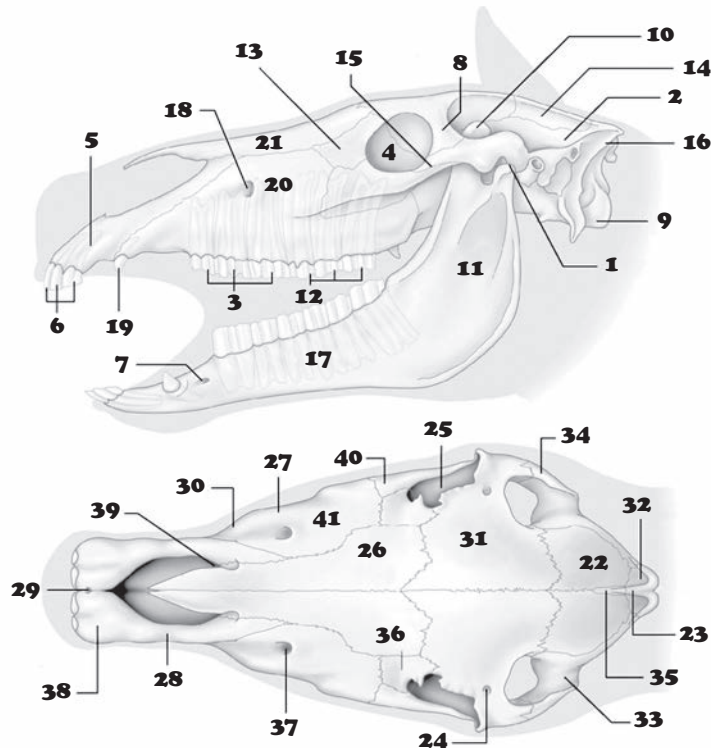
- | | | | |
|------------------------|--------------------------|---------------------------|----------------------------|
| ___ Incisive Bone | ___ Sacral Vertebrae | ___ Humeral Tuberosity | ___ Small Metacarpal Bone |
| ___ Nasal Bone | ___ Coccygeal Vertebrae | ___ Humerus | ___ Proximal Sesamoid Bone |
| ___ Maxillary Bone | ___ Shoulder Joint | ___ Sternum | ___ First Phalanx |
| ___ Mandible | ___ Ribs | ___ Olecranon | ___ Distal Phalanx |
| ___ Orbit | ___ Costal Arch | ___ Costal Cartilages | ___ Tibia |
| ___ Frontal Bone | ___ Tuber Coxae | ___ Femoral Trochlea | ___ Talus |
| ___ Temporal Fossa | ___ Ilium | ___ Stifle Joint | ___ Small Metatarsal Bone |
| ___ Atlas | ___ Pubis | ___ Patella | ___ Metatarsus |
| ___ Axis | ___ Hip Joint | ___ Elbow Joint | ___ Pastern Joint |
| ___ Cervical Vertebra | ___ Femur | ___ Ulna | ___ Fibula |
| ___ Scapular Spine | ___ (Greater Trochanter) | ___ Radius | ___ Calcaneus |
| ___ Scapular cartilage | ___ Tuber Ischii | ___ Carpus | ___ Tarsus |
| ___ Scapula | ___ Ischium | ___ Metacarpus | ___ Middle Phalanx |
| ___ Thoracic Vertebrae | ___ Femur | ___ Fetlock Joint | |
| ___ Lumbar Vertebrae | ___ (Third Trochanter) | ___ Coffin Joint | |
| ___ Tuber Sacrale | ___ Femur | ___ Accessory Carpal Bone | |



D: SKELETAL SYSTEM

Worksheet #2: Skull Bones

Put the correct number of each bone next to its name.



Side View

- ___ Infraorbital Foramen
- ___ Incisive Bone
- ___ Incisors
- ___ Tush
- ___ Mental Foramen
- ___ Nasal Bone
- ___ Maxilla
- ___ Premolars
- ___ Molars
- ___ Mandible
- ___ Lacrimal
- ___ Orbit
- ___ Frontal Bones
- ___ Zygomatic Arch

- ___ Zygomatic Process
- ___ Coronoid Process
- ___ Parietal Bone
- ___ Temporal Bone
- ___ Nuchal Crest
- ___ Occipital Condyle
- ___ Temporomandibular Joint

Ariel View

- ___ Nasomaxillary Notch
- ___ Incisive Foramen
- ___ Body of Incisive bone
- ___ Nasal Process
- ___ Infraorbital Foramen
- ___ Supraorbital Foramen

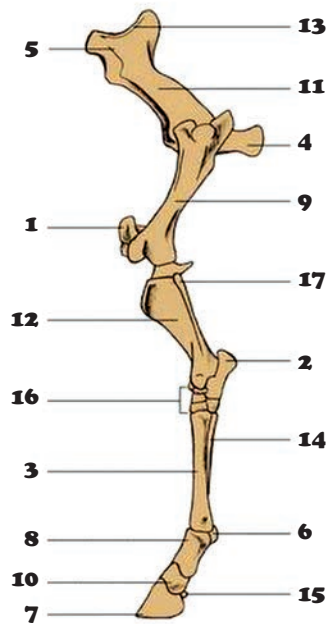
- ___ Squamous Temporal Bone
- ___ Interparietal Bone
- ___ Parietal Crest
- ___ Superior Nuchal Line
- ___ Occipital Bone
- ___ Zygomatic Arch
- ___ Orbit
- ___ Zygomatic Bone
- ___ Facial Crest
- ___ End of Facial Crest
- ___ Maxilla
- ___ Nasal Bone
- ___ Lachrimal Bone
- ___ Frontal Bone
- ___ Parietal Bone



D: SKELETAL SYSTEM

Worksheet #3: Leg Bones

Put the correct number of each bone next to its name.



___ **Wing of Ilium**

___ **Patella**

___ **Tibia**

___ **Tarsals**

___ **Cannon Bone**

___ **Long Pastern**

___ **Short Pastern**

___ **Coffin Bone**

___ **Sacral Tuberosity**

___ **Pelvis**

___ **Point of Buttock**

___ **Femur**

___ **Fibula**

___ **Calcaneus**

___ **Splint Bone**

___ **Proximal Sesamoids**

___ **Navicular Bone**

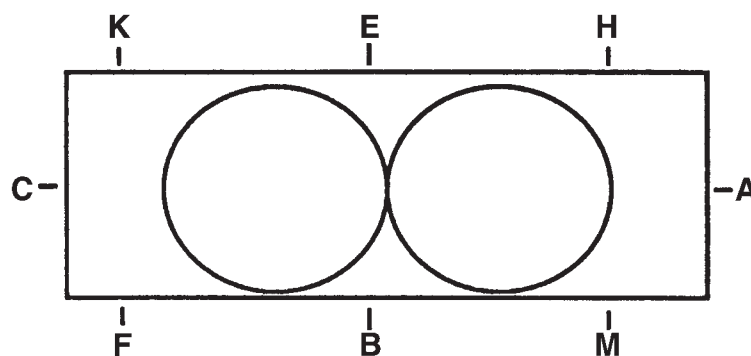


E: DEMONSTRATE BASIC RIDING TESTS

As your riding progresses, you will learn Equitation tests, patterns and routines which will demonstrate your riding ability. These tests come in handy in many ways but are also used in Equitation classes at horse shows. This section will break down a variety of the basic tests, and prepare you to perform two patterns at the end of this section.

