



## REGIONAL POLOCROSSE CLINIC

Saturday, November 21 & Sunday, November 22, 2009  
Lancaster, KY 40444

For an action-packed, fun-filled weekend, come join us for a Polocrosse Clinic. Riders of all ages (including adults) and any experience level (raw beginners to seasoned veterans) are **welcome!!** Our clinicians, Kelly Fisk and Dalles Phillips, have skill-building activities scheduled throughout the weekend, including scrimmage games that will be challenging as well as great fun!

Kelly and Dalles are both American Polocrosse Association B-grade players and both have been involved in USPC Polocrosse. Kelly has been involved with the APA youth development team in 2009. Dalles is on the USPC Polocrosse Committee and started a polocrosse club in east TN. Both girls have been to USPC Championships in polocrosse and both have been involved with organizing the region's Championship-qualifying Polocrosse Rally. Dalles will (again) be the secretary/organizer for Midsouth's Polocrosse Rally in 2010.

For interested Pony Clubbers, the Polocrosse Rule Book is available FREE on the U. S. Pony Club website ([www.ponyclub.org](http://www.ponyclub.org) , under Forms). Download part/all at your convenience.

The clinic will accommodate up to 30 riders, spots to be filled on a first come, first served basis. All Midsouth Pony Clubs and Riding Centers are invited to participate. The cost for the clinic is \$20 for 1 day only or \$30 for the two-day weekend. Stabling is at \$15/night. Bring your own bedding. You will also need to bring your own lunch each day.



## Polocrosse Clinic Registration Form

Saturday, November 21 and Sunday, November 22, 2009

Hosted by the Mid-South Region  
at  
Long Run Farm  
403 Fork Church Road  
Lancaster, KY. 40444

Clinic Begins at 9 AM

Name: \_\_\_\_\_ Age (if under 18): \_\_\_\_\_

Pony Club/Riding Center Affiliation \_\_\_\_\_ Rating \_\_\_\_\_

Address \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please check, as appropriate:

Each Player:  Saturday only (\$20)  Saturday and Sunday (\$30)

Do you want a stall (\$15/night)? (must provide your own bedding)  Yes  
 No

**Send completed Registration Form, Competitor Activity and Rally Release,  
Coggins, and check (made out to MidSouth Region) to:**

Dalles Phillips  
2026 Harris RD  
Knoxville, TN 37924

Please bring the following equipment if you have it available: 4 polo wraps, galloping boots or sports medicine boots, 4 bell boots, breast collar, saddle without a horn, helmet, and your usual bridle with shankless bit.

Questions? Call or Email: Nancy Smith at 256-881-4214 [njssmith@aol.com](mailto:njssmith@aol.com)

or

Dalles Phillips at 865-637-5734 [poloxjumper@gmail.com](mailto:poloxjumper@gmail.com)

## **Directions to Long Run Farm:**

**From Cincinnati**—Take 75 South to Lexington Ky. Take exit 108 which is Man O' War Blvd. Turn right off the exit ramp onto Man O'War. Follow to Route 27 (Nicholasville Rd.) Turn left onto Nicholasville Rd. south. Go approximately 15 miles and you will cross the Kentucky River. Continue on 27S approximately 9 more miles. When you see the BP station on the corner of 27 and 34, go one more mile on 27S, take your first right onto Fork Church Rd. Follow signs to the first farm on your left.

**From Huntington WV**—Take 64 West to Lexington Ky. At the I75 interchange, take 75 South to exit 108, Man O'War Blvd. Follow directions from Cincinnati.

**From Knoxville**—Take 75 North to exit 62, the Renfro Valley exit. Follow signs to 150. Take 150 West to 27 North. Follow 27 North to Lancaster. Continue through Lancaster on 27 North, go approximately 6 miles. You will see The Forks of Dix River Baptist Church on your right. Turn left onto Fork Church Rd just past the church. Follow signs to first farm on left.

**From St. Louis/Louisville**—Take 64 East to exit 48, which is the Lawrenceburg exit. Turn right off the exit onto 151 South/or East. Take 151 to 127 South. Follow 127 S through Harrodsburg, into Danville. At first traffic light (McDonald's on corner), turn left. You will see the Boyle Co. School complex on your left. Follow this road to first light. At light, the road turns into Main Street. You will see Centre College on your right. Follow Main Street to the 5<sup>th</sup> light. (not including the one at Centre). You will see the Post Office on your right and Melton's Deli on your left. Turn left at light onto Wilderness Rd. At stop sign, turn right. You will be on Rt. 34 East. Follow 34 to where it ends in a T with Rt. 27. Turn right onto 27 South. Go approximately 1 mile to your first road on the right, which is Fork Church Rd. Turn right onto Fork Church, and follow signs to the first farm on left.

**For directions from other cities, use Mapquest.com.**