

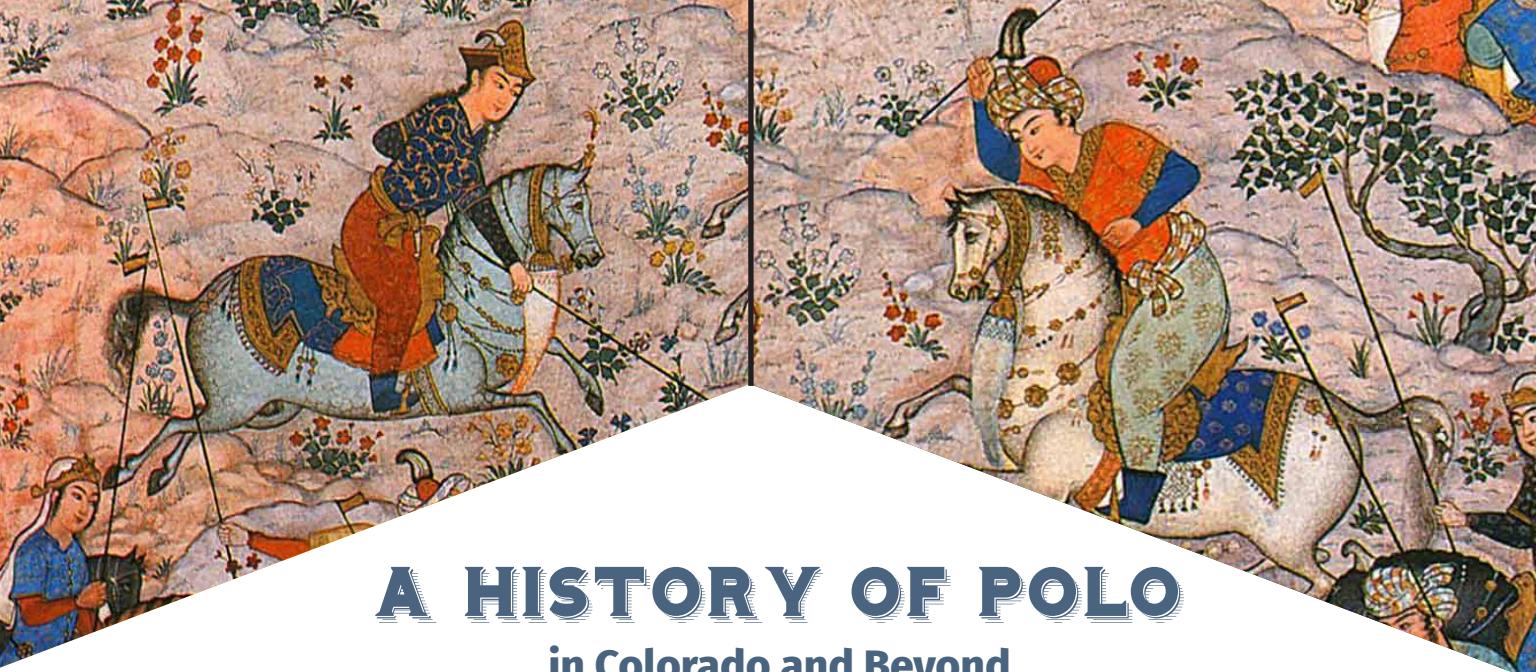
WANT TO PLAY ON THE GRASS?

*You must become
a USPA member.*

Your USPA handicap will be used for all Margarita and Champagne practices and tournaments, as well as arena tournaments.

Register or renew at
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/membership](http://uspolo.org/association/membership)





A HISTORY OF POLO

in Colorado and Beyond

POLO, the name of the sport is a variation of the Tibetan word "Pulu," meaning "root." Polo finds its origin over 2,000 years ago in Persia, during the rule of Darius the Great. The ball was originally formed from the root of a tree and historical references indicate that it's the oldest of ball games ever played. Ancient artwork (some even depicting women players) showed that the sport traveled in various forms throughout the Middle East and the Asia. Originally it was played with no limit time or number of players, and no rules or umpires. At times, thousands would play games lasting for days. The ball could be hit or thrown through the goal.

Polo was taught to the king's guards and calvary units for training purposes and was also played by the sons and daughters of the nobility. An ancient poem inscribed near one of the playing fields in Pakistan reads "Let other men play at other games, the Game of Kings is still the Game of Kings."

The first Europeans known to play polo were tea planters who discovered the game in Manipur; they in turn, introduced it to British calvary units stationed in India.

The first European polo club was formed in Silchar in 1859. In typical European fashion, they "civilized the sport" by adding a few rules, reducing the size of the teams to nine players and giving form to polo as we know it today. The term "pony" describes the smaller horses used in India. As the game progressed height limits were raised, bigger horses resulted in faster polo; as a result, teams were further reduced to four players each.

In 1876, American James Gordon Bennett, multi-millionaire, sportsman and publisher of the New York Herald was so impressed by the games he had seen in London, that he bought a supply of polo balls and mallets, procured a truckload of Texas cow ponies (which he used to entice prospective polo players at a modest selling price of \$20 apiece) and played the first American polo game at Dicke's Riding Academy, on the corner of 39th and 5th Avenue in Manhattan. By 1888, a system of handicapping had been devised in the U.S., and organized tournaments were being played on national and international levels. The most prestigious of all was the Westchester Cup, which is still played to this day.

A quick note should be made of America's Harry Payne Whitney, who in 1909 won the Westchester Cup against England by introducing a new style of play...the long runs and long passes of the ball which we see in today's polo. With the increased number of clubs there came the need for organization. In 1890, the Polo Association (currently the United States Polo Association) was formed. That same year polo was introduced to Colorado.

