

# EQUINE CANADA

NATIONAL COACHING CERTIFICATION PROGRAM

## COMPETITION COACH & COMPETITION COACH (Advanced) -SPECIALIST



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# COACHING CONTEXTS

A coaching context is the environment in which a coach is working.

There are presently THREE:

**INSTRUCTION OF BEGINNERS**

**INTRODUCTION TO COMPETITION**

**HIGH PERFORMANCE 1**



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# INTRODUCTION

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# TWO CATEGORIES WITHIN THE INTRODUCTION TO COMPETITION CONTEXT

***COMPETITION COACH***

***COMPETITION COACH  
(Advanced)– SPECIALIST***



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# WHO IS A COMPETITION COACH?

- A coach working in this context is introducing riders/horses to competition and refining equestrian skills of participants of all ages who wish to compete.
- There is **NO specialization** in this context.
- To become certified in this context, the candidate must prove that he/she is capable of performing certain coaching tasks that have been identified as important in the ***Introduction to Competition – Competition Coach*** context.



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# WHO IS A COMPETITION COACH (Advanced) - SPECIALIST ?

Competition Coach (Advanced) is a gradation (*progression*) within the Competition coach context

- A coach working in this context is working with riders/horses in Provincial/National competition and refining equestrian skills of participants of all ages who wish to compete at this level.
- There **IS specialization** in this context.
- To become certified in this context, the candidate must prove that he/she is capable of performing certain coaching tasks that have been identified as important for *Introduction to Competition Competition Coach (Advanced) -Specialists*.



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# UNDERSTANDING THE CONTEXT

Each context is aligned with Long Term  
Equestrian Development

LTED is a systematic approach adopted by all  
sports and Equine Canada to maximize the  
potential of participants in our sport.



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# THE LTED MODEL

Provides a solid foundation for all riders of all ages and levels, encouraging long –term participation, enjoyment and achievement.



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# THE GOAL OF LTED

To achieve optimal:

Training  
Competition  
and  
Recovery

throughout an athlete's career,  
particularly in relation to the important  
growth and development years of  
young people



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# A five stage LTED framework adapted to Equestrian

1. **FUNdamental – Basic movement literacy**
2. **Learning & Training to Ride - Further develop and consolidate basic skills**
3. **Learning & Training to Compete - Consolidate and refine skills and learning to cope with different competition environments.**
4. **Learning & Training to Win - Optimize Training habits related to Training and Competition**
5. **Living to Win - Commit fully to International excellence**
6. **Active for Life - Value participation in leisure related equestrian activities**



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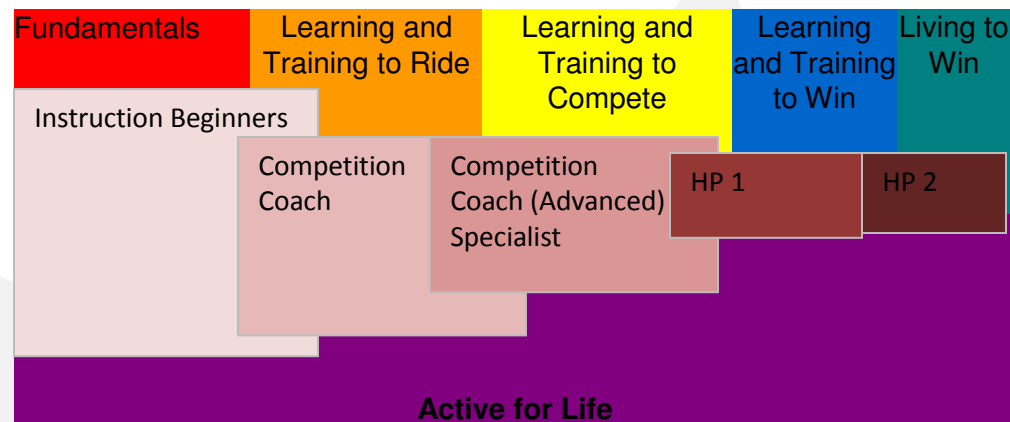


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# Where do Competition Coaches and Competition Coach Advanced -Specialists fit into LTED?



