



Outcome #2 - Provide Support to Riders/Horses in Training (Coach Lessons)
Outcome #3 - Analyzing Performance

SUBMISSION FORM

(PLEASE ATTACH THIS FORM TO YOUR PACKAGE)

DATE SUBMITTED: _____

NAME: _____

EC#: _____

PSO#: _____

STREET ADDRESS: _____

CITY: _____

PROVINCE/TERRITORY: _____

POSTAL CODE: _____

PHONE (H): _____

PHONE (W): _____

FAX: _____

E-MAIL: _____

THIS SECTION IS FOR OFFICE USE ONLY:

DATE RECEIVED:	_____
DATE EVALUATED:	_____
EVALUATED BY:	_____
EVALUATOR SIGNATURE:	_____

Required Coaching Sessions

Candidates are required to coach discipline specific sessions during the evaluation as follows:

Reining Candidates

- Coach one student on a topic of the *candidate's choice*, from the list, that the horse/rider already knows but needs to improve.
- Coach a student to ride an NRHA pattern that he/she knows and will perform at a show in a month.
- Coach a topic chosen by the Evaluators, to improve horse/rider, from the above ridden pattern.

Speed Event Candidates

- Coach a topic of candidate's choice, from the Barrel Racing or Pole Bending lists, that the horse/rider already knows but needs to improve.
- Coach a student to ride a pattern appropriate for lesson 1, as he/she will perform at a show in a month.
- Coach a topic chosen by the Evaluators from the list, to improve horse/rider, for the discipline *not* chosen by candidate.

General Performance Candidates

Western Pleasure - 3 students

Showmanship, Trail, Horsemanship – 1 student

- Coach student(s) to perform rail work or a pattern that the horses/riders already know but need to improve, to perform at a show in a month.
- Same as Lesson 1, for a different discipline.
- Evaluators choose a topic, from the discipline list, for candidate to coach to improve horse(s)/rider(s) for a different discipline than Lesson 1 or 2.
- Same as Lesson 3, for a different discipline.

Western Riding (Optional) – 1 student

- If this option is chosen, the candidate will choose a topic from the Western Riding topic list to that the horse/rider already knows, but needs to improve, to perform at a show in a month

Required Riders and Horses

It is mandatory that Competition Coach Specialists have riders and horses to work with at the evaluation that are showing in the appropriate context as follows:

- One rider/horse for lessons in all disciplines except Western Pleasure, which needs three riders/horses

Discipline	Riders/Horses Needed
Reining	Have achieved scores of 65 or higher at NRHA, CRC or Breed shows on three or more runs.
Speed Events	<p><u>Barrel Racing</u> Top ten placing in any division at Provincial, National Speed Event Shows, or a top 6 placing at Rodeos, on three or more runs</p> <p><u>Pole Bending</u> Times of 26 sec. or under at Provincial, National Speed Event Shows or Rodeos, on 3 or more runs</p>
General Performance	Competing at Breed/Provincial Shows and placing within the first 5 placings in classes of at least 6 horses.

