



2026 Sean Frost

Sean Frost entered the GrowinG Internship Program with substantial horse experience and a clear goal: a career in ranching. A Marine Corps veteran and trained farrier, Frost enrolled in the University of Wyoming's Ranch Management and Agricultural Leadership program to expand his skills. "This internship program will help me achieve my goal of a ranching career in the future," he wrote.

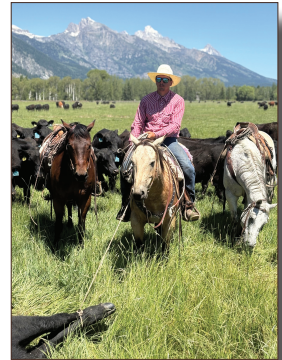
At his host ranch, Frost learned the workings of a yearling operation through checking steers horseback, moving cattle and pasture doctoring problems such as pinkeye and hoof rot. He identified "the operations of a yearling outfit and pasture doctoring" as two of his biggest takeaways.

The ranch also broadened his view of agricultural business. Private rodeos showed how tourism can complement cattle production. "It's interesting to see the mix of ag tourism on a working ranch," he noted.

Attending a ranch management training program added a management perspective, connecting grazing, financial planning and land health with decisions he was seeing every day.

Frost also found an important lesson in the people around him. Working with coworkers from different backgrounds reinforced that "ranching is built just as much on relationships as it is on hard work."

After college, Frost plans to cowboy for a while. He leaves GrowinG with practical yearling and doctoring experience, exposure to high-management rotational grazing, and a broader understanding of the business and relationships behind successful ranch work.



*Sean
Frost*