An Englishman visiting Colorado in the 1890s remarked, "There are but two civilized places between your Atlantic and Pacific Oceans, Chicago and Colorado Springs. For wherever you find polo, you find good clubs, good society and usually, good tea." The third polo club established in America was the Cheyenne Mountain Country Club in Colorado Springs. It was organized in 1894 and built by Spenser Penrose, who also built the Broadmoor Hotel. Although the U.S. cavalrymen were embracing the game enthusiastically at this time, it was the silver and gold barons from Aspen and Cripple Creek that brought the game first to Glenwood Springs in 1890. They taught the game to a handful of cowboys and staged a match against the Colorado Springs Club in 1893 to draw attention to their new resort, The Hotel Colorado. The sport was eventually taken up by the Gentleman's Driving & Riding Club of Denver. By 1903, The Overland or "Country Club Team," as they were also known, (one of three Denver teams) was drawing as many as 1,000 fans to their bi-monthly Saturday matches at the City Park racetrack. Shortly thereafter, feeling the need for their own playing field, stabling and clubhouse, they relocated to the edge of the city. Today this area is known as the Polo Club Place near S. Steele and Exposition.

It is said there are only two ways a polo player ever gets out of polo...poverty or death. That saying comes from the 1920s and 30s, the "Golden Age" of polo, before the Great Depression and World War II put an end to the game as it was known then. Colorado was no exception. Fortunately, in 1946, Colorado ranchers and previous polo families of the 1920s, including the Phipps and the Sinclaires, revived

polo by putting fields on their ranches southwest of Denver near Sedalia, under the name, "Plum Creek Polo Club." The Beeman, Flannery, Hier and Pollock families were also involved. In fact, the Phipps' Highlands Ranch field was the traditional site of the Annual Perkins Shearer Polo Cup. Polo continued to be played by ranchers who had the equipment to haul horses to the various fields to play friendly private games. Fields were later developed near Elizabeth/ Franktown.

In 1982, The Gandomcars saw a need to make polo more accessible in Denver, devolving a club where players could board their horses and enjoy the social aspects of polo at the facility's club house. Each year they would host charity polo matches with international players and teams. In fact, The Denver Polo Classic started at Denver Polo Club with a vision by the Gandomcar family to bring polo in Colorado to the masses. The philosophy of the Denver Polo Club is to promote the sport of polo, encouraging spectators to join special events or casual Sunday practices. The club is also proud to be the first and only club in Colorado to bring international polo to the Rocky Mountains, featuring many successful and reknown players.

Jenny Luttrell with Cotterell Polo Farms, and Bob Jornayvaz with the world famous Valiente Polo Team, have both made their mark in the polo world. Valiente has reached unprecedented success, winning the triple crown of polo, creating a groundbreaking breeding program, revolutionizing how the game is officiated, creating more high-goal sponsors and much more. Recently, the Ganzi family in Aspen has created another international world class polo operation. The World Snow Polo Championship has been a long-time staple in Colorado, and now with help from the Ganzi organization, the tournament is a favorite for many players and polo fans. From small beginnings to world fame, the polo scene in Colorado is small but mighty. Whether you are in Aspen or Denver, Colorado's polo family will welcome you with open arms.

MOVING UP

through the Leagues

Polo is a dangerous sport, and the faster you play, the more dangerous it gets. To move up into each league, you need to be able to do a few things so you are safe on the field and having fun! This is also a great way to create goals for yourself. As trainers and polo professionals, we look at a variety of things when it comes to teaching, training, and playing.



The following tasks must be done with finesse and a soft touch, as any good horseman or polo player would do.



Margarita

- Own your horse or rent a Denver Polo Club Horse
- Understand horse anatomy and how they move
- Understand basic tacking and equipment
- Walk a 20M circle
- Trot a 20M circle
- Canter a 20M circle
- Hit the ball at a walk
- Hit the ball at a trot
- Stop and turn your horse from a walk to halt
- Stop and turn your horse from a trot to halt
- Stop your horse from a canter
- All four basic shots at a trot
- Walk and trot without stirrups
- Posting canter
- Hit the ball at canter
- Gallop down the field, stop, turn, and return
- Hit all four basic shots at a canter
- Know and mildly execute all four player positions

Champagne

Everything in Margarita plus:

- Gallop through an obstacle course that will include roll backs, bumps, and change of speed
- Canter a 20M circle while controlling the ball
- Hit the ball with direction through a course
- All 4 basic shots under pressure at a canter
- Canter without stirrups
- Know and execute all four player positions
- Proficient in both near side and offside
- Professional coaching at least once a week
- Be able to play at least four chukkers
- Have a groom

If your horse cannot perform some of the tasks, then it is not fair to ask him/her to play at that level. Lessons are available help you and your horse master these skills.



HOW DO YOU GET THE HORSES IN THE WATER?

A thinking man's game, polo is a sport of speed, timing, and finesse. Polo started as a military training exercise over 2,500 years ago and they would actually use the head of the enemy as the ball. As the ages went on polo moved to India and when the Brits invaded India they took the sport back to England in 1868, added rules and gentrified it as we see it today.

Polo is played in the arena or on the grass but for the rest of the article I will be explaining outdoor polo or polo that is played on the grass. The game is a lot like hockey, chess and golf at 35MPH. Hockey, if you take the goalie and blue lines away. One point per goal and you pass back and forth to your teammates as you drive down the field. Chess, because you need to think several plays ahead of time and the variables are endless. Golf comes in to play from your swing, keep your head down and follow through. Oh, right... and you are going 35MPH leaning off the side of a 1000lbs horse. Its a sport for the thinking man who needs a little

extra jolt of adrenaline. Did I mention its the second most dangerous sport to F1 Racing when its played at its fastest levels!

Ever wonder why Ralph Lauren has the #3 on most of their clothing?

In polo you have 4 positions, cleverly named "One," "Two," "Three," and "Four" (those Brits are so smart). Position #1 is your most forward player. Their job is to stay in front of the pack and score goals. The #2 is the work horse of the team. They help the #1 but are also in charge of defending the #3 who is the Quarterback.



