

# DISCOVER POLO

WATCH IT, PLAY IT, SUPPORT IT!

TEAM BUILDING  
EXPERIENCES





# Lunch & Learn Seminars

Bring your group together for unique team building opportunities at America's first polo club. Our specially trained leaders guide groups through a 2 hour polo experience with skill building demos on foot, mounted instruction, ending with team scrimmages for learning and friendly competition.

Lunch & Learn Seminars Cover....

- Intro to the Sport of Polo
- Horse Care & Prep
- Basic Hitting
- Rules, Strategy & Defense
- (Optional) Riding Skills for Polo
- (Optional) Team Scrimmage
- Prizes & Lunch

The program is oriented for adults; no riding experience is required. Minimum of 5 participants, up to 16. Cost is \$160 per person, and includes boxed lunch, use of polo horses, polo mallets and safety equipment. Suggested dress is layered outerwear, jeans and boots with 1" heel. All participants are required to sign a Waiver of Liability.

Offered in Autumn, Spring, and Summer:

**Wed | Fri:** Latest start time, 4:30pm; **Tue | Thu | Sun:** Latest start time, 11:00am



# Lunch & Learn Seminars

## Schedule of Events



### 1. Registration & Welcome

### 2. Intro to Polo

Dive into the world of polo with a primer by the Team USA captain, from its Persian roots, to the first club in the U.S. and what it takes to play the sport.

### 3. Group Hitting Lesson

The fun kicks off with all the players on the ground, using a foot mallet to learn the swing mechanics, and compete for the first goal of the day.

### 4. Breakout Sessions

Teams of 3-4 participants move through each 10 minute station to learn the polo basics on foot before mounting horses for a team scrimmage.

- Horse prep: learn how to prepare the horse for polo, from grooming to saddling and tying the tail
- Rules & Strategy: pair off to practice hitting, passing, & defensive team play
- Full swing: practice swings and penalty shots with full-length mallets from the life-size wooden training horse.

### 5. Team Scrimmage (optional)

Saddle up, and take to the arena for a mounted lesson in riding for polo, followed by a team scrimmage to take home top honors.

### 6. Awards & BBQ Lunch (optional)



# Lunch & Learn Seminars



**Horse Prep:** Newport Polo's Equine Manager demonstrating hoof cleaning, a crucial step in preparing for competition to ensure nothing is stuck in the hoof that would injure the horse.



**Rules & Strategy:** Team USA Captain, teaching the 'ride-off', a defensive play to regain possession of the ball from an opponent.



**Scrimmage:** Teams saddle up, rounding out the day with a friendly competition to see who takes home bragging rights and the trophy.



# Intro Clinics

The Adult Intro Clinic is a mounted experience to provide new players the essential skills for their start in polo. The clinic is offered in small, focused groups to learn with other beginners, providing individual attention to each student's progress, and practice newly learned skills in scrimmages.

The Intro Clinic covers...

- Horse Care & Prep
- Riding Skills for Polo
- Basic Hitting and Defense
- Rules and Strategy
- Scrimmage
- BBQ Lunch or Supper

Minimum of 6 participants, up to 8. Clinic fee is \$150 for 2 hour of instruction on horseback and scrimmage in the arena. Includes use of polo horses, polo mallets and safety equipment. Suggested dress is layered outerwear, jeans and boots with 1" heel. No riding experience necessary. All participants are required to sign a Waiver of Liability.

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# Availability



Newport Polo, reputed as a leading instructional polo program by the United States Polo Association (USPA), offers polo instruction at its private training facility in Portsmouth, RI. The Polo School is open seasonally, Spring, Summer & Autumn, typically March/April through December. Facility is outdoors, and sessions are weather dependent.

## Lunch & Learn

**Wed | Fri:** Latest start time, 4:30pm;  
**Tue | Thu | Sun:** Latest start time, 11:00am

## Intro to Polo Clinic

**Wed | Fri:** Latest start time, 4:30pm;  
**Tue | Thu | Sun:** Latest start time, 11:00am

Team building sessions may be customized and combined to fit the unique needs of each group. Riding and mounted competition experiences are optional. Combined Lunch & Learn/Intro Clinic available for up to 24 participants.

**Email [agnes@nptpolo.com](mailto:agnes@nptpolo.com) for information & bookings.**



# About Newport Polo



**Newport Polo** is host of the Newport International Polo Series and home of America's first polo club, offering exhibition polo and club member services for outdoor & arena polo, and polo instruction. Est. in 1876; founding member of the United States Polo Association.

**We invite you to Discover Polo!  
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