

**EQUINE CANADA/NCCP ENGLISH COMPETITION COACH SPECIALIST**

**CANDIDATE YEARLY TRAINING PLAN PACKAGE**

**(Evaluation OF Outcome #4: Design an Equestrian Sport Program)**

**PLEASE PREPARE YOUR TRAINING PLAN SUBMISSION EITHER IN HARD COPY OR ELECTRONICALLY AND SUBMIT TO YOUR PROVINCIAL OFFICE.**

- **PLEASE ATTACH THIS FORM TO THE PACKAGE YOU SUBMIT**

DATE SUBMITTED: \_\_\_\_\_

DATE RECEIVED (OFFICE USE ONLY): \_\_\_\_\_

Name: \_\_\_\_\_ EC #: \_\_\_\_\_

Address: \_\_\_\_\_ PSO# \_\_\_\_\_

\_\_\_\_\_ City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone Number: (h) \_\_\_\_\_ (b) \_\_\_\_\_

(fax) \_\_\_\_\_ (e-mail) \_\_\_\_\_

DATE EVALUATED (OFFICE USE ONLY): \_\_\_\_\_

EVALUATED BY (OFFICE USE ONLY): \_\_\_\_\_

EVALUATOR SIGNATURE:

## **OUTCOME #4 – DESIGN A SPORT PROGRAM**

### **INTRODUCTION**

For this outcome/task you will be required to submit information about your competition schedule, a yearly training and recovery plan (YTRP) and 2 weekly plans from your program. This document is designed to assist you to complete this task. If you have attended the training module – **Design a Sport Program** – you will already have all the tools needed to complete this task. This overview and checklist is to ensure that you have included everything that is required. This outcome consists of three sections:

- A.** Outline of the your program's structure based on available training and competition opportunities
- B.** Program measures to promote rider/horse development
- C.** Weekly practice plans that integrate seasonal training priorities

### **INFORMATION REQUIRED** (Please submit Athlete Identification sheet A and B)

- Age of rider and horse
- LTED stage and Training Level of the horse
- Rider's goals
- Rider's strengths and weaknesses
- Horse's strengths and weaknesses
- Time commitment
- Training objectives for horse and rider

### **PLANNING CALENDAR** (Please submit Planning Calendar and Planning Calendar Summary)

#### **Include:**

- Competition schedule including the number of competitions during the program, the relative importance of each competition and other key events (training (clinic), evaluation etc.)
- Length of the season
- Entry point in the season
- Total number of competition days in the yearly program
- Priorities at critical times of the season
- Calculation of the length of the season given breaks and logistics horse soundness etc.
- Length of each period of the program (Preparation, Competition, Transition)
- Number, duration, and frequency of training sessions in each period identified

#### **Program measures to promote rider/horse development to include:**

- The ratio of training to competition opportunities within the seasonal/yearly program
- Results from rider performances are compared to identify if training/competition opportunities of your rider's program demonstrates adequate rider progression.
- Adequate training and competition opportunities for developmental potential.
- Adequate developmental potential in the seasonal plan
- Major issues that may exist within the seasonal program and realistic solutions

#### **Practice plans integrating seasonal training priorities (Weekly plans within the YTP):**

Present a one-week plan for the Preparation Period and the Competition Period of the seasonal program that correctly identify main objectives and priorities for athletic abilities horse and rider.

#### **The plans should identify:**

- The most important athletic abilities for a given week in the preparatory and competition periods of the program.
- The specific objectives (development-maintenance or acquisition-consolidation) for each of the athletic abilities for horse and rider based on the location in the preparatory period
- The total number of training or practice sessions and their duration
- The total training or practice time within weekly plan
- Any gaps between the time required and the time available for athlete preparation
- A strategy to develop athletic abilities based on your weekly goals
- An outline showing how you will manage time based on training priorities and objectives
- Appropriate exercises to develop athletic abilities in rider/horse within each of the weekly plans.

Candidates should use this page to submit with the Yearly Training and Recovery plan.

**STEP 1 - ATHLETE IDENTIFICATION A**

Choose ONE competitive horse and rider at the appropriate level (please see your Competition Coach Specialist coaching pre requisites) that you coach.

Please include **ATHLETE IDENTIFICATION A and B** with your submission for evaluation.

**Equestrian Discipline (circle one):            EVENTING    HUNTER    JUMPER    DRESSAGE**

**RIDER NAME - \_\_\_\_\_ Age: \_\_\_\_\_**

**Current Competition level:                                  Current LTED Stage:**

**Time commitment:**

Short Term Goal:	Long Term Goal:

**HORSE Name- \_\_\_\_\_ Age: \_\_\_\_\_**

**Training Level:**

Short Term Goal:	Long Term Goal:

- How long have you coached this rider?
- At what level was this rider when you started coaching him/her?
- At what level was this horse when you started?
- How long has this rider competed with this horse?