The #3 position sets up most of the plays and sees them through as the teams drives the ball down field. They are the center point for both offense and defense. The #4 is your defense man. Their job is to catch the #1 and fizzle their play and get the ball turned around so they can hit it up over the other players to their #1.

That's my line!

The basic rule of the game is the line of the ball. It is an imaginary line behind the ball when the ball is hit or has bounced off another horse or object. Think of it like driving down the highway, the dotted lines create the flow and direction and we are all supposed to stay in our lanes. When you are merging onto a highway you need to merge with a lesser angle than if you were at a stop light. You also have 2 defensive plays called a bump and a hook. You can bump or check the other rider over the line of the ball and take the ball. You can also hit or hook the other person's mallet out of the way so they can't hit at the ball. All the rules are designed for the horses safety, so no worries if you fall, we'll just keep playing unless you are in the way. :)

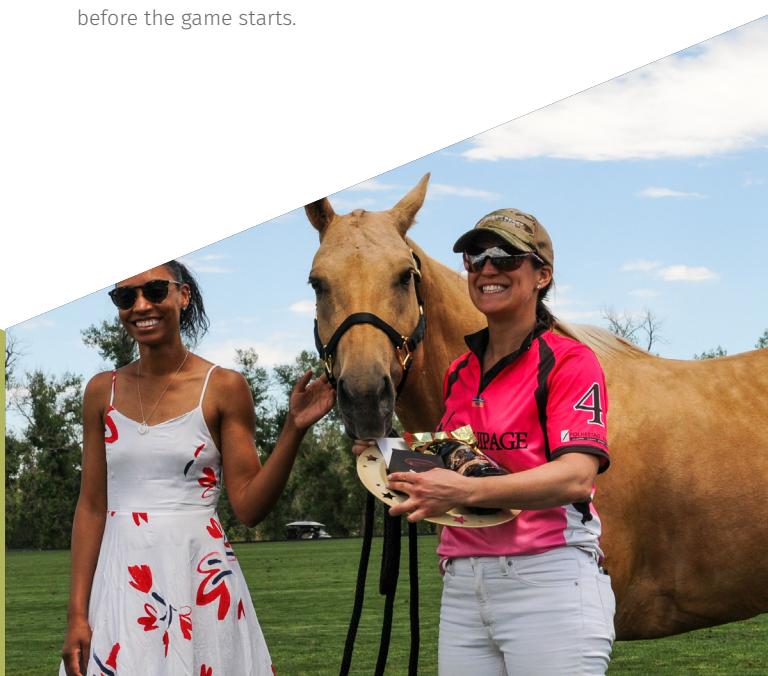
The basic rule of the game is the line of the ball.

No fancy show bridles here!

Polo tack is basically the same as hunter jumper tack but instead of being designed for "show" its designed for working. The leather is a lot thicker and designed for more tension and wear. The saddles are close contact English saddles. The bridles have the same mechanics as a normal bridle but the difference is like Toyota Camry brakes (regular horse bridles) versus NASCAR brakes (polo bridles). We also wrap the horses legs with polo wraps, hard plastic boots and bell boots. Their manes are shaved, and we also wrap up their tails so that the mallets, balls and other equipment doesn't get stuck in their hair.

"Your handicap is your passport to the world" - Sir Winston Churchill

Just like in golf polo players have handicaps but the higher the number the better you are. Players are rated on a system of -2 to 10. When you first start playing you are a -2 which means you are a detriment to your team. But they will put up with you because they get 2 points on the board before the game starts.



As you move up in the ratings it means you can accomplish certain things under pressure or at speed. There are only eight 10 goalers in the world. They are all from South America. The majority of players are -2 to 0. The highest rated women player was 5 goals for a season. The last few years they have changed the -2, -1 and 0 goal to read "C," "B," and "A" to sound more PC.

My gear bag is bigger than yours!

Polo has a lot of different pieces to assist the players, horses and teams. It starts from the polo mallet, shaped like a giant croquet stick the polo mallet stands at an average of 52 in high and weights approximately 180grams or 7 ounces. The mallet is made from bamboo and has a considerable amount of whip and give. The polo players also have knee pads, elbow pads, whip and spurs. The polo helmet is designed with a wider brim and some even have a face mask attached to protect your face from flying objects. If your helmet does not have a mask or metal cage then eye protection is a must. The saying goes, "you can get a new face but you can't get new eyes." The polo boots are also a bit different in the sense that they are thicker so they player doesn't feel every bump, rub and smack as well as our legs are moving more and a finer leather would be shredded in no time.

Look at the junk in the trunk!

The polo pony is no longer a pony but rather a small horse standing 15-15.2 hands high. The most popular breed for a polo pony is a Thoroughbred or quarter horse.



A polo player wants the agility of a reiner and the speed of a race horse. Most polo ponies have a short back, long neck, medium bone structure and a big, Nicky Minaj, booty. We want them to be short, round and lean. Most players have 2-4 horses and then when you start to play faster levels the numbers jump in to the 100's. Its a rule that 1 horse can only play 2 periods so with a 4 chukker (4 period) game you need a minimum of 2 horses or you can split a man of equal or lesser value. As in any sport everyone has their specific preferences, but we try to keep the polo string or group of horses we own the same confirmation from horse to horse.



A dynamic polo match scene. In the foreground, a player wearing a white shirt with a blue '4', white pants, and a white helmet is leaning forward on a brown horse, holding a mallet high. Behind him, another player in a red shirt and blue helmet is also on a brown horse. The background shows a green field and a red and white vehicle.

*Your equipment will
help you stay safe,
so it is important to
make sure you have
the proper equipment
and you take care of it.*

POLO GEAR

for Humans & Horses

Here is our short list, in order of importance, of what you will need to keep you and your pony comfortable on and off the field.

