



National Development Programme for Coaching Excellence 2018/19

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

High Performing coaches of grass roots riders

12 month personal development programme

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 sport and retaining them in the sport by creating enjoyable coaching environments. This is a cross discipline programme involving; British Showjumping, British Dressage, British Eventing.

Aims of the programme:

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

What the programme will involve:

- A 12 month programme with eight contact days
- A mix of seminar and practical workshops
- A group of up to 20 coaches to be involved from across a range of equestrian disciplines.
- Starting in Autumn 2018
- The cost for the programme is £250 with Sport England supporting 50% of the overall cost.
- All places will be allocated following an interview process.

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 UKCC level 3 qualification (or equivalent)
- Coaches who already demonstrate a degree of the high performing criteria listed below.

What coaches have said about the programme:

I would encourage every level 3 coach to apply for this course if they want to keep improving as a coach. I have found this course so amazing from the inspirational speakers we've had and have found some like minded coaches to continue to train with. Everything was out of my comfort zone and I would urge the next group to be brave enough to try different things. This course has confirmed to me how you can improve and be a great coach at all levels. It's made me enjoy coaching my grassroots riders more and has given me more tools in my toolbox to help them and myself in new, exciting and challenging situations. (Teresa Edmonds, Dressage coach)



Programme Content:

The programme content will be guided by the wants and needs of the coaches involved. However the following is a flavour of the type of content this programme can deliver:

- Use of video apps to support learning and plan coaching programmes
- Motivation and positive behaviour change; the role of the coach in the grass-roots environment
- Identifying coaching excellence; theory to practice
- 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 relevant to the grass roots environment
- Managing parents/ entourage/groups
- Different coaching skills required for child and adult environments

- Course building and understanding the use of fences to support development (show jumping and eventing specific)
- Practical coaching sessions with mentor coaches looking at developing individuals and effective group management (involvement of a team based, high performing coach or outstanding teacher)
- Bespoke discipline specific practical sessions.
- Input from a highly regarded 'participation' coach from another sport

While there is a spine to the learning programme coaches will be encouraged to shape the programme of delivery to fit with specific needs of the group.

This is a certificated programme of learning externally endorsed.

High Performing Grassroots Coach Criteria:

- Ability to think innovatively and put ideas into action
- Able to build strong relationships with riders and between riders
- Able to establish and maintain a positive environment for riders
- Aid the development of riders on an individual basis and are perceptive to their needs and wants
- Build and sustain riders love of the sport and their involvement
- Establish and maintain a culture of enjoyment
- Show a commitment to on-going learning and personal development
- Act as an ambassador for the sport and positively influence the development of programmes to improve rider and driver experiences
- Understand participant pathways into and across equestrian sports.

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.

Dates and timescales:

15th June 2018- Deadline for applications

3rd, 4th & 5th July - Interviews

15th & 16th October - Introductory days

Application for National Development Programme for Coaching Excellence – grassroots 2018-19

Name:		
Contact Details Address:		
Mobile No:		
Email:		

Please identify up to five programmes, groups and sessions that you have coached in the last 3 years that are aimed at grass roots riders. These should identify the range of grass roots sessions that you are involved with and could be used to demonstrate some of the High performing coach criteria listed above. Please also list the name/s of organisers or people know your work with these groups

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Please outline your involvement in personal development activity over the past 3 years:

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What has been your major learning as a coach over the past year?

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What would you want to achieve from being involved in the Programme?

What specific coaching skills will you want to work on through the programme? (these need not necessarily be 'weaknesses' that you perceive rather areas of coaching that you would want to focus on and improve).

Name of someone from your discipline who could verify your work as a coach eg. Area/regional Rep, Development Officer, Senior Coach

Address and contact details of person named above (email and phone)

Please return completed applications to Viki Dicesare at:

Email: Viki.Dicesare@britishdressage.co.uk

Post: British Dressage Meriden Business Park, Copse Drive, Meriden, West Midlands CV5 9RG