- 1. Change of Diagonal:** A correct diagonal is when a rider is in the standing position of posting (this is demonstrated at the trot) while the horse's outside (toward the wall) front leg is in the forward position. Changing your diagonal is accomplished by sitting one extra beat of the trot and then rising when the other front leg is moving forward. Changing your diagonal at the trot is required when changing direction across the center of the ring. Also some tests require you to demonstrate a change of diagonal down a straightaway. Always remember to make it as seamless as possible by sitting smoothly and keeping your hands still.
- 2. Backing:** Backing your horse must always start from a halt. When asked to back in a line up, always back a minimum of three steps, halt and walk back into your original position. How to ask your horse to back may differ between disciplines and trainers. Always make sure your horse backs straight and keeps their head down.
- 3. Figure Eight:** A figure eight is best learned in a large dimension and then made smaller as you become better at the routine. A Figure Eight is best described as "a basic test of collection, reining and control, as well as the rider's ability to change directions smoothly and at the proper time."

Figure Eight



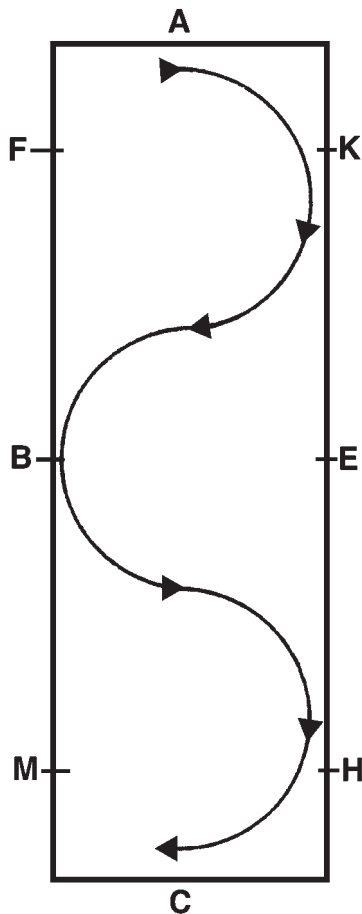
To demonstrate a figure eight, start in the center of the ring and execute a circle to the left (this can be done at any gait), once you have reached your original starting point, continue on to a circle to the right. (if trotting, change your diagonal, if cantering you may stop for a lead change). Once you have reached the original starting point again halt. You have now completed your figure eight. Always make sure your circles are even, and that you keep your horse collected and attentive. Once you have mastered the large figure eight you can then move on to performing them at one end of the ring (facing the other side and using around 1/3 of the arena space).



E: DEMONSTRATE BASIC RIDING TESTS

- Riding without stirrups/dropping your irons:** Dropping your stirrups is a great skill to show off your equitation while riding. Always remember to keep your legs tight and keep your position is the exact same place as you would with stirrups. Always pick your stirrups back up without looking down or using your hands.

Serpentine



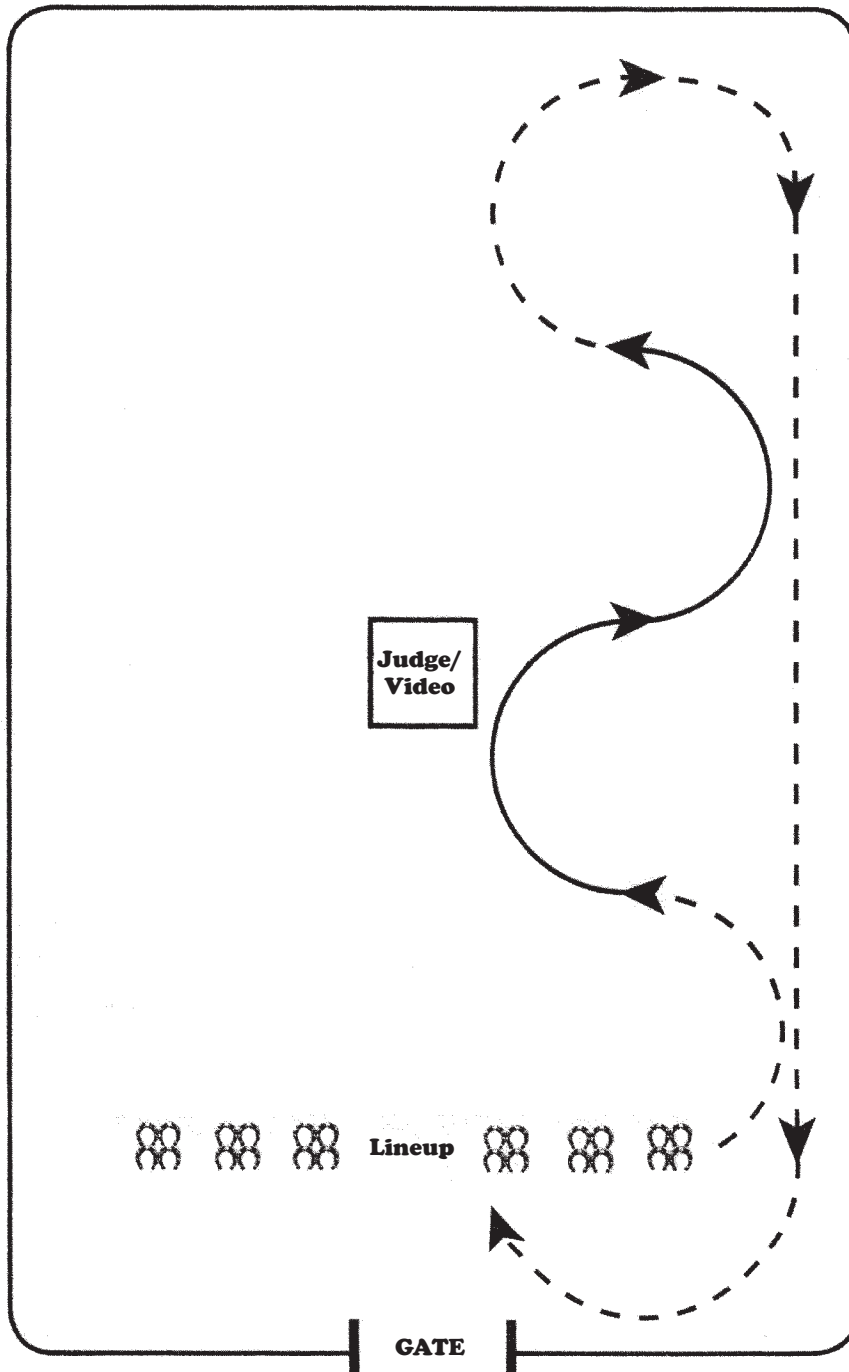
- Serpentine:** A serpentine is a series of left and right half-circles or “loops.” Always be sure to keep your half-circles all the same size, change to the appropriate diagonals/lead when changing your direction, and keeping a steady collected gait throughout. Serpentine usually consist of 3 or 4 loops, and can be done using the entire width of the arena or only down one half.

To complete this section, perform and video the two attached patterns, as well as complete the attached worksheet.



E: DEMONSTRATE BASIC RIDING TESTS

Pattern #1: Serpentine



Enter the ring at a walk and turn to the right.

Execute an alternating serpentine. Perform the first loop at a trot on the right diagonal.

Perform the second loop at a canter on the right lead.

Perform the third loop at a canter on the left lead.

Perform the last loop at a trot on the left diagonal and continue at the trot down the straightaway.

