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Frost Valley YMCA

Frost Valley Equestrian Director Receives 30 Under 30 Award from YMCA of the USA

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CLARYVILLE — The YMCA of the USA recently recognized 30 emerging leaders from YMCAs across the country. Frost Valley YMCA Equestrian Director Emily Gorman was among those honored.

The YMCA of the USA created a recognition program to identify and formally recognize 30 full-time YMCA leaders under the age of 30 for their accomplishments and their potential to become leaders in their local Ys in the coming decades. Emily Gorman was one of 30 individuals out of 230 nominees to be honored with the 30 Under 30 award. Emily was recognized for her commitment to Frost Valley and the local community, and for her accomplishments in the Y's focus areas of Diversity, Inclusion, and Global Innovation.

Emily grew up in Kent, England and graduated from the University of Leicester in 2011 with a BA in Sociology. She has worked in Frost Valley's Equestrian Center since 2010 in a number of different roles including as a Wrangler, the Lead Equestrian Instructor, and Director of East Valley Ranch. Now, as the Director of Equestrian Programs, Emily oversees the Equestrian Department year-round, taking care of the needs of Frost Valley's guests and horses.

During her tenure as Equestrian Director at Frost Valley, Emily recognized that equestrian programs were aimed primarily at girls and created an overnight horse camp for boys, as well as a co-ed horse day camp to ensure inclusion. What began as a one-week overnight horse camp for boys three years ago has since expanded to all four sessions for the entire summer.

"I believe our guests leave Frost Valley as better versions of themselves with solid core values and an understanding of nature and horses," says Emily Gorman, Equestrian Director for Frost Valley. "I am very grateful to be in a position to serve members of the community."

Frost Valley's horse camps are designed with a focus on inclusion, allowing participants from all backgrounds to take care of and ride horses. The horse camps are open to those that may not be able to afford to ride, may not be physically able to ride on their own, and to those who have never ridden before and want to try it.

About Frost Valley YMCA: Frost Valley YMCA is a values-driven organization with a mission to foster youth development, healthy living, and social responsibility through outdoor educational and recreational programs for all. Located in the heart of the Catskill Mountains, Frost Valley provides year-round access to nature and fun through programs such as summer camp, adventure trips, farm camp, equestrian programs, group and family retreats, family

weekends, school trips, teambuilding and more. Frost Valley, a not-for-profit organization chartered through the YMCA of the USA, is guided in this pursuit by its core values which serve as pathways for guests as they bond with nature and each other: Caring, Community, Diversity, Honesty, Inclusiveness, Respect, Responsibility, and Stewardship.

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Photo: Emily Gorman.jpg

Photo Caption: Emily Gorman, Equestrian Director for Frost Valley YMCA, receives 30 Under 30 award from YMCA of the USA.