

Centered Riding Upgrade to Level IV Apprentice Application



Name: _____

(Please print)

Address: _____ City: _____

State/Prov: _____ Zip/Postal Code: _____ Country: _____

Telephones: Home: _____ Work: _____ ext _____

E-mail address: _____

Video requirements:

A. Technical Requirements:

1. Each video segment (riding, teaching, groundwork, etc.) should be approximately 10 minutes in length. The complete video should not exceed 60 minutes in length. Teaching and narration must be in English, or a transcript in English must be provided.
2. Please ensure that the video can be clearly seen and heard. It is impossible to evaluate videos with images that are indistinct, taken at too great a distance to see details, or that cannot be heard clearly because of wind, traffic or other sound problems.
3. When posting video to a website, the candidate is responsible for providing a link and directions for Level IVs to access the site and the video. Videos may be uploaded to a website for private viewing and/or copied onto a DVD. If making DVD copies, these must be provided in both formats (for North American & European DVD players.) When posting video to a website, the candidate is responsible for providing a link and directions for Level IVs to access the site and the video. A live link sent via email works best.

B. Video Content:

1. **Riding** – The purpose of the riding segment is to show that the candidate meets the required standards for the level, and to clearly demonstrate that s/he understands centering, good use of self and can demonstrate the qualities of the 4 basics & grounding in their own riding. Riding segment should include riding at walk, trot, canter, lengthening and shortening stride, lateral movements and riding the horse through his back and on the bit. (Jumping, riding outside or cross country, driving and other specialized disciplines are optional.) Riding segment should demonstrate the use of Centered Riding principles and techniques to improve the horse's movement and use of its body.
2. **Groundwork** – The candidate must show teaching groundwork incorporating "classic" CR principles (i.e. teaching the 4 basics supported by grounding), and show that they can communicate what CR is and how it relates to students. Groundwork may be taught to an individual, a group, or both, but group work is preferred.
3. **Bodywork /Saddle Fit** – The candidate must demonstrate body work, including a brief analysis of the rider and his/her body issues, and demonstrate a leg or hip release and/or arm/shoulder release to address those issues. The instructor/candidate must also address the overall balance and fit of the saddle to allow for a balanced and level pelvis.
4. **Teaching** -- Candidate should demonstrate teaching a private lesson and a group lesson, including the application of Centered Riding principles and techniques to improve the student(s)' seat, application of the aids, use of self, and better movement and harmony with the horse, relative to the student(s)' level and discipline. Lessons shown should be safe, well organized, and show improvement in the student(s); at least one lesson must show work with advanced riders. Teaching segments should include a brief introduction/analysis of the student(s) at the beginning and a wrap/up or evaluation at the end of the lesson.
5. **Teaching Clinics and/or Instructors** - Level IV Apprentice candidates should include a segment showing themselves teaching a group of riders and/or groundwork in a **clinic setting**.
6. **Advanced Riders** - Level IV Apprentice candidates should include a segment showing themselves teaching advanced riders, preferably in a clinic setting.
7. **Professionalism and Presentation** -- Instructors should present themselves as professionals in their video presentations in regard to dress, equipment, horsemanship and safety. \
8. The video is not judged on video production qualities, but it must be clear and easy to view and understand.

PLEASE VERIFY THE FOLLOWING BY CHECKING EACH BOX THAT APPLIES:

- I have been a Centered Riding Level III Instructor for _____ years. *A minimum of 3 years required.*
- I have worked with a minimum of 4 Level IV Clinicians since becoming a Level III
- I have taught a minimum of six 2-3 day CR Open clinics since becoming a Level III

I attended the following Update Clinics since becoming a Level III. (A minimum of 3 update clinics is required: 2 of those clinics must be Clinician or All Level Update Clinics, in which 2 Level IVs must participate.)

Year: _____ Location of Clinic: _____ Clinician: _____

Year: _____ Location of Clinic: _____ Clinician: _____

Year: _____ Location of Clinic: _____ Clinician: _____

Year: _____ Location of Clinic: _____ Clinician: _____

I have assisted at the following Centered Riding® Clinics (minimum of 3 Clinics):

Date: _____ Location: _____ Clinic Type: _____ Clinician: _____

Date: _____ Location: _____ Clinic Type: _____ Clinician: _____

Date: _____ Location: _____ Clinic Type: _____ Clinician: _____

Date: _____ Location: _____ Clinic Type: _____ Clinician: _____

The following documentation must accompany this application:

- A **typed**, short essay (**in English**) on a separate sheet of paper describing why you want to become a Centered Riding Level IV Apprentice
- A copy of a current First Aid + CPR Certificate is strongly recommended
- A **typed** resume, **in English**, which includes your teaching and riding experience
- Four (4) letters of recommendation from four Level IV Centered Riding Instructors
- Three letters from advanced riders and/or instructors in regards to the Centered Riding Open Clinics you have taught
- One letter from a Clinic organizer in regards to an Centered Riding Open Clinic you have taught
- Copies of relevant pages from your CR Orange Book documenting the educational and bodywork requirements (please review P & P, Section 8.4)
- I have created a video of me riding, teaching a mounted lesson, group and private, bodywork, saddle fitting and groundwork in group setting (max. length 60 minutes) and I have posted my video on YouTube or a website where it can be viewed by the Level IV Committee OR sent a copy of the DVD to each Level IV.