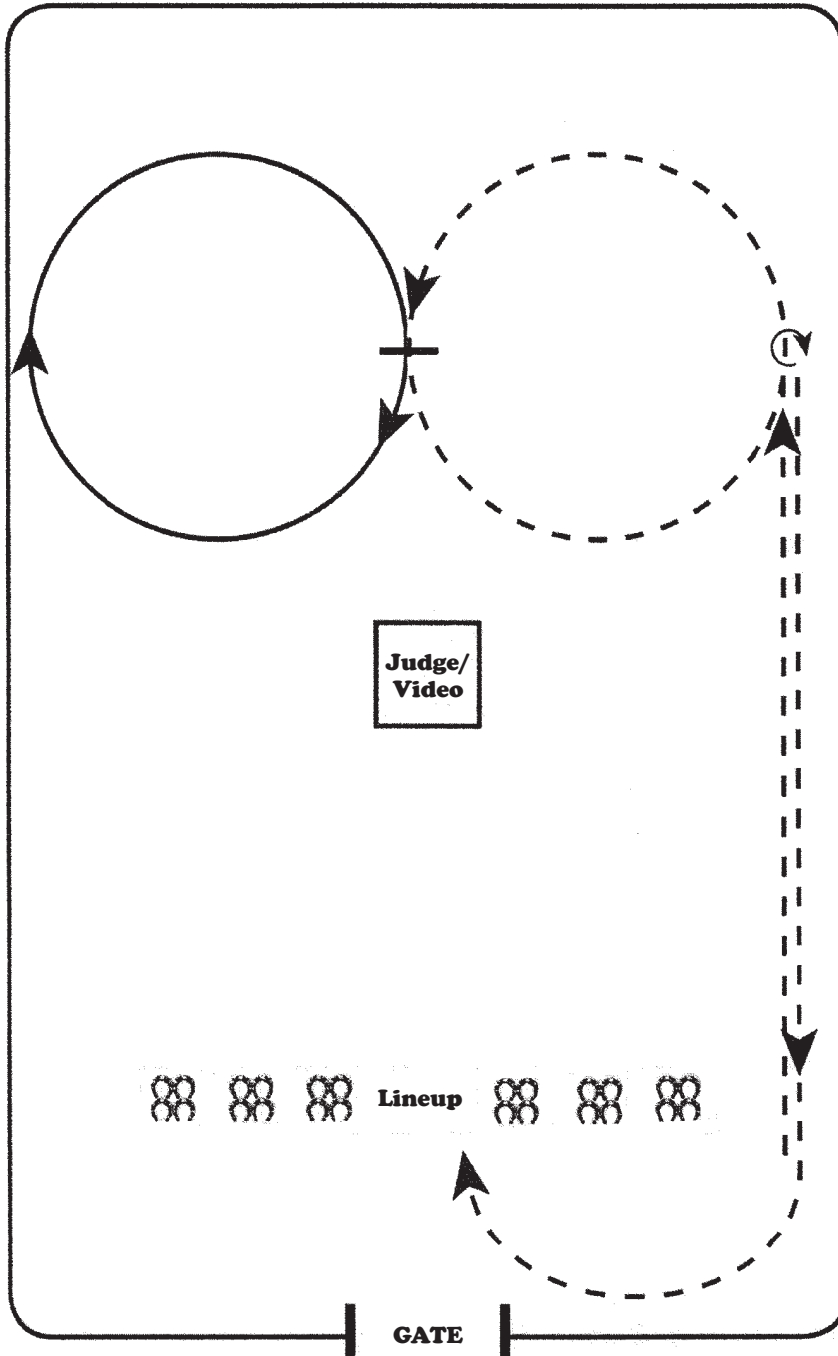
Return to the lineup or exit the ring at a trot.

	Stop / Halt
—	Canter
- -	Trot
.....	Walk
~>	Back
■	Marker
⊗	Lineup



E: DEMONSTRATE BASIC RIDING TESTS

Pattern #2: Figure Eight



Enter the ring to the right at a trot on the right diagonal to the 3/4 point of the rail and execute a half circle to the left at the trot to the center of the ring on the right diagonal. Halt.

Canter a circle to the right on the right lead. Halt.

Trot a half circle to the left on the right diagonal back to the rail. Halt.

Reverse and trot down the rail showing two changes of diagonal beginning on the left diagonal.

Return to the lineup or exit the ring at the trot.

	Stop / Halt
	Canter
	Trot
	Walk
	Back
	Marker
	Lineup



E: DEMONSTRATE BASIC RIDING TESTS

Worksheet #1

Fill in the blanks.

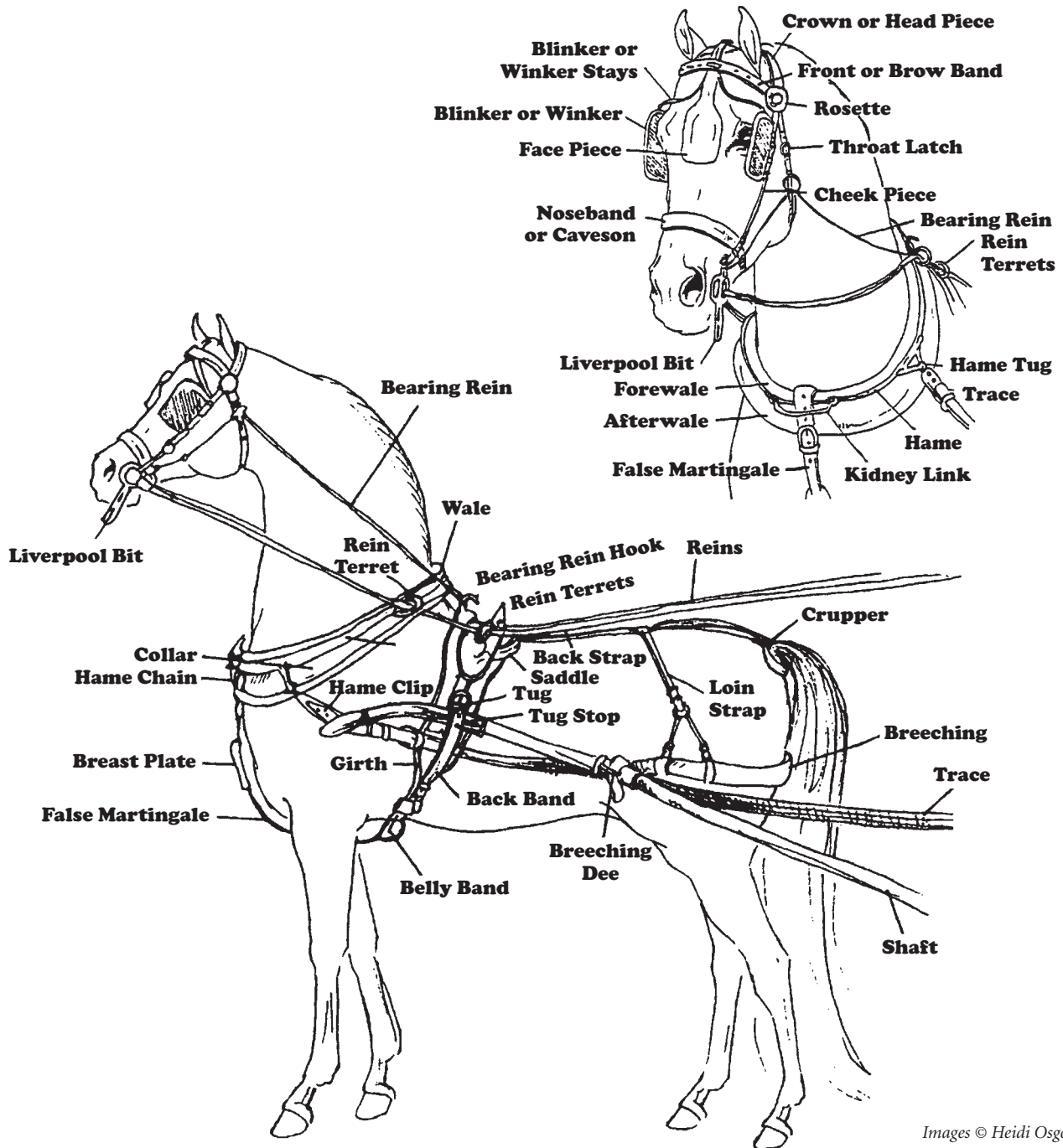
- 1. A _____ is best described as “a basic test of collection, reining and control, as well as the rider’s ability to change directions smoothly and at the proper time.”**
- 2. When asked to back in the line up, back at least _____ steps.**
- 3. A correct diagonal is when a rider is in the _____ position of posting while the horses _____ leg is in the forward position.**
- 4. Always to be sure to keep your half-circles in the serpentine _____ in size.**
- 5. Serpentine’s usually consist of ____ to ____ loops.**
- 6. Always pick your stirrups back up without _____ or _____.**



