

National Development Programme for Coaching Excellence 2023-25

Aimed at coaches who *sustain* and *grow* participation in equestrian sports



Coordinated in collaboration with equestrian Member Bodies.

The National Development Programme for Coaching Excellence is aimed at coaches working with adult and young people who participate in equestrian sport for competitive recreation motives. Coaches wanting to join this programme will be ambitious in improving their own performance and will already have success in getting more people participating in equestrian sports and retaining them by creating enjoyable coaching environments.

This is a cross discipline programme involving; British Showjumping, British Dressage, British Eventing, The Pony Club, British Horse Society, British Endurance, and other equestrian member bodies.

High-performing coaches of recreational competitive riders

18-month personal development programme

Aims of the programme:

- To recognise the importance of high performing coaches working with riders at a recreational level
- To use research and case studies from within and outside of equestrian sport to inform coaching practice
- To support coaches to reflect and review their own performance and set personal development plans
- To develop coaches with expertise that can influence coaching programmes that improve rider experiences.

What the programme will involve:

- An eighteen month programme with eight workshops and additional supporting activity
- A mix of seminar and practical workshops
- A group of 20-30 coaches sharing best practice from across a range of equestrian disciplines.
- Starting in Autumn 2023
- The cost for the programme is £750. Costs are part funded (37.5%) by Sport England and part self-funded. The fee of £500 can be paid in 2 instalments over the duration of the programme.
- All places will be allocated following an interview process.

Programme Content:

The programme content is partly prescribed and partly guided by the individual needs of the coaches involved.

The following gives an idea of the type of content this programme delivers:

- Use of video apps to support learning and plan coaching programmes
- Motivation and positive behaviour change
- Identifying coaching excellence
- Developing coaching excellence
- Contemporary coaching tools and models
- Performing under pressure, emotional resilience and mental toughness
- Building self awareness in the coach; self-reflection and video analysis of own coaching
- Developing a deeper understanding of personal values and philosophy
- Input from a highly regarded 'participation' coach from another sport
- Developing a personal brand
- Effective use of social media

Who should apply?

- Any coach who wants to improve their own performance and is particularly interested in supporting recreational competitors.
- Coaches should already hold a Level 3 qualification issued by an equestrian Member Body.
- Coaches who already demonstrate a degree of the high performing criteria listed below.

What coaches have said about the programme:

“This course has helped me to take care of myself as a person and professional, re-adjust my work-life balance so I am able to give my best to the people I coach.”

“The rapport and support from the group has been an essential part of the learning programme.”

“As a result of this programme I have nurtured my identity and what I want from the future of my coaching career, it has helped me to identify the values true to me that I can now share.”

“I now feel more able to create an environment to help everyone thrive and succeed, positive psychology and a focus on my own skills has enabled me to do this.”

“The diversity of coaches on the programme was really helpful in helping to get a broad perspective on coaching, the time taken out to reflect and consider my future as a coach has been invaluable.”

How to apply:

Application to this programme is via the application form attached. Please look closely at the criteria for the high-performing grassroots coach so that you are able to show how you currently demonstrate some of these.

High Performing Recreational Coach Criteria:

- Ability to think innovatively and put ideas into action.
- Ability to build strong relationships with riders and between riders.
- Ability to establish and maintain a positive environment for riders.
- Aids the development of riders on an individual basis and are perceptive to their needs and wants.
- Builds and sustains riders' love of the sport and their involvement.
- Works to establish and maintain a culture of enjoyment.
- Shows a commitment to on-going learning and personal development.
- Acts as an ambassador for the sport and positively influences the development of programmes to improve rider/driver experiences.
- Understands participant pathways into and across equestrian sports.
- Understands the importance of self-reflection and self-directed development.

Dates and timescales:

Deadline for applications: midnight on 17 September 2023

Interviews: W/C 2 October 2023

Workshop days:

Workshop 1&2 – 11 & 12 December 2023

Workshop 3 – 23 April 2024

Workshop 4 – 9 July 2024

Workshop 5 – 8 October 2024

Workshop 6 – 28 January 2025

Workshop 7&8 – 29 & 30 April 2025