



TRAINING BULLETIN

July 2015

UKCC

The next UKCC Level 3 course is due to commence in September, and applications are now open. This course is aimed at experienced knowledgeable Pony Club coaches, who wish to update their skills, with emphasis on better communication, better understanding of riders' needs, and how they learn best. There are also sessions on rider nutrition, fitness and sport psychology. The course is run over 8 days, divided into four two-day sessions, with classroom sessions and coaching practice each day. All of this is led by very experienced tutors, with input from excellent top class coaches from the three major disciplines, who will pass on their wealth of knowledge, and some of the classroom workshops are delivered jointly with British Showjumping's Level 3 course to enable sharing of ideas and discussion. On completion of the training days, there will be an assessment day, where candidates will deliver two sessions in front of experienced Assessors. Achievement of the qualification also entails completion of a comprehensive portfolio before the assessment, which will take place around September on a date convenient to the course candidates.

The course dates are:

- Workshop 1 & 2: Monday 28th & Tuesday 29th September 2015.
- Workshop 3 & 4: Monday 7th & Tuesday 8th December 2015.
- Workshop 5 & 6: Monday 25th & Tuesday 26th January 2016.
- Workshop 7 & 8: Monday 21st & Tuesday 22nd March 2016.

The location of each pair of workshops will be confirmed but they will be based around and near to the Midlands. The course cost is £1500 for the training (payable in four payments of £375, before each block of workshops) and £250 for the assessment. You may be able to source some funding to support your training; SportsCoach UK offer a good guide to the funding available to coaches: www.sportscoachuk.org/resource/funding-coaching-guide

The application form for UKCC Level 3 is available online (http://www.pcuk.org/uploads/training/PC_UKCC_Level_3_APL_Form_2013.pdf) and should be returned to The Pony Club office at your earliest convenience, or by 27th August latest. Applications should be accompanied by evidence of coaching riders to Pony Club Open standard (or equivalent) on the flat and jumping, on a DVD or USB memory stick, or via Youtube link. If you would like any further information about UKCC Level 3, please contact Jenny Cowen (jenny@pcuk.org).

There are also a number of Level 1 and 2 courses available – details can be found on The Pony Club website.

A Test

Congratulations to the three Members who passed the A Test this spring:

Flora Campbell – Chiddingfold Farmers
Alicia Wilkinson – East Essex Hunt
Tessa Bishop – Garth South

If any of your Members hope to take the A Test this autumn, please send in their nomination form as soon as possible, so that we can ensure they get the information about booking onto the autumn Tests. Thank you!



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AH Test

We are looking forward to the autumn AH Tests, and places are filling up quickly on some of the Tests. If you know of any candidates who would like to take their Test this autumn, please ask them to check the dates on the website (http://www.pcuk.org/index.php/tests_and_achievements/efficiency_tests/ah_test/) and send the AH nomination form (<http://goo.gl/JZn3RR>), with the correct fee (£50 per section, £120 for the whole Test) to The Pony Club Office.

New Visiting Coaches

The following coaches have been approved by the Training Committee and added to the list of Visiting Coaches:

- Paul Crago UKCC Level 3 (Discipline Specific – Show Jumping)
- Heather MacLennan BHS SM (Recommended – Area 1)
- Amelia Payne UKCC Level 3 (Recommended – Area 7)
- Andrea Parsons BHSII BHSSM UKCC 3 (Recommended – Area 10)
- Julie Scott (Discipline Specific – Pony Racing)
- Patrick Scott (Discipline Specific – Pony Racing)
- Leanne Wall UKCC Level 3 (Discipline Specific – Dressage)

Area Coaching Courses

If you plan to run any PC Coaching courses in your Area, there are clear guidelines about the steps to follow and the types of course to offer:

1. Look at the list of available courses on this link. It includes Pony Club Coaching Steps 1, 2 and 3, Rider Balance – How to coach your riders to help not hinder their ponies, Straight Forward Riding and NFU Fun Rallies for Grass Roots Riders. There may also be a need for Standard Setting or Assessor Training.
http://www.pcuk.org/index.php/training/training_area_instructors_courses/
2. Contact your Area Representative to discuss your idea and ensure it fits in with the Area's Annual Training Plan.
3. Complete the CPD form and email it to Georgina at The Pony Club office. Details needed on the form include Area, date, time, venue, host Branch or Centre, Tutor/s, course name, contact details of the course organiser and if available the application form. Send a copy of the form to the Area Rep.
4. Georgina will confirm if the course may be used as CPD / Accreditation.
5. The course will be put onto The Pony Club website, on the Area Coaching Courses page
6. On the day of the course, please ensure all attendees sign in and send a copy of the sign in form to Georgina. There is a template on the link above.

Pony Prep Plus

When was the last time you checked out PonyPrep Plus (www.ponyprepplus.org)? The latest update was launched in December 2014. There is masses of new information being added all the time that will be useful to members working for C+ Test and above.



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Why not try the PPP challenges at camp and rallies? Previous challenges have included 'Apply a stable bandage' and 'Trying a horse at his basic paces'. It's easy to enter the challenge. Just video the skill and upload it onto the PPP challenges page. Other members then watch and mark the video. Why not get your whole ride at camp to enter? It would be a great way to help them work on and improve their skills, and gives you a great focus for your training.