FOR HUMANS

01

Polo Helmet: \$600 TO \$1000

The USPA has mandated two NOCSE approved polo helmets. At the moment, here are only three manufactures that comply with this standard—Casablanca NEU, Instinct Askari, and Charles Owens Sovereign. You can purchase them online through their websites. The USPA will require all players to have an approved helmet.



02

Polo Boots: \$250 TO \$600

Riding boots are a must. Polo-specific boots are a bit stiffer to protect you from balls, mallets, and rolled ankles if you fall. At first, you can wear regular riding boots. Ariat makes a great boot that is not as expensive as the polo boots. You will need paddock boots and half chaps at the very least. Cowboy boots do not go up as high on the calf as you will need.



03

Goggles: \$50 to \$300

You can get a new face, but you can't get a new set of eyes. Eye protection is very important. The most widely used goggles are called Oakley Jaw Breaker. They cover a good portion of your face and will cover part of the cheek bones.



04

Gloves: \$25 to \$75

Gloves are a personal preference. Polo-specific gloves add padding and stickiness in the palm and knuckles. I prefer golf gloves since they are thin and still provide grip. Some people also use Franklin baseball gloves.



05

Knee Pads: \$150 to \$200

These come in two variations—with two or three velcro straps. They also come with buckets, but the Velcro is easier when you're rubbing against another rider or horse. Two-strap pads are better for those with shorter legs. Three straps are better for those with longer legs.



06

Mallets: \$120 to \$150

Mallets are measured in inches, sizes 48" to 54" tall. The most common sizes are 51", 52" and 53". They are custom for you, so talk with Irene at Nano's to discuss your measurements. I recommend starting with two 52" mallets. Mallets break easily but are usually easy to repair through Nano's or Tato's.



07

Whites: \$20 to \$75

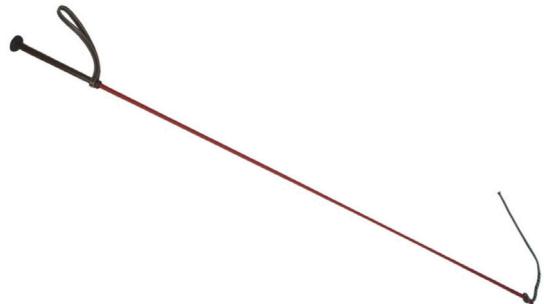
Also called "jeans." These are a part of the uniform when you are in tournament polo. They are not needed for practice, but you will see some professionals wear them every time they play. There is no requirement other than they must be white in color.



08

Whips and Spurs: \$15 to \$40

Only needed if you are playing high-level tournament polo or you own your horse. **You must know how to move the horse properly before using these aids. Failure to do so may result in a sour horse or injury.** Polo whips have more flexibility and are the correct length when held with the reins. Polo spurs are recommended because our legs are positioned differently than in other disciplines. Spurs may not have any sharp edges or be bigger than a penny.





FOR HORSES



01

Halter, Lead Rope, Brushes: \$50 to \$120

These are the essentials to get your new horse from point A to point B. Buy your halter in a “large horse size” so that when you are in between chukkers you can put the halter over the bridle while you wait to play. These are the five most important brushes: rubber curry comb, soft brush, stiff brush, hoof pick and mane/tail comb.

02

Bits and Bridle: \$350 to \$800 (includes

Be sure to check with your trainer for the best bit. As for bridles they come in a “gag” bridle or “pelham” bridle. A gag bridle comes with draw reins and a drop nose band. A pelham has two sets of straight reins. When you order a bridle ask for a “complete” bridle, this will include the tiedown/martingale and breast collar.

03

Saddle, Pad and Girth: \$700 to \$3500

This is your most important part of your equipment. Do not skimp on your saddle. A saddle that fits you and your horse is key. A well-fitting saddle will help your horse move better and keep them from having back problems later. There should be at least three fingers between the saddle and the horse's withers. You should also be able to slide your hand between the saddle and horses' shoulders without feeling any pressure. These are basic ways to help fit a saddle but ask Erica if you need help.

The girth and pad are equally important. You will need a girth that will not pinch their bellies, and I prefer the Professional Choice girths that have elastic on both sides so it allows the horse to breath while keeping the saddle tight. DO NOT OVERTIGHTEN YOUR GIRTH. Your pad is basically to help keep your saddle from getting dirty. If your saddle fits correctly you will not need an orthopedic pad, but if your horse needs a little extra this is where you put it.

Stirrups are also needed, and there are a couple different options. Stirrup irons come with two bars or three bars. The three-bar stirrups have a bit more support under your foot, but this is a personal preference. Your stirrup leathers are VERY important because this is where you put most of your weight when swinging. I recommend buffalo hide leathers, they are strong and durable but will need to be rotated every three months, so they do not become uneven.

We use and recommend Ainsley saddles. They are light-weight, well-fitting and have a adjustable gullet.



04

Wraps and Boots: \$50 to \$160

Professional Choice is the best horse boot available and recommended by vets. They offer 20% more support than traditional polo wraps when put on correctly. If you use traditional polo wraps, be sure to add “racing boots,” for a hard shell of protection on top of the wraps. Some horses require bell boots or skid boots. Ask your professional if your horse needs them.



05

1st Aid Kit: \$50 to \$100

Horses WILL get hurt, but most of the time you can easily fix it without calling the vet. In a 1st aid kit you will need gauze pads for cleaning, some type of wound cleaning solution, Furozone, Neosporin, Corona, vet wrap, Elasticon, cotton wrapping with badding, bucket, thermometer and scissors. These will help you for the little stuff but ALWAYS ask for help. We are always around, and your vet is just a phone call away.



