



Volunteer Jobs Include

- **Lesson Volunteer**— age 13 & up work directly with riders and horses during lessons
- **Barn Help**— get “up close and personal” with caring for horses and assist in keeping our barn tidy
- **Junior Volunteer**— ages 10-12 prepare tack (horse equipment) for lessons and assist with barn chores
- **Maintenance Team**— paint, mow, build fences, put up hay and much more
- **Office Volunteer**— help with phone calling, mailings, data entry, filing and reception.
- **Special Events Volunteer**— assist with special events, shows and work days
- **Senior or Adult Volunteers** who would like to help our Junior Volunteers (10-12 year olds) to make the most of their time here with us. Great mentoring opportunity in a beautiful, pastoral setting. Good for those who can't physically jog with the horses as a lesson vol, but who want to continue to be part of our program.



How To Become a Volunteer

Call us at 865.988.4711 or e-mail Melissa Suadi at volcoord@rideatstar.org to find out more about volunteer opportunities and to check dates for the next Volunteer Training Session.



Volunteering at STAR offers the opportunity to become an important part of the lives of our riders, as well as our wonderful herd of therapy horses. Find out more today!

SHANGRI-LA THERAPEUTIC
ACADEMY OF RIDING

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Lenoir City, Tennessee 37772

Phone: 865.988.4711
E-mail: star@rideatstar.org
Website: www.rideatstar.org



Shangri-La Therapeutic Academy of Riding



“How wonderful it is that nobody need wait a single moment before starting to improve the world.” ~ Anne Frank ~

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
★ VOLUNTEERS ★
★ You make the difference. ★
★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★





★ STAR's Mission

To foster personal growth and achievement by providing therapeutic experiences using horse related activities for persons with disabilities or other special challenges.



★ What We Do

Therapeutic Riding is a horse-assisted activity that provides physical, mental, and psychological benefits to children and adults with special needs. The prescribed program generally includes grooming, saddling, and learning riding skills. Benefits of Therapeutic Riding include the improvement of balance, coordination and muscle tone. The program may also be passive in nature, where the horse's movement alone provides the benefit.

★ Benefits of Volunteerism

- Help others in your community
- Develop and improve leadership skills
- Meet great people and make new friends
- Learn about therapeutic riding
- Earn community service hours
- Exercise & get fresh air in a beautiful setting
- You leave feeling better than when you came!



“You make a living by what you get, you make a life by what you give.”

~ Winston Churchill ~

★ The Role of the Volunteer

STAR relies on volunteers to help with all areas of our program. Most of the riders require one to three volunteers to assist in their lessons.

We provide regular training sessions where volunteers learn to groom, put equipment on the horse, and walk next to the riders to assist them while they are on the horse. Additional training is offered for those interested in horse leading and horse care.



★ Volunteer Qualifications

- Must be dependable and willing to help others
- Must be able to commit at least 1 hour 15 minutes per week
- No horse experience is necessary