



Photo Credit: Lauren Blaha Photography

Rachel VanDemark

Hometown: South Brunswick, NJ

Major: Nursing

Minor: Psychology

Graduating Year: 2019

IHSA levels: Open flat, Open fences

Favorite thing about IHSA: The best part about the IHSA is how important the team aspect is to the sport. I love how every single rider, whether they show in open or walk trot, contributes equally to the team score. This creates an amazing support network within our team that makes riding and competing even more fun. Serving as English Captain of the Rutgers Equestrian Team has by far been one of the most rewarding experiences of my life and I will forever cherish the friendships I have made, not only with my teammates but also with the incredible riders from the other schools in zone 3 region 4.