F: CARRIAGE DRIVING HARNESS

In this section you will learn the parts of the carriage Driving Harness, and also learn to harness and hitch a horse using either a pleasure or carriage driving harness.

Carriage Harness Parts





F: CARRIAGE DRIVING HARNESS

Steps to Harnessing a Horse:

1. After your horse is properly groomed and has the leg protection on that it requires, it is now time to start harnessing. First piece you will put on will be the saddle (sometimes called a surcingle). The crupper should already be attached to your saddle. Place the saddle in the center of your horse's back, unbuckle one clip on the crupper and place under the dock of your horse's tail. Re-buckle, and reassure the saddle in still in the correct place. Before fastening the girth, make sure you also place it through the martingale. This is also the time to make sure your tugs are properly attached to the saddle
2. Now place the breast collar over your horse's head and adjust it to the size of your horse. If you are using a carriage harness this is the time to put on the collar.
3. The next step is attaching the reins. Be sure to put the buckle end of the reins through the rein terret on the saddle, back to front. One on each side of the horse. Then be sure to put the rein through the martingale on its designated side.
4. It is now time to bridle your horse. This is done in the same manor as when you bridle to ride. First put on the noseband, but do not tighten just yet. Be sure the keep the overcheck to the side as to not get tangled in the bridling process and place the bridle on your horse's head. Once you make sure all pieces are correctly sized for your horse, the bit over the tongue, and not twisted. Once on your horse's head, you can fasten the noseband and throatlatch. Be sure all leather is placed in the designated keepers.
5. Now you can buckle your reins to the bit, being sure that they are straight and not twisted.

Steps to Hitching a Horse:

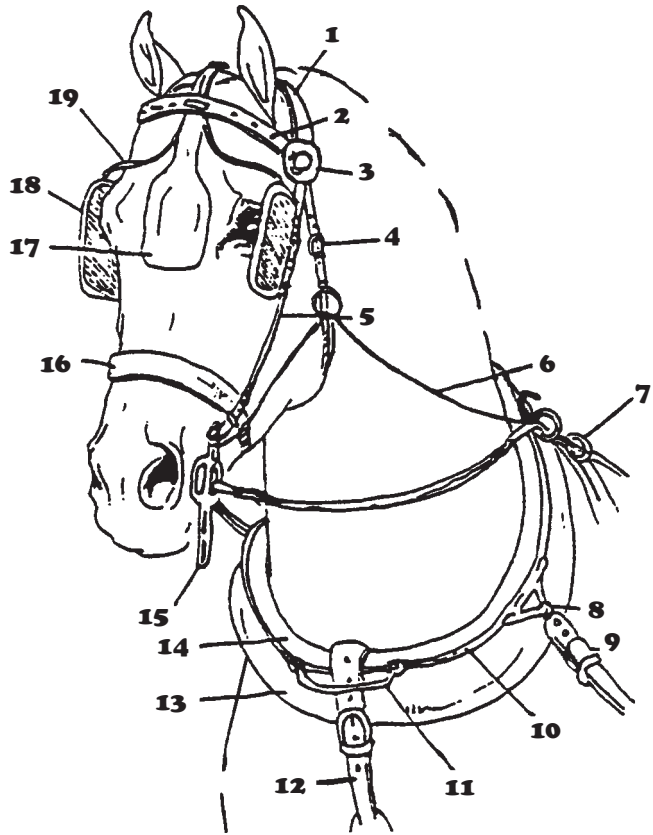
1. Now that your horse is properly harnessed, you can hitch them up to the cart. The process is mostly the same when using a pleasure driving harness or a Carriage Harness. First make sure to drop your reins (unravel and place them next to the horse) Make sure you have someone standing in front of the horse at their head. (header). Then someone else can lift the cart/ carriage's shafts and drive closer to the back of the horse. Being sure each shaft is on each side of the horse, pull forward and slip shafts through the tugs and clip/buckle.
2. Now it is time to fasten the wrap girth. Start with the right side of the horse (off side), then move to the left. Once your horse is properly attached to the buggy you can get your reins and get into the cart quietly. Some trainers like to walk the horse a few times around the ring before attached the overcheck. This allows the horse to bend and warm up properly.
3. You have now successfully harnessed and hitched your horse!



F: CARRIAGE DRIVING HARNESS

Worksheet #1: Parts of the Carriage Harness Bridle

Place the correct number beside the tack part.



- ___ Rosette
- ___ Face Piece
- ___ Hame
- ___ Brow Band
- ___ Blinker
- ___ Trace
- ___ Liverpool Bit

- ___ Cheek Piece
- ___ Bearing Rein
- ___ Hame Tug
- ___ Forewale
- ___ Noseband
- ___ Throatlatch
- ___ Rein Terrets