## ATHLETE IDENTIFICATION B

THE RIDER - Please list this rider's strengths in the first box. Include, as many as you think are applicable. List the training objectives in the second box. Be as specific as you like.	
Strengths	
Training Objectives:  Examples; Skill Development Physical Conditioning Performance	
THE HORSE- Please do the same for the horse	
Strengths	
Training Objectives:  Examples; Skill Development Physical Conditioning Performance	

## STEP 2 - PLANNING CALENDAR

### List of competition dates

1. Using your competition schedule, take an inventory of the competitions in which you would like your athlete to compete.
2. Determine the importance of the competition.

**Competitions should be given a "priority" for example:**

**Training Competition (TC):** Competition where the focus is training at a competition venue.

**Performance Competition (PC):** Competition where the focus is on results.

**Decisive competition (DC):** Provincial or national Championship - Peak performance of the year

***Use the planning calendar at the end of this document. An example has been provided.***

### Some Definitions

Training programs are divided into these three periods:

- **Preparation Period:** The number of weeks between the first practice session in the preparation phase of the program and the first regular or official competition. **Note:** Preparatory or unofficial

competitions at the beginning of the program should be considered part of the Preparation Period. Within the **Preparation Period** your program may have a **General Preparation** phase, which happens earlier in the period, and a **Specific Preparation** phase, which happens later in the period. (Specific prep for a certain competition)

- **Competition Period:** The number of weeks between the first regular or official competition of your competition program and the last competition in which the athletes will take part. Within the **Competition period** your program may have a **Main Competition** phase and a **Final Competition** phase.
- **Transition Period:** The number of weeks between the last competition athletes will take part in or last supervised contact you will have with them and the first contact in the new season.

**Note:** There may be no formal Transition Period in your program.

Example: If your student takes the horse home and simply hacks etc. for several weeks before resuming lessons then that period of time would be a transition period. If however you take your student to Florida or you continue with lessons all year then there would be continuous schooling and there would be no transition period.

### **STEP3 - ORGANIZING YOUR INFORMATION**

Using the planning calendar, provide the information required. **N.B. If your program does not fit these parameters please provide information that best describes your program.**

#### **A. Specific Preparation Phase**

1. What is the date of the first lesson/training session in the **SPECIFIC PREPARATION** phase of your competition period? (If your competition program runs for a full year, use January 1<sup>st</sup> of the current year) Date: \_\_\_\_\_
2. When is the last time you supervise your athlete in the **SPECIFIC PREPARATION** phase of your competition period? Date: \_\_\_\_\_
3. How many weeks are there between these dates? \_\_\_\_\_ Weeks

#### **B. Competition Period**

1. What is the date of the first lesson/training session in the **COMPETITION** period of your program? Date: \_\_\_\_\_
2. When is the last time you supervise your athlete (practice session or competition) for the **COMPETITION** period of your program? Date: \_\_\_\_\_
3. How many weeks are there between these dates? \_\_\_\_\_ Weeks

#### **C. Breaks and Interruptions**

1. Write down the number of weeks when there are no practices or competitions (for example, Summer vacation, Easter or other scheduled breaks): \_\_\_\_\_

#### **D. Total Length of the Preparation and Competition Periods**

Length of the season, excluding breaks or interruptions: The number of weeks in A (3) \_\_\_\_\_ + the number weeks in B (3) \_\_\_\_\_ – the breaks in C (2) \_\_\_\_\_ = \_\_\_\_\_ weeks

### E. Transition Period

1. Write down the **actual** length of this period in weeks. **May be NA**

Date of start: \_\_\_\_\_ End: \_\_\_\_\_

2. How Many Weeks Are There between these Dates? \_\_\_\_\_ Weeks

### F. Lesson/Training Session Time

1. Write down the average length of lessons/training sessions in minutes. \_\_\_\_\_ min.

## STEP 4 - ANALYZING YOUR PROGRAM

You will calculate different indicators for your competition program. These indicators include the number of competition days, the number of lesson/training days, and the percentage of the training program devoted to competition.

### A. Number of Competition Days

Calculate the number of competition days in your program. Count all types of competition from your planning calendar.

<b>A: Number of COMPETITION days in your program:</b>	<b>A =</b> days
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### B. Number of Lesson/Training Days

Using your planning Calendar count the number of lesson/training days in your PREPARATION period, your COMPETITION period and your TRANSITION period for your rider.

