

EMILY HOLOWCZAK



Mount Holyoke College

What was your experience before joining IHSA?

I began riding at 7 or 8 years old at a local summer camp. I liked it so much I begged my parents to send me for an additional week, which led to taking lessons on a regular basis. My passion grew quickly and I soon wanted to ride more often than my once-a-week lessons.

At age 11, I found a small barn where I could work to ride and soon became your typical "barn rat" kid. I rode any horse that was available. As time went on, I leased different horses throughout my high school years and catch-rode several green ponies.



How did you get involved with IHSA?

When looking for colleges, I knew I wanted to ride on an intercollegiate team. I already had competition experience through IEA in high school, so IHSA was the next logical step. I applied only to schools that offered strong academic programs and an IHSA team.

Describe your experience competing on the team?

Upon my acceptance to Mount Holyoke College, I tried out for their Hunt Seat team. I made the cut in my first semester, and the team became my family away from home for the next four years. Between weekly meetings, workouts, practices, competitions, and caring for the horses, we usually saw each other every day. It was great that the barn was located right on campus! I never experienced such an exceptional level of support and comradery within a team before going to college, especially in equestrian sports.



Do you still keep in touch with any of your IHSA teammates/coaches?

I still keep in touch with many of my teammates as well as my coaches. Mount Holyoke is relatively close to where I live now, so I occasionally visit to assist with schooling horses at their home shows.



Tell us about your life now.

In addition to riding as often as possible, my equestrian lifestyle has now leant itself to my developing career. As a freelance writer, I have been published in magazines like Practical Horseman and Equestrian Living. I was awarded the 2018 Student Award from American Horse Publications, which brought new opportunities in equestrian journalism. Outside of horses, I also work for the Hartford Symphony Orchestra in Connecticut.