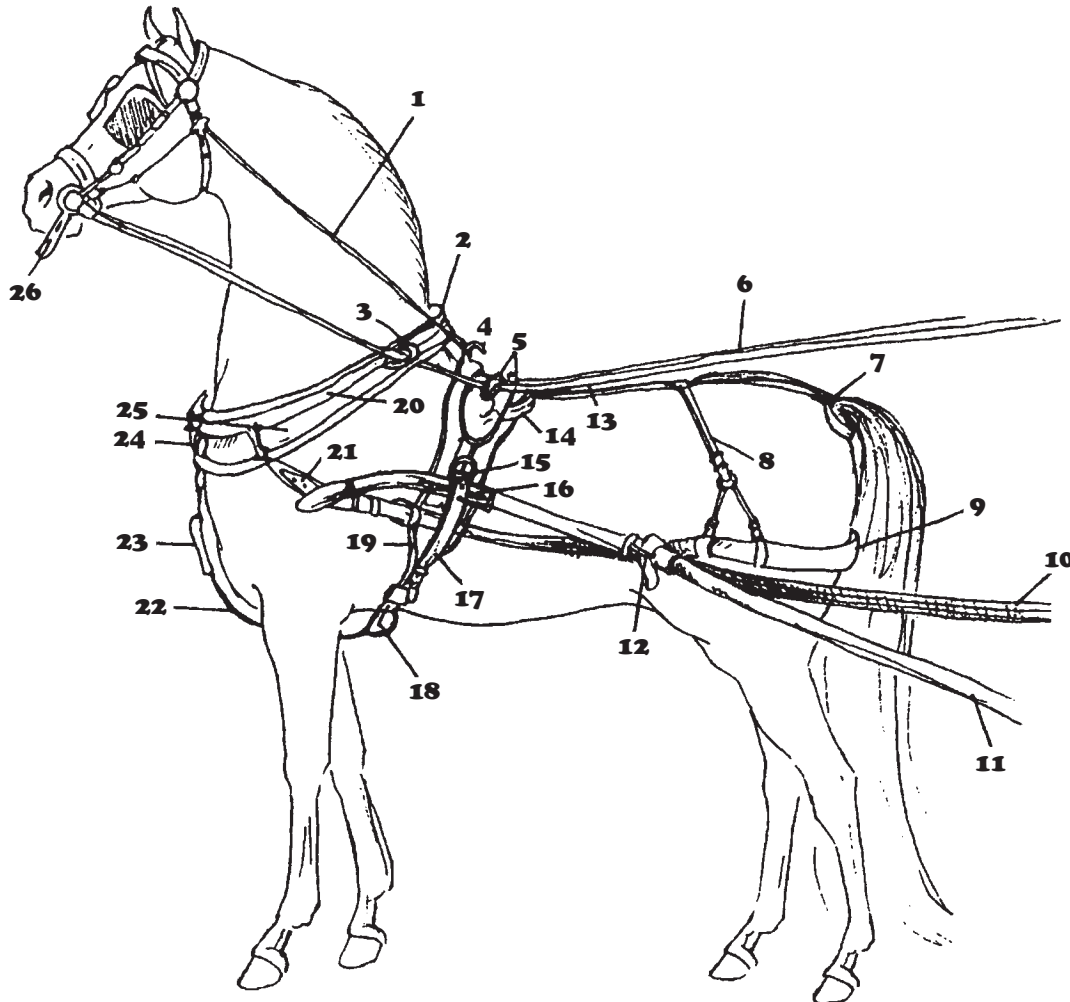
- ___ Winker stays
- ___ Kidney Link
- ___ Afterwale
- ___ Crown Piece
- ___ False Martingale



F: CARRIAGE DRIVING HARNESS

Worksheet #2: Parts of the Carriage Driving Harness

Place the correct number beside the tack part.



- | | | |
|-----------------------|------------------------|-------------------|
| ___ Belly Band | ___ Liverpool Bit | ___ Back Band |
| ___ Bearing Rein Hook | ___ Hame Chain | ___ Tug Stop |
| ___ Hame Clip | ___ Trace | ___ Shaft |
| ___ Breast Plate | ___ Saddle | ___ Crupper |
| ___ Loin Strap | ___ Rein Terret (both) | ___ Tug |
| ___ Breeching | ___ Wale | ___ Breeching Dee |
| ___ Reins | ___ Collar | |
| ___ Bearing Rein | ___ Girth | |



F: CARRIAGE DRIVING HARNESS

Worksheet #3: Harnessing and Hitching a Horse

1. Have someone video you harnessing and hitching a horse. It can either be pleasure driving or carriage driving.

Fill in the blanks.

2. The first piece of tack you put on your horse to harness it is the _____.
3. When hitching your horse, pull your shafts through the _____.
4. When fastening your wrap girth start with the _____ side.
5. Put the buckle end of your reins through the _____.
6. Before fastening the girth make sure you put it through the _____.



G: DRIVING PATTERN

It is not time to use your newly learned skills of harnessing and hitching to drive a horse! For this section you will need to complete the following tasks.

1. Create a driving pattern that includes the walk, trot, extended trot, a small circle, reverse direction, standing and backing. They do not have to be in this order, and you can perform some of these tasks more than once. Draw the pattern and hand it in with your final Merit Packet. Please use the table below to create your pattern:

Key	
—	Walk
- - - -	Trot
●	Back
×	Halt
~ ~ ~	Extended Trot

2. Perform your pattern either pleasure driving or carriage driving. Please video the pattern and turn in the video with your completed Merit Packet.

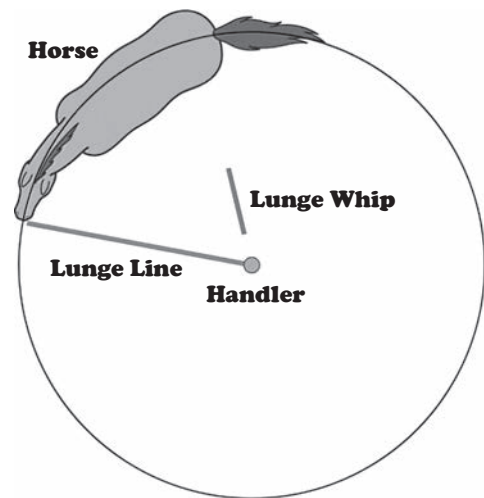


H: LUNGING

Lunging is not only a useful form of exercise for your horse but it can also be used as a method in teaching and giving lessons. Lunging is when your horse is tied to a very long lead (lunge line) and moves in large circle around you. For this section please video yourself lunging a horse for at least ten minutes, both directions at the walk, trot and canter.

Steps on How to Lunge a Horse:

1. After your horse is properly groomed and has the appropriate leg protection on, it is now time to lunge your horse. You will start by attaching a lunge line to your horse's halter. Some lunge lines have just a clip, while others will have a chain attached. You also will need a lunge whip. This is a long whip, with a long lash. It is mostly used to show to your horse and for noise.
2. Lead your horse to the center of the arena. Before letting your horse go out into large circles, stop for a moment, and get everything situated. Put the Line in your left hand, and the extra line in your right, as well as the long whip. Be sure to not wrap the line around your hands but hold in a way that you can easily lengthen and shorten if needed.
3. Now it is time to let your horse out in a circle. Let them walk off in as large of a circle as they can, usually around 30–35 ft from you. If your horse has a hard time moving out, let them see your lunge whip to move outward. Once your horse has walked a bit, then you can let them walk, trot and canter in the circle. Note that some horses will be excited and won't walk, and that's fine, just be sure to keep your circles wide enough for the horse to keep balance on their own, and to keep them at a controlled pace so that they don't lose control of their footing.
4. Once your horse has worked for an appropriate amount of time in the first direction, it is now time to change directions. Bring your horse to a stop and walk them into the center. If your lunge line clip is attached to the bottom side of the halter there is no need to change it, but if you have chosen a method with a chain, you must now hold your horse's halter, and change the line to the other (off side) of the horse and halter. Once your line is attached to the other side you may now send your horse back into the circle to work in the other direction.
5. Once your horse is fully worked, bring them back into the center of the circle, switch your lead to the appropriate side and leave the arena. Be sure to put your horse away properly, making sure that they are properly cooled down, brushed and their feet are pick out thoroughly.



For this section please send in a video of you lunging a horse for at least ten minutes, in both directions, at the walk, trot and canter. Hand this video in with the rest of your Merit Packet.



I: FARRIER'S AND SHOEING

A very important part of maintaining your horses health and safety is shoeing. A horse should be shod or trimmed every 4-6 weeks and each horse's shoes, just like people, are based on the job they have. In order to learn more about Farriers and shoeing, you must know the tools used by your farrierto shoe your horse, the parts of the horseshoe as well as the parts of the horseshoe nail, and some of the different types of shoes your horse could wear. You will then learn how to decipher good horseshoeing from bad.

