

## Rider Testimonials

### **Toby Wilson**

My name is Toby Wilson. I am 5 years old and have Down Syndrome.

I love getting to ride on horse Isaac each Tuesday. Isaac is gentle and easy to stay on, even when trotting.

We do lots of fun activities with my coach. I like riding outside in the fields, and going on adventures through the farm gates the most. RDA helps me with my speech and language development. The volunteers ask me questions about colours, shapes and other everyday language I am working hard to develop. My class at school love watching videos of me on Isaac which makes me feel very proud. Thankyou everyone at RDA

### **Chloe Berkett**

My name is Chloe Berkett, I am 8 years old & I love horses. I have been riding for a long time. I like RDA because I get to ride horses. I want to do the Relay so I can help raise money for RDA which will let them continue to keep horses.

### **Poppy**

Kia Ora my name is Poppy and I am 8 years old. I have spina bifida and autism spectrum disorder. I have been riding for 2 years and it is the highlight of my week!

I love my coach Michelle and I have been able to work on my core and shoulder strength while riding and social skills when taking instructions and talking to the volunteers and other kids in my group. My favorite part of riding is practicing a standing trot. I also love to help groom the horses and it gives me lots to talk about with my teacher at school and class mates.

### **Katie**

Katie: Hi my name is Katie & I am 6 years old. I like to ride my unicorns Flicker & Blue. I like to trot. I like to see Blue's beautiful eyes. I like to play little games on the ponies & ride up the big hill when we go outside. I want to always go to RDA.

Mum: Katie has been riding at the RDA for the past 2 years & spending time with the incredible horses & instructors is her favourite activity of the week.

Riding has helped with so many aspects of her development. Speech & Language, Strength, Physical Development, Social Interactions, Confidence. It has been key in improving her balance & using both sides of her body more equally.

Coach Angela & the Volunteers (Fiona!) work very hard to build relationships & trust so they can encourage riders to really stretch themselves & then celebrate every achievement they work so hard for.

We feel very privileged to be part of the Tauranga Riding for the Disabled.