The **Competition Coach** fits into:

The **Learning and Training to Ride** and early **Learning and Training to Compete** contexts.

The **Competition Coach (Advanced) - Specialist** fits into:

The late **Learning and Training to Ride** and the **Learning and Training to Compete** contexts.



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# INTRODUCTION TO THE EVALUATION AND TRAINING PROCESS

The training and evaluation process for certifying Competition Coaches and Competition Coach(Advanced) –Specialists has been developed based on the **NCCP Competency Rubric** as prepared by the Coaching Association of Canada and Equine Canada.

It is intended to be a transparent, fair, equitable and standardized system for evaluating Competition Coaches in this context.

The evaluation criterion and rubrics will be available to every candidate and/or individual who is interested in the process.

NB - Similar to Instructor of Beginners



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# WHAT IS A RUBRIC ?

- An assessment tool used to evaluate coaching candidates.
- A scoring guide that seeks to evaluate performance based on the sum of a full range of criteria rather than a single numerical score.
- A working guide for candidate coaches and mentors, handed out **before** the evaluation to allow candidates to think about the criteria on which their performance will be evaluated.
- An authentic assessment tool which is designed to simulate **real life** activity where candidates are engaged in solving real-life problems.
- Is **formative** because it becomes an ongoing part of the whole teaching and learning process.
- Candidates themselves are involved in the assessment process through both peer and self-assessment.

**NO SURPRISES!!**



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# TRAINING

## **Training is provided for candidates as follows:**

Equine Canada Equestrian Theory (two days), presently provided as training for Instructor candidates, which includes four (4) modules:

- Teaching and learning
- Lesson Planning
- Analyzing Performance (beginners)
- Making Ethical Decisions (MED) – On line evaluation

Equine Canada Competition Coach two day workshop and one day clinic which includes three (4) modules:

- Designing an Equestrian Sport program (1day)
- Managing a Competitive Equestrian Sport Program (1/2 day)
- Training Mental Skills (1/2 day) PLUS
- Analyzing Performance Clinic (Intermediate) (1 day)

PLUS - Discipline Specific Workshop- TBD



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# IN TRAINING STATUS

*While taking courses prospective coaches will be recognized in the **CAC** (Coaching Association of Canada) data base as **IN TRAINING**.*



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# TRAINED STATUS

*Coaches who have completed training but have not yet been certified will be recognized in the CAC date base as*

**TRAINED**



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# CERTIFIED

*Once the candidate has been evaluated and has demonstrated competency the candidate will be recognized in the CAC data base as **CERTIFIED***



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# Competition Coach & Competition Coach (Advanced)- Specialist

## General Prerequisites

### AGE REQUIREMENTS:

**Competition Coach** candidates must be 18 as of January 01. The training process can begin at 17 but must have turned 18 by the evaluation.

**Competition Coach (Advanced)- Specialist** candidates must be at least 20 years of age as of January 1<sup>st</sup> of the current year

### ALL CANDIDATES MUST:

- Obtain a Provincial Adult membership and Equine Canada Gold (minimum) Sport License
- Complete a first aid course (Standard Course is recommended)
- Sign a Code of Ethics and Coaches Code of Conduct
- Have access to riders in this context for the evaluation (Discipline specific riders for Specialist)
- Provide an English, Western or Saddle Seat Evaluation Application



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# Competition Coach Riding Prerequisites

**A Competition Coach candidate must complete the following:**

| DISCIPLINE  | REQUIREMENTS   |
|-------------|--|
| English     | Rider Level 8 or equivalency*                                      |
| Western     | General Component/Basic Training of the Intermediate Rider program |
| Saddle Seat | Complete the Learn to Ride program                                 |