Session Topics

Reining Topics	Speed Event Topics
Improve/Develop: <ul style="list-style-type: none"> <input type="checkbox"/> Speed changes <input type="checkbox"/> Lead changes <input type="checkbox"/> Spin <input type="checkbox"/> Roll back <input type="checkbox"/> Run down <input type="checkbox"/> Stop <input type="checkbox"/> Back up <input type="checkbox"/> Circle 	Improve/Develop: <ul style="list-style-type: none"> <input type="checkbox"/> Leg Yield <input type="checkbox"/> Flexion <input type="checkbox"/> Rate <input type="checkbox"/> Speed Control <input type="checkbox"/> Side Pass <input type="checkbox"/> The Pocket <input type="checkbox"/> Rollback <input type="checkbox"/> Lead Changes
General Performance Topics	
Improve/Develop: <p><i>Western Pleasure</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Collection <input type="checkbox"/> Pace Control <input type="checkbox"/> Stop <input type="checkbox"/> Back <input type="checkbox"/> Progressive and Non-progressive <input type="checkbox"/> Transitions <p><i>Horsemanship:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Circles <input type="checkbox"/> Straight lines <input type="checkbox"/> Turn on the Haunches <input type="checkbox"/> Collection <input type="checkbox"/> Figure 8's <input type="checkbox"/> Change of lead <input type="checkbox"/> Progressive & Non-progressive <input type="checkbox"/> Transitions <input type="checkbox"/> Stop <input type="checkbox"/> Back <p><i>Western Riding (Optional)</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Flying Lead Changes <input type="checkbox"/> Stop and Back <input type="checkbox"/> Two Track at Lope <input type="checkbox"/> Counter Canter <input type="checkbox"/> Jog /Lope over Pole <input type="checkbox"/> Serpentine around Cones 	Improve/Develop: <p><i>Showmanship</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Correct walk and jog <input type="checkbox"/> Stop <input type="checkbox"/> Turn on the Haunches <input type="checkbox"/> Quarter System <input type="checkbox"/> Squaring the Horse <input type="checkbox"/> Back <p><i>Trail</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Jog over poles <input type="checkbox"/> Lope over poles <input type="checkbox"/> Gate <input type="checkbox"/> Side Pass <input type="checkbox"/> Back Through <input type="checkbox"/> Bridge <input type="checkbox"/> Transitions between obstacles

Evidence Required

The evaluation panel will be looking for the following during the sessions:

Safety and Organization

- Risk Management as required including tack check.
- Clear instructions re possible risk factors as appropriate.
- Clear lesson segments, warm-up, introduction, explanation, demonstration if required etc.

Exercises

- Which contribute to development of skills and/or athletic abilities?
- Sequenced to enhance learning or specific training effects.
- Breaks are provided for appropriate recovery.
- Which match the lesson goals?

Communication

The Candidate:

- Communicates appropriate reasons for his/her decisions.
- Provides the rider with the opportunity for input so he/she can ask question.
- Asks rider's consent for physical contact when assisting in correcting a skill.
- Uses questions to allow rider to reflect on performance and to promote critical thinking.
- Checks for clarification.
- Explains clearly and concisely.
- Asks appropriate questions to increase awareness of errors in technical execution.

Flexibility

Modifies exercises to:

- Deal with specific circumstances or logistics.
- Facilitate the achievement or modification of the goal/training objective.
- Provide challenges.
- Manage rider's fitness and/or fatigue/mental state.

Technical Knowledge

The Candidate:

- Demonstrates a variety of progressions and sequences of activities.
- Provides feedback and instruction that clearly identifies *what* to improve and *how* to improve.
- Appropriately addresses priorities in training of horse/rider.
- Consciously and consistently selects effective interventions.

Professionalism

The Candidate:

- Promotes a positive image of Western i.e., Turnout, tone of voice.
- Uses respectful language when providing verbal interventions.
- Constructively reinforces rider's efforts and correct performance.

Analyzing Performance

The coach is required to identify and correct performance errors as follows:

Identifying Errors

The Candidate

- Observes performance effectively
- Identifies appropriate errors and potential causes of the errors
- Consistently communicates **how** and **why** a critical error contributes to the performance.
- Helps the rider to understand how errors affect overall performance by asking appropriate questions
- Helps the rider to detect key performance factors (factors affecting performance) and to understand how and why these errors affect overall performance.
- Analyzes a variety of factors that could contribute to increased performance
- Uses a variety of observational strategies
- Reinforces application of competitive rules
- Provides a rationale (reason) for identifying skills or tactics that need improvement

Correcting Errors

The Candidate

- Makes specific corrections that identify **how** to improve the performance
- Identifies **why** the correction will have a beneficial effect on the performance and consistently identifies **how** to improve performance
- Uses demonstrations to model correct performance.
- Provides skill or performance corrections (emphasize how to improve, not just what to improve).
- Involves riders in a critical thinking process.
- Asks the rider's/parent consent for physical contact when assisting in correcting an error.
- Identifies if the level of difficulty in the task is relevant to the rider's/horse's capabilities
- Helps riders to identify individual corrections by asking open-ended questions
- Focus athletes' attention towards external cues or on the anticipated effects of the movement rather than the on the way the movement is
- Helps riders to increase awareness of basic corrections by asking closed questions