

Benefits of Volunteering

- Help make a difference in someone's life
- Develop and improve leadership skills
- Learn about equine assisted activities
- Earn service hours for school
- Exercise and get fresh air in a beautiful setting
- Looks great on your resume
- Meet great people and make new friends
- Work with horses without the cost of ownership

"To the world you may be one person, But to one person you may be the world."

Anonymous



Sign Me Up!

Call us at 865.988.4711 or email the Volunteer Coordinator at volunteer@rideatstar.org.

Visit our website at www.rideatstar.org to check dates for upcoming Volunteer Trainings!



Located on 63 acres in Loudon County, STAR is equipped with a 24-stall barn, indoor and outdoor arenas, classroom, meeting rooms, play area and administrative offices.

11800 Hwy. 11E

Lenoir City, Tennessee 37772

Phone: 865.988.4711

E-mail: star@rideatstar.org

Website: www.rideatstar.org



ACCREDITATION

Founded in 1987, STAR is the oldest therapeutic riding program in Tennessee and has maintained premier accreditation status from the Professional Association of Therapeutic Horsemanship International (PATH Intl.) since 1990. All of STAR's instructors are PATH Intl. certified.



Professional Association of Therapeutic Horsemanship International



STAR

SHANGRI-LA THERAPEUTIC ACADEMY OF RIDING

VOLUNTEER



Our mission is to foster personal achievement by providing therapeutic experiences using horse related activities for persons with disabilities or other special challenges.



What is STAR?

Shangri-La Therapeutic Academy of Riding (STAR) is a nonprofit 501(c)(3) corporation, located in Lenoir City, TN. We partner horses with individuals having physical, cognitive or neurological disabilities as well as other special needs. This relationship offers the opportunity to gain therapeutic benefits through learned riding skills and equine interaction. STAR's core programs are **Therapeutic Riding** (includes Interactive Vaulting), **Changing Strides** (at-risk youth), **Minis in Motion** (traveling classroom focusing on education and literacy), and **Heroes & Horses** (a program for veterans with disabilities).



The Role of the Volunteer

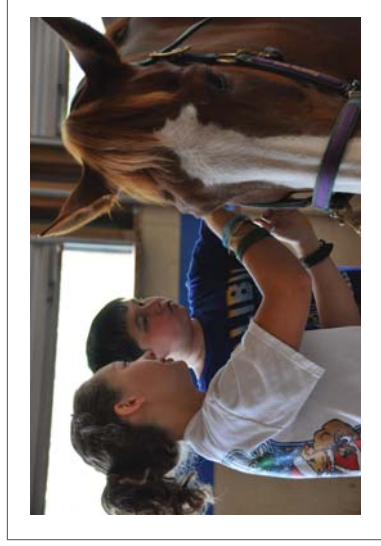
STAR relies heavily on volunteers to assist in every facet of the program. Individuals must be dependable and possess a willingness to help others. While most volunteer tasks require physical ability such as jogging and lifting, there are other opportunities available as well.

We provide training sessions where volunteers learn to groom, tack up the horse, and walk next to the riders to assist them while they are mounted.



Volunteer Jobs

Lesson Volunteer (Age 13 & up) - work directly with riders and horses during lessons. Assist participants with grooming and tacking; then sidewalk beside the rider during the mounted portion of each lesson. Minimum time requirement of 1-1/4 hours per week for the entire session. No horse experience necessary.



Junior Volunteer (Ages 10-12) - prepares tack for lessons and assists with barn chores.

Horse Leader - For those with horse experience to lead during class. Additional training required.

Changing Strides (Adult) - Assist in classes working with at-risk teenagers.

Heroes & Horses - For veterans willing to help disabled veterans. Horse leading and sidewalking.

Minis in Motion - Assisting with educational field trips as the minis travel to schools & camps.

Facility Team - Help maintain fields, flower bed, fences, put up hay and much more.

Barn Help - Get "up close and personal" with our equine partners!! Assists with their bring-in and turn-out, grain distribution and stall cleaning. No weekly commitment is needed. Additional training required.

Office Volunteer - Help with phone calling, mailings, data entry, filing, etc.

Special Events - Assist with STAR's special events, i.e. Bridles & Blue Jeans, Hoof It!, Horse Shows, etc.

STAR Guild - Great for adult volunteers who require a more flexible schedule or for those who have physical limitations. Help with baking, manning booths at fairs, concessions, cleaning, etc.



"The best way to find yourself, is to lose yourself in the service of others."

Ghandi