*\*Exceptional cases: Competition Coach (English) candidates meeting all pre-requisites but who, for physical reasons or other limitations, are no longer capable of riding may apply for exemption from all of the riding portion or parts of the riding portion of the Rider 8 prerequisite. A list of required evidences (past experience) must be provided to accompany the application. This application should be addressed to the respective Provincial Master Evaluator in the province in which the applicant resides.*



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# Competition Coach (Advanced)- Specialist Riding/Coaching/Training Prerequisites

A Competition Coach - Specialist candidate must complete the following:

| DISCIPLINE  | REQUIREMENTS  |
|-------------|---|
| English     | As in Competition Coach* plus competitive, riding, coaching and training experience **  |
| Western     | As in Competition Coach plus complete the appropriate discipline specific Intermediate Rider components plus competitive, riding, coaching and training experience ** |
| Saddle Seat | As in Competition Coach plus complete the appropriate discipline specific Learn to Ride components plus competitive, riding, coaching and training experience **      |

*\* English Competition Coach (advanced) – Specialists must provide evidence for riding/training and coaching in their chosen discipline. Rider 8 may be deemed redundant upon approval of their application.*

*\*\*Provide a professional portfolio with examples: Proof of experience for their chosen discipline: Competition records signed by the secretary/organizer, copies of passport pages (if available), video, testimonials, letters, lesson plans etc.*



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# Competition Coach (Advanced)- Specialist

## REQUIRED EXPERIENCE

- \* **Competition Experience**
- \* **Training Experience**
- \* **Coaching Experience**



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# DRESSAGE

## Competitive Experience

To have shown at a minimum of two (2) shows at Third Level or higher, with a minimum score of 60% at Gold shows

## Training Experience

To have prepared a horse which has competed at a minimum of two (2) shows at Third Level or higher with a minimum score of 60% at Gold shows

## Coaching Experience

At least two years coaching experience producing students competing at Second Level or higher, with a minimum score of 60% at Gold shows



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# HUNTER/JUMPER

## Competitive Experience

To have placed in the top four at a minimum of two (2) Silver or Gold shows at 3'6" (1m10 - no clear round classes) in the hunter or jumper divisions

## Training Experience

To have prepared a horse which has placed in the top four (4) at a minimum of two (2) Silver or Gold shows at 3' 6" (1m10 - no clear round classes) in the hunter and or Jumper divisions

## Coaching Experience

At least two years coaching experience producing at least two (2) students who have placed in the top four at a minimum of two (2) Silver or Gold shows at 3'0" (90cm - no clear round classes) in the hunter or jumper divisions



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# EVENTING

***In order to enrol in the Equine Canada Eventing Competition Advanced - Specialist Program the coach candidate must complete the following***

## **Competitive Experience**

Personal experience at the CNC 1\* / national Preliminary Horse Trials level.

## **Training Experience**

Practical experience in developing a young horse to the CNC 1\* / national Preliminary Horse Trials level.

## **Coaching Experience**

A minimum of two (2) students currently achieving target performance standards as set by the Canadian Eventing Committee at the national Training Horse Trials level or above and working towards competing at a CNC 1\* / national Preliminary Horse Trials competition.

***To exit the process and become fully certified as a Competition Coach (Advanced) - Specialist in Eventing, within the time frame (maximum of 3 years), the candidate must be actively coaching a minimum of one (1) student who has successfully completed at least one CNC 1\* / national Preliminary Horse Trials competition achieving target performance standards as set by the Canadian Eventing Coaching Committee.***



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# SADDLE SEAT

## **Competitive Experience**

Two years successfully competing at provincial level shows or higher

## **Training Experience**

To have prepared a horse successfully to compete at Provincial level shows or higher in Saddle Seat Equitation and/or in Saddle Seat divisions in Arabian, Morgan and American Saddlebred competitions.