RECOMMENDED VENDORS



Nano's Polo Mallets

They can get you everything but the brushes and helmet. I trust they will get you the best deal and best stuff.

polomallets.com
561-793-4911



The Tackeria

They can get you everything. It's like Macy's for horse stuff.

tackeria.com
561-793-2012



Tato's Mallets

They can get you everything, but I prefer my mallets from Nano's.

tatosmallets.com
561-790-6868



Ainsley Saddlery

Saddles with interchangeable gullet plates and panels for different horses or developing ponies.

ainsleysaddlery.com



Performance Polo

A partner of Aisley Saddlery, Performance Polo offers HUSK boots and other horse and player protection.

performance-polo.com
info@performance-polo.com

HORSE CARE

*Horses are not machines.
They need a great -partner
and teammate.*

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GETTING YOUR HORSE into Polo Shape

Getting horses fit is an art, and there are some common practices that most people agree upon. Getting professional help is highly recommended, as it takes a team to make your horse thrive, including you, your vet, the farrier, the barn manager, and your trainer.

WALKING

**Stretches &
warms muscle**

TROTTING

Builds muscle

CANTER

Builds lungs

Here are a few tips and suggestions to help keep you and your horses healthy for the entire season. Don't wait until it is too late. As our season approaches, get your horses into a fitness routine so they will be ready when the season starts. If you don't give your horses enough time to prepare, they likely won't last the season. Keep in mind most polo players play several horses in a game. The faster you play the more horses you will need.

Injuries are also much more likely to occur when horses are not fit enough. Imagine not exercising for months then deciding to jog for 10 days before running a marathon. It is equally ridiculous to play a horse that has only had a week or two of exercise. Why risk injury to begin your season?

Mental fitness is also something to consider. Everything your horse does is trained, either by you or a trainer. Polo ponies need mental training as well. You cannot just race them up and down and then expect them to be calm and quiet when you play. It is important to have consistency in your program, your habits and your seat

As you head into the season, most horses will have been turned out for six to seven months, which means you will need at least three months to get them into proper shape. The following exercise program is a great example of how to get your ponies in playing condition and keep them fit throughout the year.

PRE-SEASON EXERCISE

Leg your horse up to start stick-and-ball and short work. Start slow and ease into a routine that builds fitness levels.

MARCH

	Number of Sessions	Routine
WEEK 01	7-10	Walk 20-minutes
WEEK 02	7-10	Walk 15 minutes, Trot 5 to 7 minutes, Walk 10 minutes
WEEK 03	7-10	Walk 15 minutes, Trot 10 to 12 minutes, Walk 10 minutes
WEEK 04	7-10	Walk 10 minutes, Trot 10 minutes Walk 10 minutes, Trot 5 minutes, Walk 5 minutes

APRIL

	Number of Sessions	Routine
WEEK 05	7-10	Walk 10 minutes, Trot 20 minutes, Walk 10 minutes
WEEK 06	7-10	Walk 10 minutes In circles, spiral in/spiral out, 5 minutes each direction, Trot 30 minutes in circles-, 15 minutes each direction, Walk 10 minutes, Trot 10 minutes, Walk 5 minutes
WEEK 07	7-10	Walk 10 minutes In circles, spiral in/spiral out 5 minutes each direction, Trot 30 minutes in circles 15 minutes each direction, Walk 5 minutes, Trot 5 minutes, Slow canter 5 minutes, Walk 5 minutes
WEEK 08	7-10	Walk 5 minutes, Trot 20 minutes, Slow Canter 10 to 12 minutes, Walk 10 minutes

DURING THE SEASON

By mid-May, your horses should be legged up and ready for the outdoor season. Many injuries happen because your horse is not properly legged up. You are asking for trouble if you do fitness work like short work and sprints before your horse has proper fitness. Dedicate thought and time to get and maintain your horse's fitness, and your investment will give you many years of happy return.

Likewise, no two horses are the same. Some horses take more precise exercise and preparation to consistently play well. Get to know your string, regardless of how big or small it may be. Be sure to talk to your vet or your polo professional about their after-polo horse routine.

MONDAY	Day off
TUESDAY	Walk 10 minutes, Trot 10 minutes, Canter 15 minutes, Walk 10 minutes
WEDNESDAY	Practice
THURSDAY	Short work 20 minutes, including transitions, rollbacks, sprints <i>Make sure to cool down with an easy walk to calm their mind back down. It is equally important to calm the mind as well as the heart and lungs.</i>
FRIDAY	Practice
SATURDAY	Long walk and a little trot
SUNDAY	Practice

When to Wrap your Horse's Legs

If your horse is coming back from a prior injury it is a good idea to wrap their legs with polo wraps or boots to give them extra support. That being said when you start your horses **do not** wrap their legs. This is why we start so slow. Adding the polo wraps will not allow their tendons to strengthen while you are legging them up. Add them when you start to canter, do circles or short work.



