



NEWS RELEASE  
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[www.trottx.org](http://www.trottx.org)

### TROT Seeks Volunteers for 2009 Sessions

Therapeutic Riding Of Texas (TROT) is looking for Sidewalker and Horse Handler volunteers to help disabled children ride horses.

Sidewalkers are the volunteers who work directly with the riders. They help keep riders safe during their lessons. This position does not require any special training, as direction will be provided at orientation. This is a great position to help children and adults with special needs.

Horse Handlers are responsible for the horse during class and must have experience with horses. The Horse Handler does not usually interact with the rider as they are focused on the safety of the team they are working with as it relates to the horse.

Volunteers will attend classes on Mondays and/or Thursdays from 6:15 p.m. to 7:30 p.m. at Gemini Farms - 1701 S. Duncanville Rd, Cedar Hill, TX, 75104. Sessions start in March and run through November. All volunteers are required to attend an orientation on Saturday, March 21 from 1p.m. - 3 p.m.

All volunteer applicants will need to fill out the volunteer forms, which can be found on the TROT Web site - [www.trottx.org](http://www.trottx.org). They may either be mailed to 1701 S. Duncanville Rd, Cedar Hill, TX, 75104 or emailed to [trotvolunteers@yahoo.com](mailto:trotvolunteers@yahoo.com).

TROT is a non-profit organization (501c-3) dedicated to serving Dallas-Fort Worth area special-needs riders, and is a premier accredited therapeutic riding center through the North American Riding for the Handicapped Association (NARHA). TROT's nationally recognized therapeutic horsemanship curriculum includes safety, grooming, saddling, ground handling as well as riding.

TROT has provided recreational riding with therapeutic benefits for children and adults for more than 20 years. Riding improves muscle tone and strength, balance, posture, coordination, endurance, motor development and range of motion. In addition, the unique relationship formed with a horse often leads to higher levels of confidence, patience and self-esteem in riders with emotional or mental disabilities.

**Therapeutic Riding of Texas | [www.trottx.org](http://www.trottx.org)  
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