Farrier's Tools:

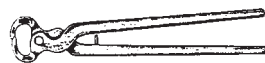
Here are some of the most common farrier tools and what they are used for.



Cutting Nippers: 10" long. Used for cutting nails.



Farrier's Pincer: 14" long. Used for pulling shoes and cutting excess length of clinches.



Hoof Shaper: 14" long. One jaw is blunt, the other sharp to do the cutting. Will not cut nails, only the horse's hoof.



Hoof Nipper: 14" long. Only used on hooves. Used to trim the hoofwall.



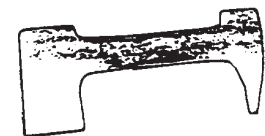
Nail Clincher: 13" long. They are used to fold over nails, flush to the hoof so that the shoe does not fall off.



Farrier's Tong: 14" long. Used for holding horseshoes during forging and shaping.



Hoof Pick: 5 1/2" long. Used for scraping and picking the horses hooves clean.



Clinch Cutter: 6" long. Consists of two parts: blade and point. Blade is used to raise or cut clinches and the point is used to punch nails and broken stubs out of the hoof.



Pritchel: 9" long. A punch used for making the wholes in the horseshoes.



Hardy Shank: 5 3/4" Long. Used for cutting hot metal such as trimming heels on a shoe to proper length.



Sole Knife: Designed for removing the outer layer of the horny sole.



I: FARRIER'S AND SHOERING



Shoe Spreader: 14" long. Designed to spread the hot horseshoes while creating them.



Hoof Knife: The most essential tool used in trimming hooves.



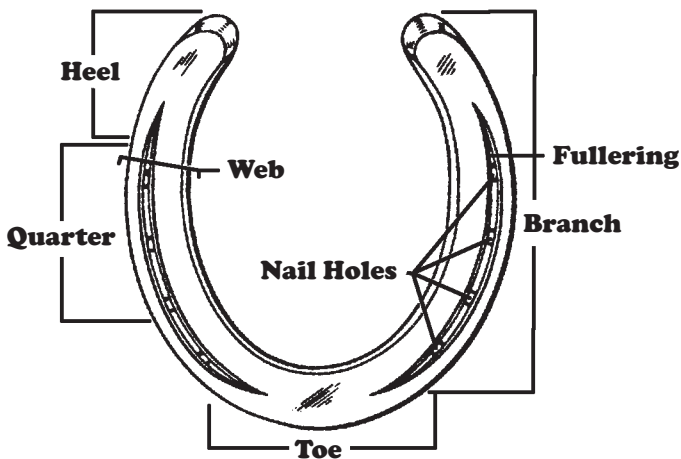
Hoof Rasp: 14" long. To level the hoof off after trimming. One side is coarse, the other side is fine.



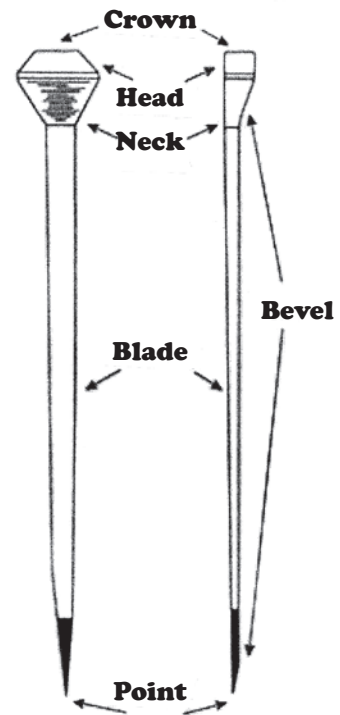
Farrier's Hammer: 14 oz. Hammer is used to punch nails through the horse's hoof to hold the shoe in place.

Parts of the Horseshoe:

The basic horseshoe consists of the same parts.



Parts of the Horseshoe Nail:

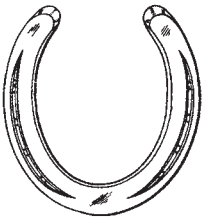




I: FARRIER'S AND SHOEING

Types of Horseshoes:

These are some of the most common types of horseshoes.



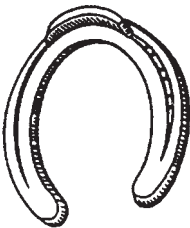
Keg Shoe/Regular Shoe: The most common horse shoe. Vast majority of horse's use this. They are pre-fitted and mounted cold.



Rim Shoe: The rim shoe is very similar to the regular shoe, but with a groove that runs through the middle of the entire shoe. This helps the horse get a little more traction when working.



Hot Shoe: Hot shoes have long branches and are meant to be forged and hot fitted to your horse's feet. The branches are long so that they can be trimmed to fit. A hot shoe can easily be adapted to each horse's unique needs.



Plates: Plate shoes are made of aluminum and are meant to be very lightweight. They are often used on racehorses.



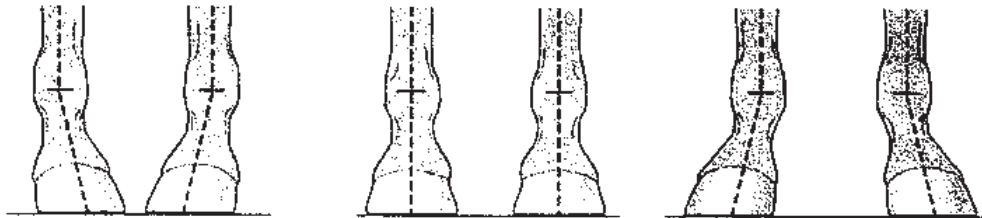
Heart Bar Shoe: This shoe is meant for horses that need more support in the frog. Often times it is used for horses with navicular or founder.



I: FARRIER'S AND SHOERING

Correct Shoeing:

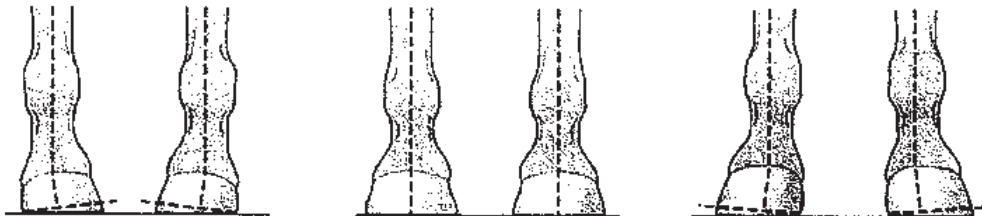
Below are some examples of showing problems and how the farrier can correct them.



