



# National Development Programme for Coaching Excellence 2019/20

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

High Performing coaches of recreational competitive riders

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.

12 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.
- Starting in Autumn 2019
  - The cost for the programme is £500. 50% is paid through Sport England funding and 50% self-funded. This is paid in 2 installments
  - All places will be allocated following an interview process.

## **What the programme will involve:**

- An eight 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.

## **Programme Content:**

The programme content is partly prescribed and partly guided by the wants and needs of the coaches involved. The following is a flavour 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

While there is a spine to the learning programme coaches will be encouraged to shape the programme

### 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:

*"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.

### Dates and timescales:

Deadline for applications: 2<sup>nd</sup> August 2019-

Interviews: Wb 26<sup>th</sup> August 2019 & wb 2<sup>nd</sup> September 2019

Workshop days:

21<sup>st</sup> & 22<sup>nd</sup> October 2019  
 10<sup>th</sup> & 11<sup>th</sup> December 2019  
 11<sup>th</sup> & 12<sup>th</sup> February 2020  
 21<sup>st</sup> & 22<sup>nd</sup> April 2020

## High Performing Recreational Coach 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.

**Application for National Development Programme for Coaching Excellence – Grassroots 2019-20**

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)

Applications to be sent via email to [Laura.Rolph@britishshowjumping.co.uk](mailto:Laura.Rolph@britishshowjumping.co.uk)

Or post FAO L. Rolph, Sport Team, British Showjumping, Meriden Business Park, Copse Drive, Meriden CV5 9RG

**Deadline for Applications: 2<sup>nd</sup> August 2019**