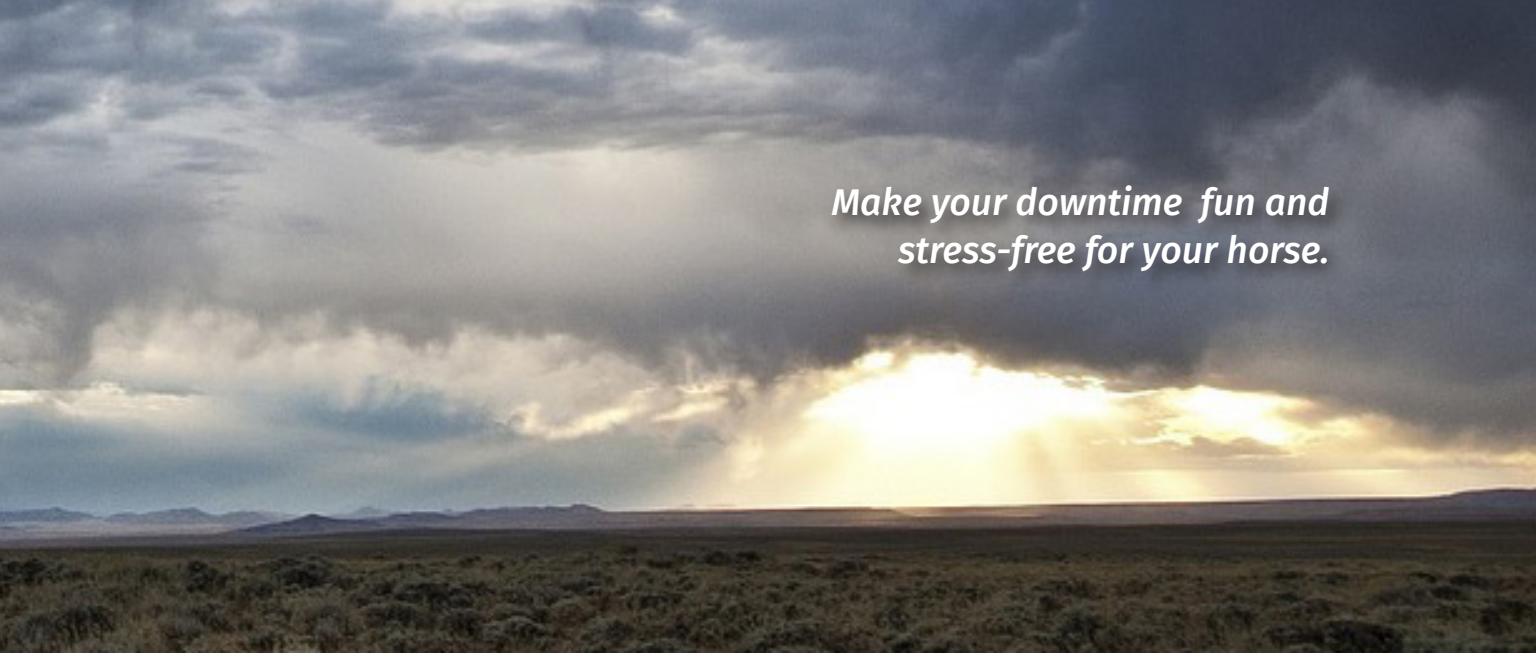
POST-SEASON

After several months of hard work your horses need a mental break. It is still a good idea to ride them, but make it fun. Go down the trail or try something new. Not only is it good for your horse's mind but it will help them enjoy being ridden and strengthen the bond between you and your four-legged teammates!

We will play until the end of October, so this gives your horse a long time after the season to mentally calm down from its rigorous training. We have several different winter options at Cottonwood Riding Club, so be sure to touch base with Erica or one of the trainers to get into a winter program.

Remember: Make your time together fun, otherwise it becomes stressful for you or your horse. Your horses are also fine to take the winter off and enjoy turnout with their buddies.

The outside of a horse is good for the inside of a man.



*Make your downtime fun and
stress-free for your horse.*

PLACES TO RIDE AT COTTONWOOD AND DPC

Highline Canal

When you cross the bridge head right, then stay on the canal until you hit the paved road. The ground is firmer to help strengthen tendons. REMEMBER: No fast galloping on the canal...it's too hard and there are rocks.

Cross-Country Course

Behind the houses is a great field for riding sets. You can make your own path around the trees or in a circle in the field.

The Hills

Head right, down the canal. When you pass the round house, go down the hill to the left. Cross the street and continue through the field. When the path has a left turn, take it. You will be riding parallel to the mountains. Then when the trail heads left again, turn left. You will see a series of hills. Walk or trot up and down the hills. DO NOT gallop. Then cross the road and continue east on the canal. We call this the "Short Circle." Really any hill will do. Just make sure the footing is good...no holes, deep sand, or cactus.

Polo Arena at Cottonwood

In the winter this has the best footing and drainage. It's a great way to get a short work-out with your pony.

Exercise Track at the Fields

Located at the south end of the fields, this is a great workout, warm up or cool down.

Polo Arena at the Fields

A great place to ride if you need the extra security of walls. The footing is sandy, and it is a safe place for you and your horse to do short work along the walls.



NUTRITION

for Horses

Help your horse thrive year round! While every horse is different, often the best thing is to keep it simple. It takes a team to help your horse achieve its fullest potential, including your vet, farrier, trainer or pro, and barn manager. Communicate well with your team, and you and your string will be unstoppable!

Pre-season (March-April)

As the season starts to ramp up, increase your horse's calorie intake just enough to replace what they are burning. The amount of work will determine your quantity. Below is a list of what we feed pre-season for lunch (when they go back to work):

1 scoop of Purina Strategy
1 cup vegetable oil
1/4 cup diatomaceous earth
A handful of salt

Mid-season (May-October)

This is the period when your horses will be using more energy. At the beginning of June, depending on the season and how they all came out of winter, we may also add rolled oats to their mix. These are slow burning fuel that won't make them hot but will give them the added boost of energy they need.

In July we also transition the horses to alfalfa. This increase adds more protein to their diet and helps keep the muscle. You may find that, if you take a break, your horse may have a few more wiggles and giggles. This is because of the added sugars in the alfalfa.

Below is a list of what we feed mid-season for lunch, keeping in mind each season is a little different.

1 scoop Purina Strategy
1 scoop rolled oats
1 cup vegetable oil
1/4 cup diatomaceous earth
A handful of salt

Off-season (November-March)

In the off-season it's important to let your horse rest and come off of their high-octane fuel slowly. In October, we transition back to the alfalfa and grass mix. You can also start cutting back on their oats in October but continue the rest. We still play quite often, and you want your horse to be fit and round coming into winter. Below is a list of what we feed for lunch at the end of the season.

1 scoop Purina Strategy
1 cup vegetable oil
1/4 diatomaceous earth
A handful of salt

A Note on Supplements

Supplements are a \$96,000,000-a-year industry. If you and your team work together, and you have a healthy horse, you will not need to supplement them. I'm not saying that they are bad, but we tend to over supplement because it makes humans feel better. That is why it is very important to consult with your team about your horse. If you feel that they need something, ask your vet. Make sure it's someone you trust, and they are not getting a percentage of the pie. At the end of the day good quality food will give you good quality results.

