

S. D. O'Connor Lamb/Goat Exercise Agreement

The exercising of goats/lambs is important when conditioning the animals for the upcoming show season. A good exercise program is a must when competing successfully. It corrects the finish (fat) and maximizes the natural muscling. It is the student's/parent's decision in determining what type of exercise program to use. Students are not required to participate in the S. D. O'Connor goat/lamb exercise program. It should be mentioned that individual exercising is labor intensive and time consuming.

Examples of individual exercise programs are:

1. Running over Barrels. (Requires the setting up of barrels and track) The student follows next to the side of the barrels to make sure goat/lamb jumps each barrel. This type of exercise requires much dedication.
2. Use of Chariot (Chariot is pulled by student with back legs of the animal on the ground). The student must purchase chariot for their use.
3. Use of Rubber Tire. Rope is tied around shoulders, animal drags tire. (This type of exercise also develops heavy muscled shoulders - **not good**)

The two of most successful group exercise programs are:

1. The use of running dogs. This method is used by many of the students who are not raising goats/lambs at O'Connor. Dogs are **not** allowed on the Vickery Center (this includes the goat/lamb exercise track).
2. The use of a four-wheeler (At the Vickery Center, this may only be done by an Ag. teacher). (Mr. Hawkins, Mr. Branecky, or Mr. Montalbo). This method has proved to be highly successful in exercising the large number of goats/lambs located at the Vickery Center. Students/Parents are not allowed to bring any mechanical device (example-4 wheeler on the project center grounds.)

IMPORTANT NOTICE: Exercise times will be Mon – Thurs weekly at 4:15. Holidays will be posted on the bulletin board in the goat/lamb barns. Students and Parents need to be aware that accidents may happen when exercising show animals. It is possible (just as in any athletic activity- that an animal might suffer a cut, sprain, or broken bone) **this might prevent the animal from being shown.** Students and Parents need to be aware of the risk before signing this agreement.

The following rules must be followed for exercising goats/lambs at the Vickery Center:

1. This agreement must be signed by the student and the parent and given to Mr. Hawkins. There will be **NO** exercising of student's project before agreement is signed. Remember: **THERE IS A RISK. Of Injury.**
2. The student or parent must be present when project is exercised. Attention: Students are not allowed to exercise other students show projects.
3. A violation of rules will result in the student's project not being exercised for the show season.

Print Students Name

Student's Signature/Date

Parent's Signature/Date