

# TRAINING BULLETIN

## JUNE 2015



Welcome to the June edition of The Pony Club's Training Bulletin. Please pass it on to anyone you think may be interested.

### Continual Professional Development (CPD)

Please remember that all Pony Club Fully Accredited and Supervised coaches are required to attend Pony Club CPD at least every two years. There are a variety of courses available for CPD that are listed on the website ([www.pcuk.org/training/training\\_area\\_instructors\\_courses](http://www.pcuk.org/training/training_area_instructors_courses)). We have received feedback from some coaches that they are not always sure which course they should do, so some existing courses have been renamed, to try and make the choices clearer. There are also some new CPD opportunities available which may be of interest to you. There is a summary of the courses available below, but please take a look at the website for more details of course content and how you can organise them: [www.pcuk.org/training/training\\_standardised\\_training\\_courses](http://www.pcuk.org/training/training_standardised_training_courses)

- [Introduction to Coaching – Step 1](#) – Ideal for new and young coaches
- [Introduction to Coaching – Step 2](#) – Follow on from Step 1, and a refresher for more experienced coaches
- NEW! [Introduction to Coaching Cross Country – Step 3](#) – Ideal for coaches who actively coach jumping and want to start coaching cross country, or as a refresher for other coaches already coaching cross country
- NEW! [Coach Support Days](#) – An alternative CPD refresher method which has been successfully piloted in Area 9. For these days, a coach supporter/mentor attends a day rally, or day at camp and spends some time observing each coach and then discussing, in a supportive way, their coaching, and ways to develop and or improve themselves as a coach. The trials in Area 9 have been extremely well received, despite a few coaches being nervous about it to begin with.
- [General Coach CPD update courses](#) – It was requested that the Training Committee suggest annual themes for coach CPD. The suggested theme for 2015 is Rider Balance, and a recommended format is available on the website, along with delivery notes for course tutors.

### Instructor Database Update

Thank you to everyone who has worked so hard to help us gather the data from coaches for the Instructors Database, and thank you to all the coaches who have sent their information in. All the data we have received has now been uploaded, and from 1st May onwards there is a charge of £5 per instructor for The Pony Club Office to add an instructor to the database. Branches can still add and update instructors themselves free of charge. For further information, please visit the website: [www.pcuk.org/training](http://www.pcuk.org/training).

Please be reminded that all instructors and coaches need to be on the Instructor Database and have the necessary requirements up to date if they are to be used for any Pony Club activities. There are no exceptions to this rule.

## UKCC

Congratulations to Caroline Hawkins, the latest coach to pass UKCC Level 3 with The Pony Club! Caroline is a [Visiting Coach](#) based in Area 12.

Applications for The Pony Club's next UKCC Level 3 course are now open. The role of the Level 3 coach is to plan, implement, analyse and revise annual coaching programmes. Level 3 coaches has a technical knowledge at around A Test level, and so this qualification is aimed at experienced and knowledgeable Pony Club coaches who wish to update their skills. The course is run over eight days, based around the Midlands, with highly experienced coach tutors and input from top class coaches from the three major disciplines. For dates and more details, please see the [UKCC page](#) of the website.

One of this year's candidate UKCC Level 3 coaches recently attended a UKCC Level 1 course, assisting the Coach Educators by supporting the coaches during and between training days. Here are a few of her thoughts following the completion of the course and assessment, where all of the candidate coaches were successful.

*"I helped the Level 1 coaches evaluate their coaching sessions as they came back into the classroom. This was something I enjoyed greatly as at present it is very much at the forefront of my own training.*

*Outside of the course training days, I was contacted by the coaches, seeking help with session plans and their own coaching. Queries ranged from the younger coaches with little experience checking details regarding technical knowledge to the more confident coaches checking the boundaries of the Level 1 criteria.*

*Overall, it was a great opportunity to have been able to be involved in the course from 'the other side' and look at things from a different view point, something I thoroughly enjoyed and can take the experience forward into my own training into becoming a Level 3 coach.*

*It was very rewarding to witness the coaches passing their assessments at the end of it all, having been in contact with several of them during the duration of the course, feeling like I'd been part of the journey."*

## New Visiting Coaches

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

- Alison Craig BHSI, UKCC Level 3 (Recommended - Area 11 and Discipline Specific - Dressage)
- Lee Hudson BHSI, UKCC Level 3 (Pony Club Specialist)
- Amanda (Mandi) King BHSII SM (Recommended - Area 17)
- Liz Madeley BHSI, SM, Int.T, UKCC Level 3 (Recommended - Area 6)
- Andrea Parsons BHSII BHSSM UKCC 3 (Recommended - Area 10)

The full list of Visiting Coaches is on the [Visiting Coaches](#) page of the website. any Branch or Centre can use any coach or coaches once each holiday period (identified by school holidays!). Visiting Coaches are recommended by the Training Committee, and can claim their travel expenses from The Pony Club Office, making them affordable for any Branch, no matter where they are based!