To view video, go to (a live link sent by email works best)

www. _____

Include User name _____ Password _____ if required.

I anticipate completing my Apprenticeship within _____ years.

The following Level IV Clinicians have agreed to be my mentors during my Apprenticeship (2 required):

Level IV: _____

Level IV: _____

Level IV: _____

By signing this application, I agree that:

- I have read, understand and agree to obey the Centered Riding Policies and Procedures and Code of Conduct
- I have read, understand and meet the qualifications for Level IV Apprentice as outlined in CR Policies and Procedures.
- I am an active riding instructor whose intent is to spread Centered Riding knowledge and skills as applied to the discipline(s) I teach. I teach the following disciplines: _____
- I understand that completion of the required assisting days does not result in automatic upgrade to Level IV. I may be required to do additional work before receiving Level IV standing.
- I agree to cover all my travel and living expenses incurred during apprenticeship (accommodations and meals will be covered by the clinic whenever possible).
- I understand that I must assist at a minimum of 2 clinics yearly in order to retain my Apprenticeship.

Signed: _____ Date: _____

Application fee (application fee is non-refundable):

- \$35 US for paper submission by mail or fax OR \$25 US for electronic submission via email**
(single PDF file preferred). If paying by check, see **authorization statement below**. **NOTE: Checks must be drawn on U.S. banks only**
- Paying by Credit Card (**Visa/Master card only**) # _____ Exp. Date: _____
- Please send me a Pay Pal Invoice (payment must be made before application will be submitted)

Please send completed application with required documentation to CR Office. Application and all forms must be sent together. Electronic submission is preferred.

For electronic submission:

Centered Riding, Inc.
Upgrade Application Committee
Email to: office@centeredriding.org

To apply by mail:

Centered Riding, Inc.
Upgrade Application Committee
One Regency Drive, P.O. Box 30
Bloomfield, CT 06002

PLEASE NOTE:

By using a check for payment, you agree to the following terms: When you provide a check as payment, you authorize us to use information from the check to make a one-time electronic fund transfer from your account, or to process the payment as a check transaction.

In the event your check is dishonored or returned for any reason, you authorize Centered Riding or its representatives to electronically (or by paper draft) re-present the check to your bank account for collection of the amount of the check, plus any applicable fees as permitted by law.

(Updated April, 2017)

Upgrade to Level IV Apprentice Checklist:

- Letter stating why the instructor wants to upgrade to a Level IV Apprentice
 - Typed Resume which includes riding, teaching, horsemanship, CR experience, and bodywork
 - A minimum of four (4) letters of recommendation from Level IV Instructors
 - Three (3) letters from advanced riders and/or instructors in regards to the Centered Riding Open Clinics you have taught
 - One letter from a Clinic organizer in regards to a Centered Riding Open Clinic you have taught
 - Copies of the Candidate's Instructor Record book demonstrating ongoing education and bodywork requirements
 - First Aid/CRP Certification is strongly recommended (although not required).
 - Payment of the upgrade application fee in U.S. funds
 - Video demonstrating Level IV Apprentice requirements in riding, teaching, and groundwork (please see specific requirements below)
-
- Has been a Level III for a minimum of three (3) years
 - 1. Centered Riding is a process that cannot be rushed through. It often requires more than three (3) years at Level III before a candidate is ready to begin their Apprenticeship
 - Has attended a minimum of two (2) Clinician or All Level Update Clinics (2 Level IV's must participate) since becoming a Level III
 - As a Level III, has taught a minimum of six (6) CR 2-day or longer Open clinics
 - 1. Has three (3) favorable letters from clinic participants (including advanced riders & or instructors) and one (1) favorable letter from a clinic organizer in reference to clinics s/he has taught
 - Has worked with a minimum of four (4) Level IV's since becoming a Level III
 - 1. Working with five (5) Level IV's prior to applying for Apprenticeship is recommended
 - Has LORs from a minimum of four (4) Level IV Clinicians Level IVs (5 recommended)
 - 1. Level IVs must have seen the candidate ride AND teach since s/he became a Level III
 - 2. Must have participated in an update clinic or assisted in an update clinic (preferably both) with the clinician writing the LOR.
 - Must have a Level IV mentor
 - A current First Aid / CPR certificate is strongly recommended but not a requirement

Documents are to be submitted to the Centered Riding Office, in English, for approval by the Level IV Committee.

For an application to be successful 75% of the active Level IVs must vote on it and of those voting 75% must vote in favor of the application.