## **Coaching Experience**

Two years coaching experience producing students who have successfully competed at Provincial level shows or higher in Saddle Seat Equitation and/or in Saddle Seat divisions in Arabian, Morgan and American Saddlebred competitions



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# WESTERN CERTIFICATION

Competition Coach Advanced - Specialist

## FOUR DISCIPLINES

**WESTERN RIDING**

**REINING**

**SPEED EVENTS**

- Barrel Racing
- Pole Bending

**GENERAL PERFORMANCE**

- Showmanship
- Pleasure
- Horsemanship
- Trail



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# WESTERN

## **Competitive Experience**

Two years experience at Saddle Club/Provincial level shows or higher

## **Training Experience**

To have prepared a horse to Saddle Club/Provincial level shows or higher

## **Coaching Experience**

Two years coaching experience at Saddle Club/Provincial level shows or higher



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# Steps to Certification

- There are several steps in the evaluation and certification process.
- Each step is linked directly to a **coaching outcome**.
- Each outcome includes several **criteria**, and these must be fulfilled to the minimum standard (as described in the **evaluation rubric**) to meet certification requirements.
- Candidate performance will be evaluated in and out of the arena by accredited Equine Canada evaluators.
- All outcomes must be successfully completed before certification is granted.



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# COMPETITION COACH EVALUATION

## COACHES IN THIS CONTEXT WILL DEMONSTRATE THE ABILITY TO:

### 1. Plan Schooling Sessions/Lessons & EAP (Emergency Action Plan)

English - (Plan 2 Lessons) - Flat, Jumping

Western - (Plan 2 Lessons)

Saddle Seat - (Plan 2 lessons)

### 2. Support Athletes in Training

English - (Teach 4 Lessons) – 1. Flat 2. Jumping 3. Equitation

4. Teaching a student how to lunge a horse.

Western - (Teach 4 lessons) - 1. On the Rail 2. Lesson on a Maneuver

3. Teach a Pattern 4. Teaching a student how to lunge a horse

Saddle Seat - (Teach 3 lessons) - 1. On the Rail 2. Riding a Pattern 3. Teaching a student how to lunge a horse

### 3. Analyze Performance

### 4. Make Ethical Decisions (Evaluated on line)



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# COMPETITION COACH OUTCOMES IN DETAIL

| NCCP OUTCOMES  | CRITERIA  | HOW EVALUATED  |
|--|---|--|
| <b>1. Plan Schooling Sessions/Lessons (Written Lesson Plans)</b>   | <ul style="list-style-type: none"> <li>Identify appropriate logistics for lesson/schooling session</li> <li>Identify appropriate activities in each part of a structured lesson</li> <li>Design an Emergency Action Plan (EAP)</li> </ul> <p style="text-align: center;"><b>Standard or Advanced</b></p>  | <p><b>English</b> - Two Lesson Plans &amp; EAP</p> <p><b>Western</b> - Two lesson plans &amp; EAP</p> <p><b>Saddle Seat</b> - Two lesson plans &amp; EAP</p>   |
| <b>2. Support Athletes in Training</b><br><br><b>Teach Lessons</b> | <ul style="list-style-type: none"> <li>Ensure lesson environments are safe (No advanced standard)</li> <li>Teach an appropriately structured and organized lesson /schooling session</li> <li>Teach appropriately structured and organized lessons</li> <li>Teach an appropriate and safe lesson on how to lunge a horse</li> <li>Demonstrate teaching behaviours and interventions that promote learning</li> </ul> <p style="text-align: center;"><b>Standard or Advanced</b></p> | <p><b>English- Four lessons:</b><br/>Flat, Jumping, Equitation, Teach a student how to lunge a horse</p> <p><b>Western- Four lessons:</b><br/>On the rail, A maneuver, Teach a pattern, Teach a student how to lunge a horse</p> <p><b>Saddle Seat -Three lessons:</b> On the rail, Riding a pattern, Teach a student how to lunge a horse</p> |
| <b>3. Analyze Performance</b>                                      | <ul style="list-style-type: none"> <li>Detect errors in rider/horse</li> <li>Correct errors in rider/horse</li> </ul> <p style="text-align: center;"><b>Standard or Advanced</b></p>  | <p><b>Observed during lessons</b></p>  |
| <b>4. Make Ethical Decisions</b>                                   | <p>Apply the NCCP Make Ethical Decisions process</p>  | <p><b>On-line NCCP generic evaluation process</b></p>  |