If you, or a coach you know, is interested in joining the Visiting Coach list, please contact Georgina Hayward for an application form on [georgina@pcuk.org](mailto:georgina@pcuk.org). The form asks for a CV giving detailed information of qualifications and experience, particularly experience that will benefit Pony Club Members, at least two references from DCs and any other information the coach thinks is relevant. Applications are circulated to the Training Committee and discussed at the next Training Meeting. Meetings are usually held in January, June, and September, and applications will only be discussed at these times.

## **A Test**

Congratulations to the following Members who passed their A Test at Warwickshire College, Moreton Morrell on Thursday 11<sup>th</sup> June: Tessa Bishop (Garth South), Flora Campbell (Chiddingfold Farmers) and Alicia Wilkinson (East Essex Hunt).

## **AH Tests**

As you may know, it has been agreed that the AH Test can now be attempted modularly, so Members can attempt any number of the four sections at a time. In order to make record keeping as simple as possible, the Training Committee agreed that applications for, results and certification of the AH Test should be handled centrally by the office. Therefore, all nomination forms (countersigned by your Area Representative) will now be handled by The Pony Club office. The AH Test Nomination Form is available on the website: [www.pcuk.org/dcs\\_information/dc\\_guides\\_handbooks/dcs\\_training](http://www.pcuk.org/dcs_information/dc_guides_handbooks/dcs_training).

## **B+ and A Tests**

A Test Training days, which were previously only open to Members working towards the A Test are now also open to Members working towards the B+ Test. The training will follow the format of an A Test, so will include coaching in outdoor riding (jumping and cross country), indoor riding (dressage) and lungeing. Please pass on details to any Members who have achieved the B, B+ and/or AH Test who you feel might be interested in attending; details and dates are on the website: [www.pcuk.org/training/training\\_test\\_training\\_for\\_members](http://www.pcuk.org/training/training_test_training_for_members). We have put on an extra date this year at Talland School of Equitation on 28<sup>th</sup> July, due to popular demand.

## **'Beyond B Test' CPD Day for Coaches**

In order to help coaches prepare Members for the A Test, the Training Committee have introduced a series of "Beyond B Test" Coach Development Days. The first day was held on 10<sup>th</sup> June at Warwickshire College, Moreton Morrell, and we've had excellent feedback. Further days have been organised in Greenfields of Avondale, Drumclog, Lanarkshire on Monday 29<sup>th</sup> June at Wellington Riding, Berkshire on Tuesday 7<sup>th</sup> July.

These days are interactive CPD days for coaches interested in or working with Members aiming towards The Pony Club B+ and A Tests. This course will refresh or help attendees to recognise and coach for the standards expected in B+ and A Test candidates. The course will run from 10.00 a.m. - 4.00 p.m. approximately. There are a limited number of places available for coaches who coach the higher levels: B Test and above.

Attendance costs £40 per person, book online: <http://events.pcuk.org/>.

## Assessor Training Workshops

The D and D+ Test assessor training workshops designed by the Centre and Training Committees (but open to Branch and Centre assessors) are proving to be very successful so far. Currently, these workshops are being arranged by Centre Coordinators, but may also be put on by Area or Branch officials (the format for the workshop is attached). Currently, this workshop is not compulsory, but from January 2017, all new assessors at this level, will be required to attend this workshop before beginning to assess.

There will be a C Test assessor Training workshop introduced in 2016 (format will be circulated later this year); this will also become compulsory for new assessors at this level in 2017. For further information and for workshop dates, visit the [Assessor Training](#) page of the website.

## A Test Reunion

Tickets for the A Test Reunion are selling fast! Thank you to everyone who has helped spread the word, and put A Test holders in touch with us; we've had enquiries from all over the world in the past few weeks! Tickets for the gala dinner on Monday 22<sup>nd</sup> June are now sold out, but tickets for the A Test Celebration/Training day on Tuesday 23<sup>rd</sup> June are still available. A Test holders can book their tickets online ([http://events.pcuk.org/?page\\_id=1543](http://events.pcuk.org/?page_id=1543)), or by downloading an application form from [www.pcuk.org/training/a\\_test\\_reunion](http://www.pcuk.org/training/a_test_reunion).