Toe In

Straight

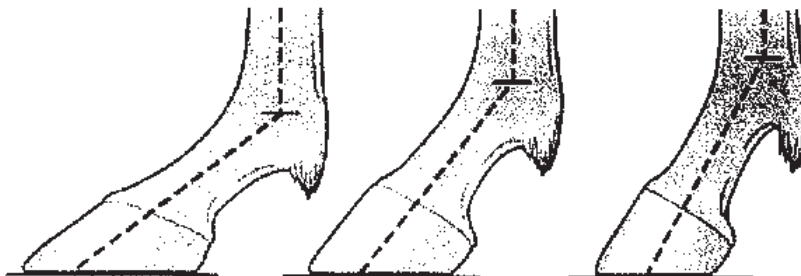
Toe Out



Broken Out

Straight

Broken In



Sloping

Ideal

Stumpy



Broken Back

Correct

Broken Forward



I: FARRIER'S AND SHOEING

Worksheet #1: Farrier's Tools

**Name the farrier's tools.
Put your answer on the line underneath the picture.**





























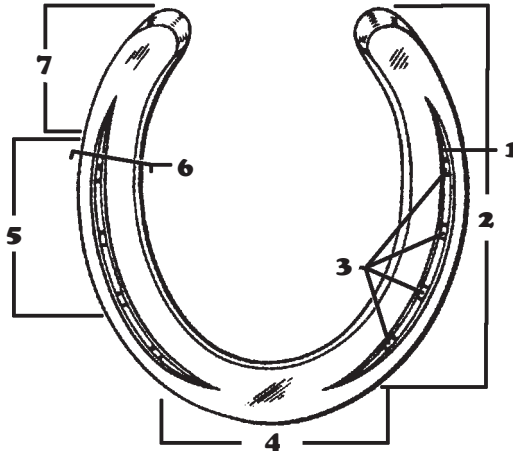




I: FARRIER'S AND SHOERING

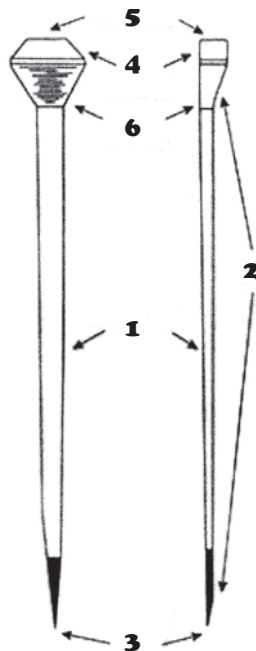
Worksheet #2: Parts of the Horseshoe

Put the number next to the correct horseshoe part.



- | | | | |
|---------|----------------|------------|---------------|
| ___ Toe | ___ Nail Holes | ___ Branch | ___ Fullering |
| ___ Web | ___ Quarter | ___ Heel | |

Put the number next to the correct horseshoe nail part.



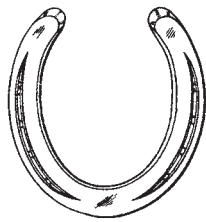
- ___ Blade
- ___ Point
- ___ Point
- ___ Bevel
- ___ Crown
- ___ Neck

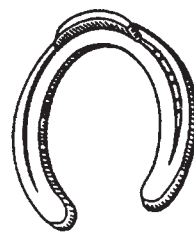


I: FARRIER'S AND SHOEOING

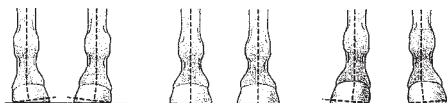
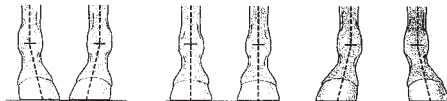
Worksheet #3: Shoeing

**Different types of shoes:
 Put the name of each horseshoe underneath the picture**





**Correct shoeing:
 Circle which feet are ideally shod.**





AMHAY Merit Program

Sherman Level

J: MORGANS AND OTHER BREEDS

How Does the Morgan Horse “Figure” Into Other Breeds?

The Morgan horse has ties to many breeds and has also been the influence on many breeds.

Please write an essay describing one of the following breeds influence on the Morgan. Must be a minimum of 600 words and talk about the lineage and characteristic influence on the Morgan. Please include the sources used and hand in your essay with your final Sherman Packet.

Choose one of the following breeds...

1. Hackney Pony
2. American Saddlebred
3. Standardbred
4. Quarter Horse
5. Tennessee Walking Horse



Some great resources are:

The Morgan Horse by Jeanne Mellin

The Morgan Horse Magazine

Morgan Horses by Daniel Chipman Linsley



K: SHIPPING/TRUCKING YOUR HORSE

There are many reasons you may need to ship your horse. You may be heading to a horse show for a small amount of time, moving across the country, or even picking up or selling a horse to someone down the road.

In any instance there are many different options on how to ship your horse: from the kind of trailer you will use, or if you will hire a company. You will also need to protect your horse from the bumps on the road as well as make sure your horse has the needed documents and vaccines to travel.

In this section you will make plans to travel with your horse and be prepared for everything that awaits. Please prepare a full document/essay containing the following information on shipping your horse in a fictional scenario.

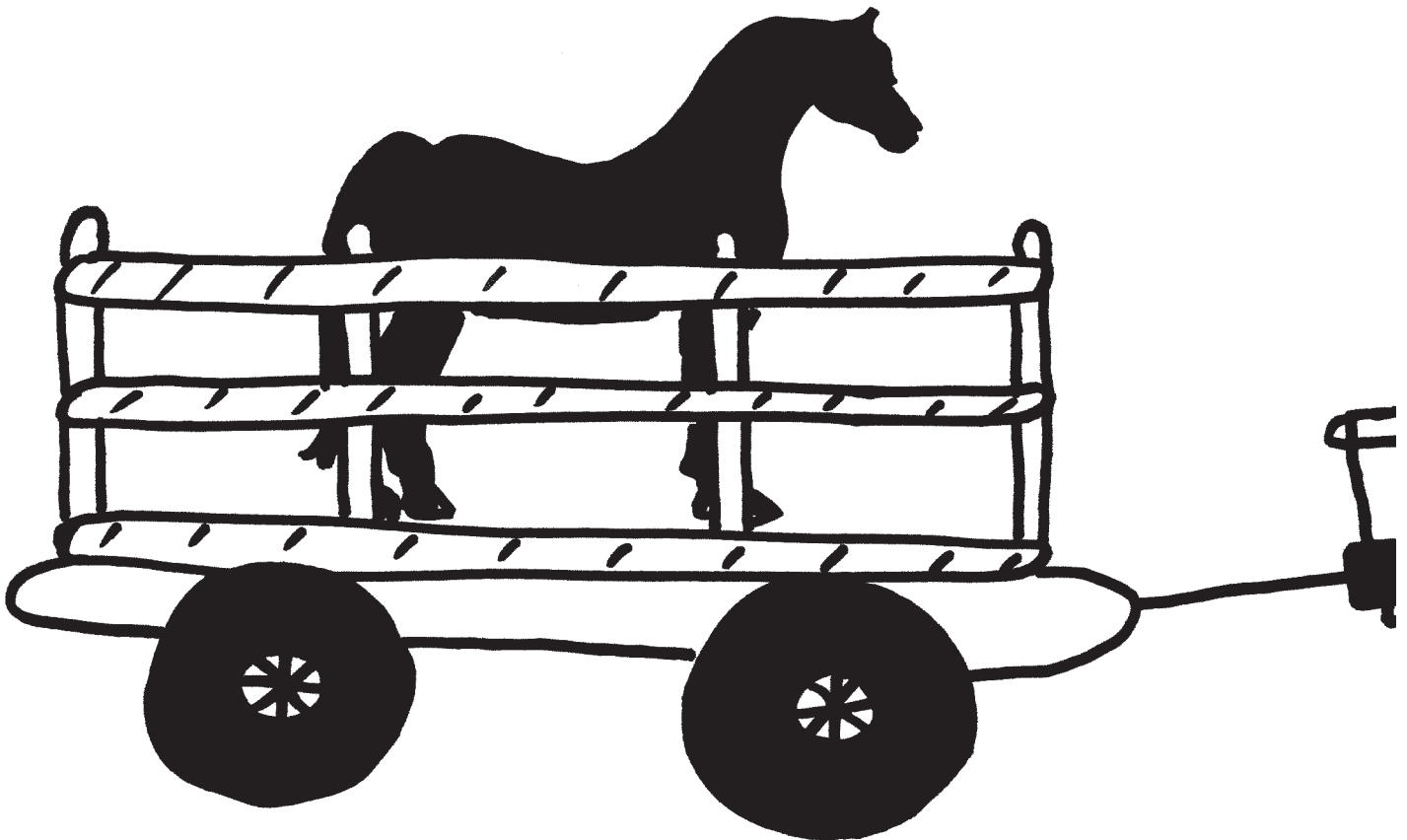
1. **Where are you shipping your horse to and why?**
 - a. Please be sure that your destination is at least 2 hours away and to another state.
2. **What kind of trailer will be using and why? Will you be shipping your horse yourself or hiring a company?**
 - a. Please be sure to detail what kind of trailer you will be using and how you will be hauling it.
 - b. Why have you chosen this truck and trailer? What are the safety pros and cons? Economical pros and cons?
 - c. If you are hiring a company what will the costs be? What kind of trailer will they be using? Please call actual shipping companies to get estimates and information.
3. **What kind of documents are required by your state and the state you are going to, to ship your horse?**
 - a. Please research your specific state, and the one you are traveling to find their specific needs on documentation.
 - b. How do you obtain these documents?
 - c. Is there a waiting period and how long are the documents valid for?
4. **What are the vaccinations your horse is required to have in order to ship?**
 - a. How often do they need these vaccinations?
 - b. Are there different vaccinations required for the state you are traveling to?
5. **What will you need to prepare your horse for shipping?**
 - a. Will you use shipping boots? Ear plugs? Foot protection? Please let us know the specifics of your horse's needs.
 - b. If using a shipping company, do they require your horse has special preparations?
6. **Your horse has now arrived at their new home, what will you do to make him comfortable in the new place and ensure his safety?**
 - a. How will you prepare their stall?
 - b. If selling them, what information are you giving to the new owners?