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# Competition Coach-Required Standard

- The candidate must meet the **MINIMUM** standard for each task, as described in the evaluation rubric and as evaluated by the evaluator.
- If a candidate does not adequately meet the minimum standard of a particular outcome, he or she must be re-evaluated in that outcome.
- The candidate will be debriefed and provided an action plan by the evaluation panel on the day.
- The action plan will clearly outline when re-evaluation is recommended and what additional training may be required/recommended for the candidate.
- When the candidate has met all the minimum standards, he/she will be a certified **COMPETITION COACH**.
- Competition Coaches will have the opportunity to attain an **ADVANCED** standing in each evidence with the exception of **SAFETY (Criteria 1A)** and **Lunging Lesson**.



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# COMPETITION COACH (Advanced) - SPECIALIST EVALUATION

## COACHES WILL DEMONSTRATE THE ABILITY TO:

### 1. Plan Schooling Sessions/Lessons (Discipline Specific)& EAP (Emergency Action Plan)

English - Plan 2 discipline specific lessons to: 1. Improve the horse 2. Introduce a specific skill & EAP

Western - Plan 2 discipline specific lessons to: Improve maneuvers & EAP

Saddle Seat - Plan 2 discipline specific lessons to: 1. Improve the horse 2. Introduce a specific skill & EAP

### 2. Support Athletes in Training (Discipline Specific)

English - Teach 4 discipline specific lessons to: 1. Improve the horse 2. Improve the rider  
3. Introduce a specific skill 4. Teach a student how to improve a horse (lunging)

Western - Teach 4 discipline specific lessons to: Improve maneuvers

Saddle Seat - Teach 4 discipline specific lessons to: 1. Improve the horse 2. Improve the rider  
3. Introduce a specific skill 4. Teach a student how to improve a horse (longlining)

### 3. Analyze Performance

### 4. Make Ethical Decisions (Evaluated on line)

### 5. Design an Equestrian Sports Program

### 6. Manage an Equestrian Sports Program

### 7. Support the Competitive Experience



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# COMPETITION COACH (Advanced)-SPECIALIST OUTCOMES IN DETAIL

| NCCP OUTCOMES   | CRITERIA   | HOW EVALUATED  |
|---|--|--|
| <b>1. Plan Schooling Sessions/Lessons</b><br>(Written Lesson Plans) | <ul style="list-style-type: none"> <li>Identify appropriate logistics for lesson/schooling session</li> <li>Identify appropriate activities in each part of a structured lesson</li> <li>Design an Emergency Action Plan(EAP)</li> </ul> <p><b>Must achieve ADVANCED standard</b></p>  | <p><b>English:</b> Two discipline specific lesson Plans &amp; EAP</p> <p><b>Western:</b> Two discipline specific lessons plans &amp; EAP</p> <p><b>Saddle Seat:</b> Two discipline specific lesson Plans &amp; EAP</p> |
| <b>2. Support Athletes in Training</b><br><br>Teach Lessons         | <ul style="list-style-type: none"> <li>Ensure lesson environments are safe</li> <li>Teach an appropriately structured and organized lesson /schooling session</li> <li>Teach appropriately structured and organized lessons</li> <li>Teach an appropriate and safe lesson on how to improve a horse on the lunge line</li> <li>Demonstrate teaching behaviours and interventions that promote learning</li> </ul> <p><b>Must achieve ADVANCED standard</b></p> | <p><b>English:</b> Four discipline specific lessons</p> <p><b>Western:</b> Four discipline specific lessons:</p> <p><b>Saddle Seat:</b> Four discipline specific lessons:</p>  |
| <b>3. Analyze Performance</b>                                       | <ul style="list-style-type: none"> <li>Detect errors in rider/horse</li> <li>Correct errors in rider/horse</li> </ul> <p><b>Must achieve ADVANCED standard</b></p>   | <p><b>Observed during lessons</b></p>  |
| <b>4. Make Ethical Decisions</b>                                    | <p>Apply the NCCP Make Ethical Decisions process</p>   | <p><b>On-line NCCP generic evaluation process</b></p>  |