Period/Phase	Length (Weeks)	Average Number of Training Days per Week	Partial Total
<b>Specific Preparation Phase</b>	_____ X <b>A - 3 Above</b>	_____ Days per week Training days include: Supervised lessons and Independent practice.	=
<b>Competition Period</b>	_____ X <b>B - 3 Above</b>	_____ Days per week Training days include: Supervised lessons and Independent practice.	=
<b>Transition Period (if applicable)</b>	_____ X <b>E-2 Above</b>	_____ Days per week Training days include: Supervised lessons and Independent practice.	=
<b>B: Approximate number of TRAINING days in your program for this athlete (add up all the numbers in the column Partial Total):</b>			<b>B =</b>

**C. Total Competition Program Days**

The number of Program Days equals the number of **COMPETITION Days (A)** plus the total number of **TRAINING days (B)**.

Competition Days (A) \_\_\_\_\_ + Training Days (B) \_\_\_\_\_ = \_\_\_\_\_ **PROGRAM DAYS**

**D. Percentage of training program devoted to COMPETITION**

Number of **COMPETITION days (A)** \_\_\_\_\_ divided by total number of **PROGRAM DAYS** (Final total in C above) \_\_\_\_\_, expressed as a percentage (x100) \_\_\_\_\_%

**The ideal percentage of competition in this context is between 20% and 35%**

**E. Percentage of training program devoted to TRAINING**

Number of **TRAINING days (B)** \_\_\_\_\_ divided by total number of **PROGRAM DAYS** (Final total in C above) \_\_\_\_\_, expressed as a percentage (x100) \_\_\_\_\_%

**The ideal percentage of training in this context is between 65% and 80%**

**F. Ratio of Training to Competition**

What is the ratio of Competition to Training in your program? \_\_\_\_\_% (D) to \_\_\_\_\_% (E)

How does it compare to the ideal? \_\_\_\_\_

**STEP5 - PLANNING CALENDAR SUMMARY**

All the information on this page must be submitted for evaluation

<b>Total number of Competition days</b> <i>From Analyzing Your Program (A)</i>	Days
<b>The length of the Competition Season given breaks and logistics</b> <i>From Organizing Your Information (D)</i>	Days

Length of Preparation period	Weeks	Number of lessons per week in this period	Average length of lesson Min.	Training priority
Length of Competition period	Weeks	Number of lessons per week in this period	Average length of lesson Min.	Training priority
Length of Transition period	Weeks	Number of lessons per week in this period	Average length of lesson Min.	Training priority

## PROGRAM MEASURES TO PROMOTE RIDER/HORSE DEVELOPMENT

What is the ratio of Competition to training in your program?
How do you identify if there are training/competition opportunities to demonstrate adequate rider progression? E.G comparing show results.
How do you know if there is adequate developmental potential for horse and rider in the seasonal plan?
What solutions might you need to put into place when major issues arise in your seasonal plan? E.G. Lameness, rider injury, school etc.
What solutions might you put into place if the rider's available time does not match the time required to meet the goals?

### STEP 6 –LESSON/TRAINING SESSIONS

You are required to submit two weekly plans for evaluation. The following steps will assist you in developing a one-week plan for each of TWO periods of the seasonal program that correctly identify the main objectives and priorities for athletic abilities in horse and rider,

#### 1. Identify the Athletic Abilities to Train during the Week

- Review your program
- Choose a week from your program in the **Preparation period** and a week in the **Competition period**. Two blank forms have been provided.
- Identify a maximum of four athletic abilities or skills to train in each week. I.e. Balance, Rhythm and straightness etc.
- Now, enter this information in **Column 1** of the Abilities to Train Work sheet, which follows.

#### 2. Identify the Training Objectives for the Week

For each athletic ability or skill you entered in **Column 1** of your Abilities to Train Worksheet. Specify the training objective associated with the ability. Refer to page 30 of the reference material from the Design Sport Program training for more information.

Example: Acquisition, Consolidation and/or Refinement of technical/tactical skills; Initiation, Development and/or maintenance of Physical/mental abilities.

- Enter this information in **Column 2** of your Abilities to Train Worksheet.

#### 3. Identify Practice Conditions for the Week

For each combination of athletic ability and training objective in your Abilities to Train Worksheet, identify the recommended practice conditions. Refer to page 30 of the reference material from the Design a Sport Program training for more information.

- Enter this information in **Column 2**, under **Practice Conditions**, in your Abilities to Train Worksheet.



#### 4. Identify Types of Exercises for the Week

- For each combination of athletic ability and training objective in your Abilities to Train Worksheet, identify the most appropriate types of exercises for that week. Refer to page 29 of the reference material from the Design a Sport Program training for more information.
- Put a check mark beside this type of exercise in **Column 3** of your Abilities to Train Worksheet.

