The Mounted Eagles'



Mane Tales



Therapeutic Horsemanship

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Mounted Eagles Special Olympics Equestrian Team

2011 MESOET is now forming. Special Olympics provides competitive experiences for persons with intellectual challenges from age 8 and above including adults. This year there will be four open spots on the team. We have two team members returning from last year. Team members will be selected on a first-come first- serve basis. All athletes must meet the Special Olympic criteria. There are classes for assisted and unassisted riders. If you

meet the criteria and can steer your own horse, you can participate. The competition will be held on Friday, August 19, 2011 in North Branch, MN. Practices will be held during your regular riding lesson beginning May 3 and will require two or three additional lessons closer to competition. Registration will close when the team is full or by April 15. If you have questions or to register, please contact Lynn Fairbanks (218) 963-3936.



2010 Special Olympics Medal Winners Alicia and Justin

Mounted Eagles Annouces Administration Change

Effective January 1, 2011 Aggie Stroot stepped down as Executive Director. Board Member Lynn Fairbanks became her successor. Aggie has been involved with Mounted Eagles for 15 years and has acted as the Executive Director for the past 6 years. She will continue to serve as Treasurer of the organization and will serve on the



Aggie, Susie and Lynn

Board of Directors. Aggie will maintain her NARHA Certified Instructor credentials and hopes to actively volunteer at the barn on a regular basis, something she has not been able to do while handling the responsibilities as Executive Director. Lynn has been associated with Mounted Eagles for 10 years as a parent of a rider, volunteer, Board member and Special Olympics Equestrian team manager. After a 3-month transition period, Lynn will assume all duties of the Executive Director. She looks forward to continuing the high standards Aggie has established for the Mounted Eagles program. We wish to thank Aggie for her years of dedication now and in the future. Her professionalism, vision and passion have been a major influence on the program as we know it today.

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Rider of the Quarter - Sarah Heitkotter

Sarah is a sweet unassuming 9 year old who has been part of the Mounted Eagles Therapeutic Horseback Riding Program since she was 3 years old. Each Tuesday, when her riding helmet comes down off its shelf, Sarah knows it is time to go to her horseback riding lesson and she reacts with great excitement. When Sarah arrives at the barn, she quietly steps in and breathes deeply to take in all the sights, sounds and smells of one of her favorite places. Sarah has been diagnosed with deletions and duplications of her number 8 chromosome. This has resulted in Sarah having low muscle tone which affects her balance and her ability to walk without easily tripping. Sarah also has very sensitive hands and feet and often keeps her arms folded across her chest as she observes the world around her. A brushing technique used on Sarah's hands and feet help to desensitize them and this brushing is also very helpful as a self-soother during anxious times. Although Sarah does not speak many words, she does comprehend a lot and her eyes and boisterous giggle speak volumes. Sarah loves to sing and will put anything to song. It's no surprise that she enjoys musicals, with her favorites being "Annie" and "Mama Mia." She also enjoys listening to and mimicking the animal sounds in her push button books. Sarah lives in Brainerd with her two sisters, Zoey and Nicole, a big collie named Zack and her two "kitties." She goes swimming each week with her adapted physical education class and finds great comfort visiting with the elderly. Sarah's "Papa" resides in a nursing home and Sarah loves to visit him there. She lays her head on her Papa and mimics his snoring when he is

napping. She also seeks out other nursing home residents, typically those who are sitting quietly in their Sarah wheelchairs. patiently approaches them to lay her hand on theirs to say hello. Her patience is also apparent as she waits for her turn to go to the mounting block. She is then assisted onto the back of her riding partner Velvet, a cute and very furry black pony. Horseback riding has really strengthened Sarah's core muscles and she is able to stay very balanced as she rides Velvet around the arena. Sarah's volunteer coaches, Linda and



Melodie have been working with Sarah to help her overcome her hand sensitivity to be able to hold onto Velvet's reins. Although this has been a work in progress, during a recent lesson Sarah amazed everyone by holding her reins throughout most of her lesson. Great job Sarah! The staff at Mounted Eagles already knew that Sarah was special, but it was also confirmed through research in 2010 that there is no other documented case in the world of someone having the same genetic match as Sarah's. Special indeed. Sarah, we look forward to your continued progress. Congratulations on receiving "Mounted Eagles Rider of the Quarter."

2010 RIDER'S BANQUET - JANUARY 24, 2011



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