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# COMPETITION COACH (Advanced) -SPECIALIST

| NCCP<br>OUTCOMES                             | CRITERIA  | HOW<br>EVALUATED                           |
|--|---|--|
| <b>5. Design an Equestrian Sport program</b> | <ul style="list-style-type: none"> <li>• Outline program structure based on available training and competition opportunities</li> <li>• Identify program measures to promote horse/rider development</li> <li>• Develop practice plans that integrate seasonal training priorities</li> </ul> <p style="text-align: center;"><b>Standard or Advanced</b><br/>Contents addressed in detail in the training for this module</p> | Portfolio submission- Yearly Training Plan |
| <b>6. Manage an Equestrian Sport program</b> | Manage administrative aspects of the program and oversee logistics<br>Report on athlete progress through out the program<br><p style="text-align: center;"><b>Standard or Advanced</b><br/>Contents addressed in detail in the training for this module</p>   | Portfolio submission                       |
| <b>7. Support the competitive Experience</b> | Prepare for readiness in competition<br>Make effective interventions during and after competition<br><p style="text-align: center;"><b>Standard or Advanced</b></p>   | Observation at competition                 |



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# Competition Coach (Advanced) - Specialist - Required Standard

- The candidate must meet the **ADVANCED** standard for tasks 1-3, as described in the evaluation rubric and as evaluated by the evaluator.
- The candidate must meet the **MINIMUM** or **ADVANCED** standard for tasks 5-7, as described in the evaluation rubric and as evaluated by the evaluator.
- If a candidate does not adequately meet the required standard of a particular outcome, he or she must be re-evaluated in that outcome.
- The candidate will be debriefed and provided an action plan by the evaluation panel on the day.
- The action plan will clearly outline when re-evaluation is recommended and what additional training may be required/recommended for the candidate.
- When the candidate has met all the required standards, he/she will be a certified **COMPETITION COACH(Advanced) - SPECIALIST**.



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# PORTFOLIO

*A portfolio is a collection of data such as forms, letters, lessons plans, video, certificates and other evidence gathered as proof to support and substantiate learning, improvement, communication, business philosophy etc. It supports interaction with other coaches, owners, parents, the larger community and evaluators.*

NB Although Portfolios are not required for competition coaches, ALL coaches are encouraged to develop and maintain a professional portfolio.



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# What is Portfolio Assessment?

Portfolio assessment is in direct contrast to what is known as performance evaluation, *traditional assessment, standardized assessment* or *summative assessment*. Portfolio assessment is also known under various other terms, including:

- Authentic assessment
- Integrative assessment
- Holistic assessment
- Formative assessment



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# CHARACTERISTICS OF A PORTFOLIO ASSESSMENT

- Portfolio assessment is used to:
- Emphasize and evidence the learning process as an active demonstration of knowledge.
- Evaluate the learning processes and learning outcomes.
- Encourage candidate involvement in their assessment.

**Portfolio assessments are considered the most wholly representative of a candidate's learning.**

*NB- An outline of how to prepare a portfolio is available from Equine Canada*



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# WHEN WILL THIS BEGIN?

- The Competition Coach context will be launched first  
- Target 2010
- Training is already available in some provinces
- Context Approval must be obtained from CAC before the context will be recognized
- Progress towards this goal is being made!
- Competition Coach (Advanced) - Specialist will follow



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**QUESTIONS?**  
**Please contact:**  
**[coaching@equinecanada.ca](mailto:coaching@equinecanada.ca)**



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