**All Riders Must,**

To improve your riding experience at our stables, we are requesting that you follow the new dress code. If you have any questions please ask.

**Shoes:** for your first few lessons tennis shoes are acceptable. However, we ask that you purchase or wear boots with a 1/4 - 3/4 heel. Open toed shoes are not permitted. You must a snug fit paddock boot or western boot with no slippage.

**Pants:** Pants should be long and fitted, Jeans (should be fitted as well), breeches and leggings are acceptable now.

**Helmet/Hair**: All riders must wear a helmet while mounted. If you do not want to purchase a helmet of your own, we will be able to supply one for you to use during your lesson. If your hair is below your chin, it must be pulled back into a low ponytail. If you have bangs, please bring a clip or hair band to keep them out of your eyes.

**Tops:** All riders must have sleeves the width of four fingers. Polos or snug fitting tee shirts are preferred. Loose fitting tops and jackets make it difficult for your instructor to see your posture while you are riding.

**Baggy ill-fitting clothing interferes with your ride.**

You can purchase all items listed above from:

**Dan's Boots and Saddles:**   
(505) 345-2220 (discount coupons available)  
6903 4th street NW  
Albuquerque, NM 87107

**-Clothing and appearance determine performance.**

-All athletes wear clothing appropriate to their sport. This aids in the development of technique and performance.

-keep your smile up and your heels down

The staff at Liz Sanchez Stables