K: SHIPPING/TRUCKING YOUR HORSE

7. **BONUS QUESTION:** In a separate paragraph from your original essay please explain the process of how to ship your horse by flying!
 - a. What is the cost?
 - b. What are the preparations?
 - c. What are some companies that can fly your horse?
 - d. What type of documents are required?

**Please include this document/essay
in your final Sherman Packet.**





L: PARTICIPATION AND LEADERSHIP

Participation and leadership skills in all areas help to create a well rounded horseperson. Please complete at least one of the following:

Become a member of the AMHA Youth Council

Once on the council please write an essay or create a video documenting your participation in one of the following...

- Morgan Horse Source Episode
- Fundraiser project
- Kahoot night
- Other council project

Have a leadership position at your school or other organization

Write an essay or create a video describing your position and your leadership position and what the organization is.

- Include one large project with the organization that you have been involved in and the process of it.

Run or judge a Youth of the Year Contest

Write an essay or create a video documenting the process

- If judging please include the contest you judged at, photos or videos of the contest and your notes
- If running the contest, please be sure to register it with AMHA, and document, video and photo the process. Include your process and results.

Volunteer at a horse show or horse competition

Write an essay or create a video to document your participation

- Include what jobs you had while volunteering.
- What show/competition you volunteered at.
- Obtain a letter from a show/competition official to verify your participation.

**Please include your essay or video
in the final Sherman Packet.**



N: REQUIREMENT CHECKLIST

Level Three: Sherman

Please turn in the following as your final Sherman Packet	COMPLETED
A: Worksheet #1	A _____
B: Worksheet #1 & 2	B _____
C: Worksheet #1	C _____
D: Worksheet #1, 2 & 3	D _____
E: Videos of two completed patterns and Worksheet #1	E _____
F: Worksheet #1, 2 & 3	F _____
G: Driving pattern you created and video of you performing pattern	G _____
H: 10 minute video of you lunging a horse	H _____
I: Worksheet #1, 2 & 3	I _____
J: 600 word essay on the Morgan's influence on other breeds	J _____
K: Document/essay on shipping your horse	K _____
L: Essay or video of participation and leadership	L _____
M: Perform 5 hours of community service (in addition to hours already accrued in this program)	M _____

How to Turn in Your Packet:

- Email documents and videos to Nicole@morganhorse.com
- Mail documents and videos (via memory stick) to:
AMHA, Attn: Nikki Scovotti, 4037 Iron Works Pkwy, Ste 130, Lexington, KY 45011-8508
- Share all documents and videos via Google drive with Nicole@morganhorse.com

AMHAY Merit Program



AMHA YOUTH MERIT APPLICATION

I HAVE COMPLETED THE FOLLOWING MERIT LEVEL:

(Please circle one)

BULRUSH

WOODBURY

SHERMAN

BLACK HAWK

JUSTIN MORGAN

Name & Contact Information

Name: _____

AMHA #: _____ Date of Birth (required): _____

Mailing Address: _____

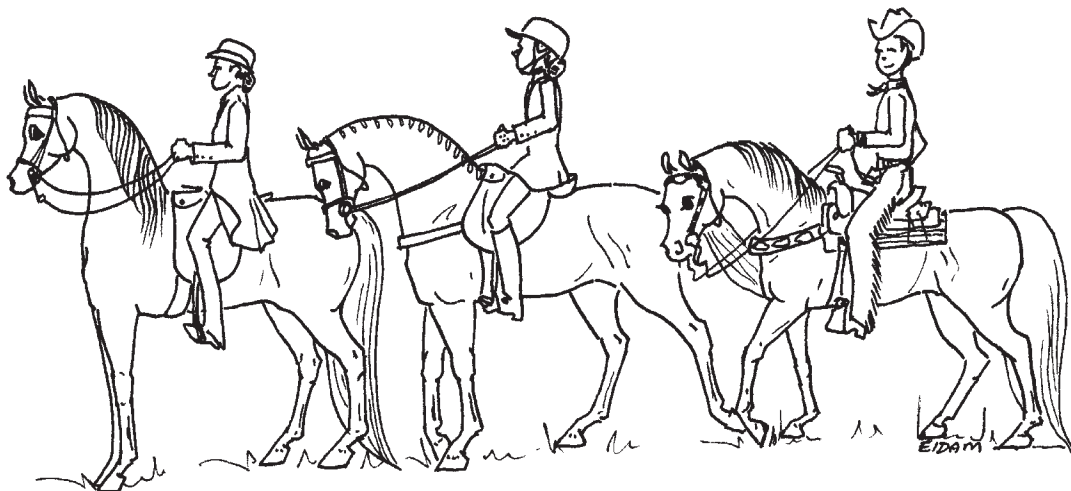
City: _____ State: _____ Zip Code: _____ Country: _____

Phone: _____ E-mail: _____

Please Send Your Completed Form To

AMHA, Attn: Nikki Scovotti, 4037 Iron Works Pkwy, Ste 130, Lexington, KY 40511-8508

Or email: nicole@Morganhorse.com



By submitting this form, I affirm that I will abide by the AMHA Code of Ethics as outlined in Bylaw 2.2 and Bylaw 1.3 (which may be found on the AMHA website). The American Morgan Horse Association, Inc. (AMHA) exists to preserve, promote, and perpetuate the Morgan horse. "The American Morgan Horse Association Inc. recommends and expects that all persons will conduct themselves in an honest, forthright, ethical, and sportsmanlike manner in their relationship with each other at any time they are involved in Morgan horse-related matters."