



Coaches newsletter. July 2011.

On Sun May 2nd Anita Darken (List 1 judge, former team selector coach assessor and coach educator) travelled to Parklands Equestrian Centre to host a Coaching skills and coaching techniques day - hosted by kind permission of Moya Harvey.

All that attended gained a huge amount of confidence in their coaching skills and learnt about the importance feedback and allowing the rider time to develop feel in relation to the scales of training.

Tuesday 31st May - Following on from Jon Pitts and his lecture on Rider performance (mental Awareness) Mary-anne Horn held a day based on "Observing Rider Position " This was combined with a BRYDS Squadding and Rider Test day so coaches would have the chance to see what is required of the different squads and Rider tests. With over 15 riders there was plenty of variety and almost every type of balance, crookedness, and other position faults were assessed and improved.

On June 10th Kirsty Mepham Olympic Dressage Rider and List 1 judge held a super evening on talking through the eyes of a judge using Stephen Clarke's new DVDs. Various training issues and problems were discussed and how they reflected in the judges marks.

June 24th and 25th – Trainers table at Hickstead – unfortunately cancelled to a lack of interest. However we will be holding another Trainers and Judges table at Hickstead for the PSG or Grand Prix on **Thursday 28th July, Inter 1 or Grand Prix special on Friday 29th July, and on Sat for the International 5yr olds final.** Times and classes cannot be confirmed until a timetable is released from Hickstead. Cost £15 per person you will also need to pay to enter Hickstead however access to the ringside marquee for training will be included within your £15. Cheques as normal payable to British Dressage and sent to Sharon Walker.

Monday 29th August - Joal Charlesworth is booked to hold a Polework to develop the paces and suppleness demo at Cobham Manor from 6pm – 8pm. Cost will be £12 reg trainers , £15 all others. £20 to ride on the demo.

For September we are trying to secure some training sessions with Dane Rawlins as he has kindly agreed to help with training of the UKCC . Dane is a UKCC coach educator and assessor. I will keep you updated.

Fri October 21st – DVD Evening – Developing Lateral Work and Pirouettes. Last December Dane Rawlins, Mary-anne Horn and Linda Whetstone held a talk on developing Lateral work and Pirouettes from Elementary to Grand – Prix. It was a very informative evening with a great turn out over 40 Judges and coaches. Following its success we have organised another DVD evening this time with the focus on "Observing the small tour horse". Again Dane, Mary Anne and another List one judge will host this event. The venue will remain the same Bolney Park Farm and will take place on Friday 21st Oct. 7pm for a 7.30pm start.

Two more dates for your Diary

Saturday 26th November **The Southern Region Ball** contact Sharon Walk

Saturday 12th November **Judges Seminar** Belmordean with Jennie Loriston-Clarke contact Leanne Wall or Sharon Walker

UKCC Information for British Dressage Members

The UKCC is a coaching certificate that is being run by many different sports not just the Equestrian disciplines. There are four levels with all sports requiring the same coaching skills at each level.

British Dressage at present does not have any accredited trainers; the UKCC will be the pathway to becoming an accredited trainer. In time only those with UKCC Level 3 Dressage will be allowed to take regional training.

- **Level 1** – Assistant...delivers aspects of sessions...direct supervision
- **Level 2** – Basic, safe coach. Has a Level 3 mentor. Can prepare for, deliver and review a progressive series of sessions. A generic (not specific to Dressage but includes aspects of other equestrian disciplines) coaching qualification
- **Level 3** – Fully autonomous (independent) coach; role model at County/Regional level. Can plan, deliver, analyse and review annual programmes of rider development
- **Levels 4** – Not yet available. The equestrian disciplines have been asked to pilot the Level 4 – regarded as a national expert (performance coach or development coach)

Levels 1 and 2 are generic and can be taken through most of the disciplines, BD do not run level 1 at the moment but do run levels 2 and 3. **Level 3** is the first discipline-specific level which for BD means you will be assessed coaching at Advanced Medium. If you want to be a UKCC level 3 Dressage Coach you have to take it through BD.

BD run courses for each level; for **Level 2** it is a two-day workshop followed a month later by another two days with the assessment being taken on the second day.

For **Level 3** it is eight, one-day workshops about a month apart with a final assessment a month after the last workshop.

You can come forward for assessment without attending any workshops but it is not recommended as you will have to submit a portfolio as well as be assessed on your practical coaching skills and the information needed for the portfolio will be covered at the workshops.

For level 2 you will have to:-

Submit a Portfolio which will show evidence that you can:-

Plan and Prepare a Series of Four Linked Equestrian Coaching Sessions

Produce Coaching Participant Records

Complete Coaching Session Plan

Evaluation of Your Own Coaching Practise

Demonstrate Knowledge of Suitability of Horses

Show in a Practical Assessment that you can:-

Learn and Use Different Coaching Styles
Coach Groups
Manage a Safe Coaching Environment
Have an Understanding of Rider Physical Fitness
Improve Riders Performance

All these points will be covered on the workshops.

For the Level 2 assessment you will have to:-

Submit your portfolio and take two practical coaching sessions. The first session will be a group lesson and the second session will be private. One of the sessions must include either pole work or basic jumping.

For Level 3 you will have to:-

Submit a portfolio that will show evidence that you can:-

Performance Profile two riders
Complete Learning Style Questionnaires for two riders
Goal Set for Riders
Prepare an Annual Plan for Two Riders
Produce 8 x Linked Session Plans
Produce Risk Assessments

Show in a practical assessment that you can:-

Assess and analyse the way of Going of Horses
Use Appropriate Delivery Style
Manage a Safe Coaching Environment
Show Knowledge of Training Horses and Riders to Advanced Medium Level
Prepare a Rider for Competition at Advanced Medium Level
Improve Riders Performance
Give Feedback to Riders on their Performance

For Level 3 assessment you will have to:-

Submit your portfolio, take part in a professional discussion and give two practical coaching sessions. Both of the practical sessions will be private lessons, one of them will be a test riding session.

What You Need to Do Now

For Level 2 you can register with and take it through any discipline, BD are now running Level two and so you can register and take it through them but the course and assessment will be the same whoever you go to.

For a **Level 3 Dressage** qualification you will have to register and take it through BD, if you take it through any other discipline it will still be a Level 3 qualification but with a specialism for which ever discipline you took it through and you will not be able to call yourself a **Dressage** coach. You need to be on the BD trainer's database as this shows us that you have first aid and child protection and insurance, it also tells us that you have experience at the appropriate level. The workshops will help you with your "How to Coach" skills but will not be concentrating on your "What to Coach" so it is important that you come technically competent at Advanced Medium level.

This document can only give you a brief insight into the UKCC if you want more details or want to ask specific questions then please contact Jill Day on jillday6@aol.com

Should you wish for anything specific to be arranged then please let me know.

Kind Regards

Leanne Wall

Southern Region Coaches Rep