Exercises for Junior Camp

The sun is shining, it's camp soon and you have just found out you have the 'Just Off Lead Rein Wobblers'. There are 6 of them, on a variety of ponies. Most of the ponies have been to camp before. Camp lasts for 4 days. What are you going to do with them? The priorities are to keep them safe, make sure they have fun and with a bit of forward planning, learn something too. There are lots of great ideas for all levels of ride on the PC website in the Coaching Resources, and you will have seen some other ideas in action at the PC Conference and on PC CPD courses. Time to look out the notes you made on all those courses, and get on line using this link:

http://www.pcuk.org/index.php/training/training_coaching_resources/

Here are a few tips to help jog your memory:

- 1) Decide what you want to achieve by the end of the week. This might be to have everyone trotting together as a ride with no one crying, to perform a simple 'Musical Ride' as the planning of the Ride and choosing of the music can be done all together, to go out for a hack to practice using the signals they learned for the Road Rider Mini badge, or learn a new game such as the Mug race or a new movement such as a serpentine. Whatever you decide, remember that plans are made to be changed and once you assess your riders and ponies you may need to make some adjustments.
- 2) Use props when the members are riding to make it fun and to cut down on explanations. A set of space markers will give you endless options for
 - i) marking out your arena
 - ii) helping to ensure that straight lines are straight and curves are curved
 - iii) improving or learning movements like circles and serpentes
 - iv) guiding the members over poles or fences if used in the approach and getaway
 - v) helping the members to ride better corners
 - vi) for setting out junctions & roundabouts, to use as cat's eyes down the middle of your 'road' and to use as the colours of the traffic lights when training for Road Safety Achievement Badges and Tests
 - vii) to make coloured squares for the 'My Square Game', explained below
 - viii) for dividing off areas when playing the 'Colleting Ring Game', explained below

There are lots of places to buy space markers, and there are different qualities, reflected in the price. Some cope well with being stood on and some are heavier than others so choose those if you live in a windy place! They can travel everywhere with you and take up next to no space.

Use this link for info to get you started: <http://www.ebay.co.uk/bhp/space-markers>

- 3) When the ponies need a rest try some dismounted fun. Get out your space hoppers and garden canes for rhythm and jumping practice, find those hula hoops to practice throwing bean bags into for accuracy practice or play music whilst they 'hula' to help them with their



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rhythm, find some tail or stable bandages so the children can work together in pairs tying two legs together for the 3 legged race. For more hilarity try this in 3s for the 4 legged race or in 4s for the 5 legged race. As the group grows larger, it becomes more important to work together!

The 'My Square Game'

When the children have worked as a ride and you are ready to let them work independently, it is really important to have a clear structure so that they don't end up wandering around with nowhere to go. The 'My Square Game' helps with independent riding, improves the quality of riding transitions and means that everyone succeeds. It can be played by members of all levels, and if they have played it when on the Lead Rein, it is great for them to be able to do it by themselves. It is similar to 'Musical Sacks', but less likely to end in tears!

Preparation: Use space markers to set out a square for each child, so 4 members, 4 squares or 6 members 6 squares. The squares need to be big enough to fit a pony in, and at the start make them about 3m square. They should be different colours if possible (most sets sold have 5 different colours but some have 6)

Method: The members should be walking around the arena in open order, all on the same rein. Each child chooses a coloured square. When you say go, or count down from 3, 2 1 or make a silent signal so they all have to keep watching you, the child walks to their chosen square and halts inside it. The next time, they walk on the other rein and choose a different square. The first few times, it is just a case of getting there and stopping. The riding of the halt transition will have been practiced during a previous session and the children can be reminded that it is the transition that is ridden well that will be rewarded, as the pony will halt square and inside the space markers

Once they are slick at this, you can move the goal posts a bit. They can trot around the track, you can make the squares smaller, they can try to be the first to reach their square or once they reach the square they have to do something – dismount and run up stirrups, reins over the head or if you have a helper for each member, they can hold the pony whilst they point to the poll or the elbow or the cantle. Once you start you will think of lots of other ways to use this basic idea. The advantage of using space markers rather than poles to make the squares is that the ponies won't trip over them and if the child falls on them it won't hurt. They are also very quick and easy to put out at the start and quick to clear up at the end.

The 'Collecting Ring Game'

At any show or event, the collecting ring can be a scary place, so training cannot start early enough.

Preparation: A safe working area at least 20 x 40m. Warm the members up as normal.

Method: Initially the members can ride independently in the normal working area. Tell them they are working in for a Dressage Test that has walk, trot, changes of rein and circles in it for instance. Leave them for 5 minutes and see how they get on, looking out for each other and keeping out of each other's way.

Use space markers to cut off part of the working area. The idea is that as the space becomes gradually smaller, the members have to keep thinking, looking and planning ahead. It helps with spatial awareness, manners and ensures they look up and around them rather than



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concentrating on the withers. For more experienced members, introducing canter and fences can add to the fun.

The advantage of using space markers rather than poles for this is that if they are squashed out of the more confined space, there is no danger. They just step over, between or on the marker.

Have a fantastic summer!