The A Test Celebration and training day on Tuesday 23<sup>rd</sup> June is being held at [Addington Manor Equestrian Centre](#), hosted by [Richard Davison](#), four-time Olympian, European Medallist and A Test holder, and John Ledingham, Olympian and celebrated International Coach. 10.00 a.m. - 4.00 p.m. Richard and John will work with past and present Pony Club Members to bring attendees a series of riding sessions celebrating The Pony Club's highest accolade. This day will also count as CPD for attendees whom are on the BHS Register of Instructors. Tickets cost £15, including lunch.

To keep up to date with the latest announcements, like the A Test Reunion page on facebook: [www.facebook.com/pages/The-Pony-Club-A-Test-Reunion/581013795375378?fref=ts](http://www.facebook.com/pages/The-Pony-Club-A-Test-Reunion/581013795375378?fref=ts).

## Test Badges

A reminder that we have cloth badges available which Members can sew onto their sweatshirts to display which Test(s) they have passed in the same way that the badge



and felt does. These were requested by instructors, who suggested that when Members have body protectors on, or are not wearing their badge, these would be an alternative and safe way to recognise the different levels of riders. The badges, available in all colours up to B Test level, cost £1 each and can be ordered from the Merchandise department.

## **New Achievement Badges**

Some new achievement badges have been created, and are now available from the Merchandise department. Some of the badge suggestions we receive now are geared more towards Members working above the C Test level. These badges (marked with an asterisk\*) are therefore identified by having a yellow background, and are a different shape. Read more on the website: [http://www.pcuk.org/tests\\_and\\_achievements/achievement\\_badges](http://www.pcuk.org/tests_and_achievements/achievement_badges)

- \* Understanding Training
- \* Sequence of Footfalls
- \* Lungeing Equipment
- Mini Colours
- Mini Footfalls
- Mini Plaiting

## **Stonar Eventing Training Days**

Stonar, the sponsor for Pony Club Eventing are also kindly sponsoring an Area Eventing Training Series in 2015. These are being organised within each Area for Members interested in Eventing at levels 3 and 4, and will focus on giving riders the skills to promote and maintain horse and rider balance to ride cross country safely and effectively. For more information, and training dates, please visit the website: .

## **Rule Change**

The Pony Club's rule number 16. IV. Body Protectors is immediately amended with regard to air jackets. Previously it was always compulsory to wear a body protector if the Member was wearing an air jacket. With immediate effect this rule now only applies in cross country and Pony Racing. In any other circumstances air jackets may now be worn without a body protector.

If a Member chooses to wear a combined air jacket and body protector they do not have to wear a separate body protector as well. A combined air jacket and body protector satisfies the requirements of the rule.

The rule will now read as follows (the amendment is written in red):

### **Rule 16**

#### **IV. Body Protectors**

The Pony Club does not make the use of body protectors compulsory, except for all cross-country riding and Pony Racing whether it be training or competing. For general use, the responsibility for choosing body protectors and the decision as to their use must rest with Members and their parents. It is recommended that a rider's body protector should not be more than 2% of their body weight. When worn, body protectors must fit correctly, be comfortable, and must not restrict movement.

Riders who choose to use the Woof Wear Body Cage EXO must lodge a key with the event organiser when they collect their number.

If a rider chooses to wear an air jacket **in cross country or Pony Racing** it must only be used in addition to a normal body protector. Parents and Members must be aware that riders may be permitted to continue after a fall in both competition and training rides. In the event of a fall, it must be fully deflated or removed before continuing, the conventional body protector will continue to give protection. Air jackets must not be worn under a jacket and number bibs should be fitted loosely or with elasticated fastenings over the air jacket.

When an air jacket inflates, the sudden noise startles horses in the immediate vicinity, thereby causing difficulties for the other members of a ride during a group ride in a confined area, e.g. an indoor school or outdoor ménage. Air jackets are therefore discouraged for group rides.

## **Rider Development Pathway**

During the Easter holidays, ten RDP Assessment Days were held, with 184 Members attending. Thirty riders have been selected to be invited to attend RDP Camp on Saturday 4<sup>th</sup> and Sunday 5<sup>th</sup> July. From the camp, six riders will be selected to form the RDP 'Squad' and receive further support and funding for their development. The list of riders selected is on The Pony Club website: [www.pcuk.org/training/riderdevelopmentpathway](http://www.pcuk.org/training/riderdevelopmentpathway). Congratulations to all those selected!