And a Few Best Practices....

Never feed before you play. Your horse is not like a car that you need to fill up before the race.

When the weather changes drastically be sure to give them some type of electrolyte. We also recommend a wet, soupy, bran mash to keep the pipes flowing.

STRETCHING

for Horses

*Maintenance, balanced riding, warm-up and stretches
for your equine athlete*

Stretching, warm up and cool down are important routines to the longevity of your horse. First you must understand the anatomy of the horse. Look at the pictures to the left to help you understand what is going on under your saddle and to see a few simple stretches you can do for your horse before and after each work out. Throughout the year it is also a good idea to get your horse into a maintenance routine with a good chiropractor and massage therapist.

Here are a some of my favorite practitioners:

Chiropractic Horse & Human

Dr. Deb O'Reilly
Vibrant Energy Healing Center
(303) 979-5736
vibrantenergy.com

Sports Massage Horse & Human

Luis Maybe
Reactivate Massage
303-928-1210
reactivatemassage.com

Massage/Acupuncture/Herbalist Horse & Human

Helen Davies
Helen's Healing Hands
303-807-3705

Massage & Chiropractic Horse Only

Kris Ahlberg
303-816-6473

Throughout the season, one of the most important things we can do for our equine athletes is to remember they are athletes.





Private Events

AT DENVER POLO CLUB

Denver Polo Club is supporting the maintenance and growth of its facilities with a burgeoning events program. With the club as the canvas, hosts can now rent and configure the fields or clubhouse and patio for personal gatherings, large corporate events and everything in between. There are options to add on a private polo match to entertain guests, or up the ante with a learn-to-play-in-a-day workshop.

This year, you can expect to see new faces around the fields on event days. As always, the safety and well-being of our horses comes first. To that end, we've implemented thorough protocols to limit traffic near the paddocks.

Contact Erica if you're interested in hosting a private event of your own at DPC. We would be honored.

FEES AGREEMENT

I, _____, understand that it is my responsibility to pay my polo dues, pro fees and any other costs associated with polo on or before the season, day of lesson or services rendered.

I understand that I have the option of paying with a check, cash, Venmo, ACH or a credit card (3.5% office fee).

I understand that I will not get to play my chukkers or any form of polo if I do not pay on or before due date.

I understand that The Denver Polo Club cannot predict the weather but will try in all its best efforts to get you rescheduled.

I understand and have read The Denver Polo Club Rules, Policies, and Procedures.

I understand and have read The Denver Polo Club's different options for dues and fees.

I understand that if I have a custom membership, scholarship or payment plan, I will write it in the "other" section below with Erica or DPC Management.

I understand that if I cancel fewer than 6 hours prior or do not show up for the scheduled game or lesson, I will be responsible for the entire cost of that session.

I understand that if my account is more than 30 days delinquent, I will be assessed a \$50 late fee each month until the balance is paid and I will not be able to participate in chukkers or lessons.

"Other" _____

Full Name

Signature

Date

POLICIES & PROCEDURES

1. Playing grass members must be a member of the United States Polo Association under a USPA registered polo club.
2. The Denver Polo Club reserves the right to deny or revoke any request for membership.
3. United States Polo Association rules will be observed at all times.
4. The Denver Polo Club is a family club, foul language and yelling will not be allowed. Violators will be asked to leave dues will not be refunded.
5. Teaching or coaching of other members, guests or participants will not be allowed on DPC properties (with exception of you by your own personal pro).
6. Dogs must remain in vehicles or tied up. All dog poop must be picked up and thrown away.
7. Tournament entry fees are to be received no later than the day of the draw.
8. All visitors/members must clean up after themselves BEFORE they leave the property. This includes tail tape, trailer areas, picnic areas, the fields after polo barbeque and tailgates. You will receive ONE warning and after that you will be fined \$50 each day trash is left and be asked to leave.
9. Refunds due to weather or other situations are not guaranteed and are at the discretion of the Denver Polo Club and its committee members.
10. Players must sign a release to play or stick & ball on Denver Polo Club properties.
11. No horses are to be left unattended outside their pen.
12. All horses must be updated with all deworming, vaccinations and any other medical needs before boarding or hauling to the fields. Records must be made available to management.
13. Maximum speed limit of 10 MPH when on Denver Polo Club grounds. You will receive ONE warning and then be asked to leave.
14. Keep all pasture gates and pen gates closed with clips at all times.
15. Club hours are from 7 am to 10 pm and then gates will be closed and locked.
16. Unauthorized use of the field is prohibited.

17. Players and umpires failing to show for a scheduled game or failing to find a competent replacement will be required to pay a \$50 fine payable before the next time they play.
18. Denver Polo Club facilities (tie rails, arena, trails, parking by lower tack area, and track) are for boarders only. All others must pay a \$25/day facility fee and show proof of current health and Coggins papers.
19. Practice/stick & ball are not allowed on the field unless authorized by DPC president. Stick & ball is ONLY allowed during designated times for designated leagues, short work is NOT allowed on the fields.
20. All grass players MUST have a USPA handicap.
21. All club pros and substitutions must be approved by club tournament committee. Players are responsible for finding an appropriate substitution. Failure to find appropriate substitution results in a team forfeit.
22. Transfer of club, league, membership or tournament fees are at the sole discretion of the club owner and are not guaranteed.
23. All games are based on four chukkers unless otherwise stated.
24. ONLY paying members are allowed on the field, dues are to be paid no later than June 1st. Failure to pay will result in no polo privileges until paid. Warm-up is allowed in designated area ONLY, not on the fields.
25. All dates, times, and handicap levels are subject to change.
26. All horses sold to Denver Polo Club players will be charged up to a 5% commission payable to the club no later than 10 days after sale.
27. There will be photographers at DPC throughout the season, and I give my consent to use my photograph in Club marketing and social content.

