



Long-Term Athlete Development (LTAD) Provincial Coach/Training Camp Pilot

Training to Train Training to Compete Training to Win

Pilot Program Sport Discipline: Hunter/Jumper Coach: Deanna Phelan, Level 3 Coach

Rationale:

- The NBEA, along with the Department of Wellness, Culture and Sport, is committed to Athlete Development, Certified Coaches and Accredited Officials.
- Sport participation in many disciplines has declined in recent years (e.g., jumping, eventing). This Pilot project aims to create the foundation of an athlete development program to encourage skill development and participation in sanctioned competitions.
- In future years, the aim of the NBEA board is to use this pilot program as a template in other sport disciplines to promote and support the principles of Long-Term Athlete Development in New Brunswick.

Project Goals:

1. To introduce/prepare/train horse and riders to compete at sanctioned Hunter/Jumper competitions as well as sanctioned Horse Trials.
2. To increase participation in EC Bronze, Silver and Gold competitions.
3. To promote principles of Long-Term Athlete Development program.
4. To develop framework for training camps, athlete and coaching development using provincial coach model to be used in the future within different sport disciplines.

Project Outline:

- 8 weeks of training (weekly riding lessons)
- training camp theory/classroom lectures
- Coaching provided to participants at May & June Hunter/Jumper shows (GHS)
- Fall wrap-up session/recognition of participants

Registration Fee:

- \$25 per rider – expectation that riders will participate in lesson program, training camps, will identify competitions season goals.
- Program will track riders goals, provide free training camp lectures and free coaching at 2 hunter/jumper competitions.

Riding Lesson Fees:

- \$50 per person – Rider pays \$25 per lesson, NBEA pays remainder of fee
- Rider expected to ride once a week (group lesson) with Provincial Coach for 8 weeks (\$25 X 8 weeks = \$200)

Projected Lesson Dates for 2012:

- March 31, April 1st
- April 7-8
- April 14-15
- April 21-22
- April 28-29
- May 5-6
- May 12-13
- May 19-20

** If rider has an instructor, will encourage them to come watch lessons for “mentoring” and to engage them in coaching certification process if needed.

Sample Topics covered in Lesson Program

- Turnout/prep for lessons/training
- Properly fitting tack and equipment
- Pole work/stride control
- Gymnastics
- Systematic warm-up
- Horse-specific training principles
- Lines

**Lessons from Provincial Coach would continue to be available after project dates if riders are interested, at their own expense and as scheduling permits

Training Camp Lecture Dates – To be determined. Open to program participants, coaches, and riders not enrolled in the program

Sample Training Camp (lecture) Topics

- Entry forms and Prize lists
- Packing/prep for competition
- Travel/trailering

- Veterinary care: Vaccinations, teeth, lameness check, shoeing
- Sport psychology
- Year-long goal planning/scheduling
- Course walk, competition strategy

Target Groups and Training Facilities

- 10 students Fredericton (Woodstock included) – train at Geary Hill Stables
- 10 students Saint John – train at Cathy Bewick's
- 10 students Moncton (Miramichi and North included) – train at Michelle Cox's or Golden Reins

Rider Eligibility:

- Riders who have a horse they can come to lessons and compete with (have or are able to arrange own transportation)
- Both horse and rider have jumped.
- Riders who plan on attending Bronze/Silver/Gold competitions in 2012 – expect to show in at least 2 competitions (potentially 3 Gold, 6 Bronze, Event ?)
- Riders who have not competed at sanctioned EC/NBEA competitions, or would like to go to the next level (e.g., Bronze to Gold)
- May have attended one or 2 sanctioned shows but have limited experience or have never trained with competition coach.
 - Training to Train Level (e.g., new to competitions)
 - Training to Compete Level (e.g., moving from Bronze to Gold)
 - Training to Win Level (e.g., already showing in Gold, goal to move up division, etc.)
- Priority for 10 spots/location will be given to Training to Train level for acceptance first, then if there are vacant positions, next acceptance to Training to Compete level, then Training to Win level.

Refunds/Substitutions: 75% of the total of the training fee paid by the rider will be refunded if a request is forwarded to the NBEA prior to March 21st. Applications for refund after March 21st and before April 28th will receive 30% of the remaining lesson fees paid by the rider. There will be no refunds after April 28th. Requests for refunds must have a signed vet certificate attached. There may be no rider substitutions but there may be substitutions of horse if approved by the clinician.

Application Deadline: Completed Application Form and Fees must be received by the NBEA by February 29th, 2012.