You can follow RDP on Facebook, for updates and photos: <https://www.facebook.com/PCRDP?fref=ts>.

## **Safeguarding & Protecting Children workshops**

The Pony Club is now running Safeguarding courses throughout country with tutors having been appointed in each Area. If you are interested in attending a course, see the website ([www.pcuk.org/dcs\\_information/safeguarding/safeguarding\\_workshops/](http://www.pcuk.org/dcs_information/safeguarding/safeguarding_workshops/)) to find a course near you.

## **Exercise ideas – Get Fit and Flexible**

In this Bulletin, we have some suggestions for dismounted exercises provided by Hilary Wakefield, BHSAI, Int T. Try using them during one of your camps this summer, to help Members and their friends get in shape and improve balance in the saddle!

Hilary explains, "All riders, from those who keep horses as a hobby to the more serious competitors, are required to have strength in nearly all of the major muscle groups. Even just holding the basic riding position engages a number of muscles; that's before you take into account the strength needed to muck out, carry water buckets or even give your horse a good groom!

The rider should work towards being free from stiffness, especially in the hip joints, so they are able to 'follow' the movement of their horse or pony. Any stiffness or imbalance (e.g. crookedness) in the rider is 'mirrored' by their horse or pony."

## **Exercises for Individuals**

Calf stretches to improve leg position

Equipment required: None, just your stairs.

Ask the individual to stand on the bottom stair and hold the handrail firmly. They should balance on the balls of their feet on the edge of the step and slowly lower their heels until they feel a stretch in their calves, then hold this position for a few seconds then release. The rider can gradually push their heels lower and increase the length of time they hold the stretch.

Tone up inner thighs to improve stability in the saddle

Equipment Required: A stable chair without wheels (such as a dining chair) and a ball.

The riders should sit on the edge of a chair so that their thighs are not supported by it and their knees are at right angles to the floor. Ask them to place a rubber or plastic ball (such as a football) between their knees, squeeze it for a few seconds, then relax. They can do this a few times a day, increasing the time spent squeezing the ball each time.



## Exercises for Groups

Do the Bleep Test for a cardio workout to improve stamina

Equipment Required: A whistle, a timer or watch and markers such as cones or poles.

Line the group up on the start position and place markers 20 metres away. The group then runs repeatedly back and forth from the start point to the marker, timed to arrive at the 20 metre point as the whistle sounds.



The group should start at a gentle jog, and you should gradually reduce the time between each whistle, meaning the runners have to increase their speed to reach the marker before the whistle goes.

Those who don't make it to the marker before the whistle is blown are 'out' and the winner is the last person left.

Improve balance and jumping!

Equipment Required: Space hoppers, show jump

poles or raised garden canes

Get the group to have a go at 'jumping' over poles on the ground (or raised garden canes) on a space hopper!

The key to this exercise is to approach the jump in a balanced, even rhythm. They will be unsuccessful if they come into the jump at speed, if they are in front of the movement or if they pull the space hopper up with your hands rather than bounce over the pole.

This exercise not only helps improve balance, but it helps to illustrate the importance of impulsion and approaching jumps in an even rhythm.

## Exercises for Young Children

Test concentration and reaction

Equipment Required: An arena and a set of dressage markers

Ask the participants to lie on the floor in the centre of the arena, or sit on chairs if the floor is not suitable to lie on. The coach then shouts out a letter and the group must run as fast as they can to reach it. The last person to reach the letter is 'out'.

If you have a number of people, you can divide them into groups and direct each group to different letters.

## **Exercises for Older Members or Adults**

Improve balance, co-ordination and dexterity

Equipment Required: A wobble board each and a bean bag

Form a line with each person standing on a wobble board. Start at one end of the line and, working your way down from person to person, ask the group to pass the bean bag down the line by turning to face their neighbour and throw them the bean bag, with each person trying to remain stable on their balance board. When the bean bag reaches the end of the line, the last person gets off their board, runs up to the beginning of the line, and everyone moves down one board. The 'runner' takes their place on the first wobble board and the process starts again.

For the second game, the group remain in the same positions but throw the bean bag the other way down the line. This highlights any tendencies to favour turning one way more than the other which may result in becoming one sided when riding.

If you wish to make the exercise harder, ask the group to try standing on the balance board in a lowered position, with their knees bent. A row of tyres or hula hoops can be placed on the floor for the runner to run through as a reminder that excess speed make them become unbalanced.