If problems persist, one warning will be issued. The Club reserves the right to revoke privileges and membership without refunding fees. This is your club and your lifestyle. Treat it, its members, its management, and its facilities with respect. Please sign below stating that you have read, understood and will follow the policies of Denver Polo Club.

Full Name

Signature

Date

COTTONWOOD RIDING CLUB RULES

Horseback riding is a dangerous sport. The use, handling and riding of a horse involves a risk of physical injury to any individual undertaking such activities; a horse, irrespective of its training and usual past behavior and characteristics, may act or react unpredictably at times based upon instinct or fright which, likewise, is an inherent risk assumed by horseback rider. To provide a safer more enjoyable atmosphere for its members and riders, Cottonwood Riding Club has instituted the following rules, which will be enforced by management and fellow boarders.

1. Maintain a maximum speed limit of 10 MPH upon entering Cottonwood
2. No dogs allowed past the parking lot. We highly recommend you keep all dogs at home.
3. Cars are not allowed in the courtyard or pasture areas (see management when loading or unloading). Cars are restricted to designated parking areas only.
4. No smoking in any buildings, please no littering.
5. No outside trainers. We offer classes in a variety of disciplines and are always open to hearing more ideas. Please bring all new ideas to the office.
6. Guests are allowed to trailer in but must check in at the office. There is a trailer-in fee (please see price sheet). Health certificates must be made available to management. All trailer-ins should park on the north side of the lane up by the outdoor arena.
7. Guests riding your horse are required to have a signed emergency form completed by an adult.
8. Running or other disruptive behavior is not allowed on Cottonwood property. Remind your children - no running or playing in the courtyard area or under the bridge, and no tree climbing.
9. No horses are to be left outside their pen unattended. All horses must be tied with a complete halter to strings only and under the owner's immediate control.
10. Horses are to be tied in designated areas only. Never tie to arena rails, car doors, pen rails, or in the aisle of the barns etc. They are not designed to hold if a horse is spooked and pulls back - you will injure your horse.
11. Horses are not allowed in tack rooms or in the clubhouse lawn area.
12. A halter left on the tie does NOT reserve your space while you ride. If a halter is left tied the next person may remove it and place it on the ground safely out of the way.

13. Horses are to be kept at a walk in the courtyard area at all times.
14. Horses are not to be left unattended in arenas or in round pens. Riders have priority over turnout horses.
15. Washing or hosing down horses is never allowed in the courtyard area; please use the wash areas only.
16. All Cottonwood feed and bedding is restricted from general use. It's your responsibility to time your rides so that your horse doesn't miss his/her meal. A routine eating schedule is important to your horse's digestion. If you need your feed marker changed put a note on the office door.
17. The turnout pastures are restricted to the Cottonwood turnout program only Monday through Saturday from 9:00 AM to 4:00 PM. After these times and all day Sunday you are permitted to use the turnout paddocks. Please limit use to 30 minutes.
18. Please turn off all lights and lock your tack room after use.
19. Keep all pasture gates, pen gates, and stall doors closed (with clips) at all times.
20. All supplemental feed must be kept under the office in a sealed container. No feed in tack rooms.
21. Farriers must never block the aisle way of any barn with either your horse or with their equipment. Horses may be shod in the grooming stalls, at the tie rails, or under the trees by the canal. You are responsible for cleaning up after your farrier, including nails, old shoes, and hoof trimmings.
22. No riding or mounting in barn aisle ways.
23. No horse is to be left unattended in grooming stalls or aisle ways. Never tie in the barn aisles.
24. Do not clutter barn aisle ways or tack rooms with unused gear or off-season equipment (such as winter blankets in the summer).
25. One horse = one set of equipment in tackrooms
26. Horses are not to be led between the tractor and barn walls. Use an alternate entrance if the barn equipment is in the way.
27. Barn aisle ways are for all boarders to use in bad weather.
28. In good weather please use outside tie rails, leaving barn aisle ways clear.

ARENA RULES

1. All riders 17 years old and under must wear helmets at all times while riding.
2. General riding has priority over specialty riding except during lessons or in the polo arena where polo players have priority.
3. No foreign objects such as polo mallets or ropes are to be used while other riders are in the arena.
4. Lunging is allowed in the arenas with the following restrictions: NO LUNGING if more than 2 riders are present or if a lesson is being conducted on school horses. Lunge only if all other riders give their permission. Never lunge to get your horse's bucks and kicks out when other riders are present; your horse must be under control at all times.
5. Polo and Jumping are not allowed without safety approved helmets, riding boots, and proper performance equipment. We recommend that riders wear helmets and a hard soled shoe with a 1/2" heel at all times while riding.
6. All indoor arena observers must remain behind barriers in the north corners of the arena. No loitering by the gate.
7. Jumping is only allowed while in a lesson with a Cottonwood Instructor. Exceptions are made through the office only.
8. Riding is allowed in the arenas while lessons are going on (excluding polo lessons). However the instructor is in charge of setting special arena rules during that time due to the inexperience of their students. During lessons all riders must follow the same direction as the lesson. If you wish to reverse, please ask the instructor if that would be possible.
9. For safety reasons all riders must remain in control of their horse at all times. If you are traveling faster than other riders pass on the inside and verbalize your intentions to all riders. Look ahead and avoid collisions by circling or slowing your horse down.
10. If a rider falls off, all other riders are to stop immediately. Do not move the rider pending first aid care.
11. When riding in opposite directions, pass left hand to left hand. All riders performing figure eights, circles, jumping etc. should

*If any member or rider needs further explanation of the club's policies or rules,
please contact club management.*



A dynamic photograph of a polo player in action. The player, wearing a blue shirt and white pants, is mounted on a brown horse. The horse is captured mid-stride, its front legs extended forward and its back legs pushing off. The player's right arm is extended, holding a black and yellow polo mallet. The horse's tail is braided and secured with a teal ribbon. The background is a blurred green field, suggesting a fast-paced game.

**SEE YOU ON
THE FIELD!**