#### 5. Identify the Number of Training/Schooling Sessions for the Week

- Indicate the number of schooling sessions per week and the session length.
- Enter this information in last section of your Abilities to Train Worksheet and total the training time for the week. **Include only the training time, which includes the horse.**

#### 6. Comparing Time Required with Time Available

If the **total training time required** is *less* than the **total training time available** you need to reconsider your decisions about the number of training sessions or practice length or both.

If the **total training time required** is *more* than the **total training time available** you need to decide how to make the best use of training time.

- Please use a separate piece of paper to explain how you will solve the problem if there is a gap between training time required and Rider time available.

## Abilities to Train Worksheet - A week in the Preparation Period

Discipline: \_\_\_\_\_ Goal for the week: \_\_\_\_\_

Column 1	Column 2	Column 3
Athletic Abilities to Train	Training Objectives and Practice Conditions	Types of Exercises
1. Horse – rider – both	<u>Training Objectives</u>  <u>Practice Conditions:</u>	( ) General exercises ( ) Specific exercises ( ) Competition exercises
<u>Exercise description</u>		
2. Horse – rider – both	<u>Training Objectives</u>  <u>Practice Conditions:</u>	( ) General exercises ( ) Specific exercises ( ) Competition exercises
<u>Exercise description</u>		
3. Horse – rider – both	<u>Training Objectives</u>  <u>Practice Conditions:</u>	( ) General exercises ( ) Specific exercises ( ) Competition exercises
<u>Exercise description</u>		
4. Horse – rider – both	<u>Training Objectives</u>  <u>Practice Conditions:</u>	( ) General exercises ( ) Specific exercises ( ) Competition exercises
<u>Exercise description</u>		
<b>Total training time required for the week</b>	____ sessions per week X ____ minutes = ____ hrs.	
<b>Total time available by the rider for the week</b> Hrs.	<b>Total time required to achieve the goals for the week.</b> Hrs.	
<b>Gap between time required and time available (if applicable)</b> Hrs.	<b>If there is a gap, please provide a solution. (Use a separate paper for your answer)</b>	

## Abilities to Train Worksheet - A week in the Preparation Period

Discipline: \_\_\_\_\_ Goal for the week: \_\_\_\_\_

Column 1	Column 2	Column 3
Athletic Abilities to Train	Training Objectives and Practice Conditions	Types of Exercises
1. Horse – rider – both	<u>Training Objectives</u>  <u>Practice Conditions:</u>	( ) General exercises ( ) Specific exercises ( ) Competition exercises
<u>Exercise description</u>		
2. Horse – rider – both	<u>Training Objectives</u>  <u>Practice Conditions:</u>	( ) General exercises ( ) Specific exercises ( ) Competition exercises
<u>Exercise description</u>		
3. Horse – rider – both	<u>Training Objectives</u>  <u>Practice Conditions:</u>	( ) General exercises ( ) Specific exercises ( ) Competition exercises
<u>Exercise description</u>		
4. Horse – rider – both	<u>Training Objectives</u>  <u>Practice Conditions:</u>	( ) General exercises ( ) Specific exercises ( ) Competition exercises
<u>Exercise description</u>		
<b>Total training time required for the week</b>	___ sessions per week X ___ minutes = ___ hrs.	
<b>Total time available by the rider for the week</b> <div style="text-align: right;">Hrs.</div>	<b>Total time required to achieve the goals for the week.</b> <div style="text-align: right;">Hrs.</div>	
<b>Gap between time required and time available if applicable.</b> <div style="text-align: right;">Hrs.</div>	<b>If there is a gap, please provide a solution. (Use a separate paper for your answer)</b>	

## Abilities to Train Worksheet - A week in the Preparation Period (example)

Discipline: Hunter/Jumper Goal for the week: General obedience, jumping form, suppleness, improve condition

Column 1	Column 2	Column 3
Athletic Abilities to Train	Training Objectives and Practice Conditions	Types of Exercises
<b>1. Horse – rider – both</b> Stride control – obedience- co-ordination of aids	<u><b>Training Objectives</b></u> Consolidation <u><b>Practice Conditions:</b></u> Performance consistency and Decision-making	( ) General exercises ( * ) Specific exercises ( ) Competition exercises
<u><b>Exercise description (indoors)</b></u> On the flat at trot and canter, transitions within the pace and between paces, non- progressive transitions Cavaletti set @ 40 feet - Canter in 5 and 6 strides in both directions		
<b>2. Horse – rider – both</b> Lateral suppleness and two track work –	<u><b>Training Objectives</b></u> Consolidation <u><b>Practice Conditions:</b></u> Performance consistency and Decision-making	( ) General exercises ( * ) Specific exercises ( ) Competition exercises
<u><b>Exercise description</b></u> Flat work: Shoulder-in, leg yield, counter canter, circles, serpentines, half pass, trot and canter		
<b>3. Horse – rider – both</b> Improve jumping form	<u><b>Training Objectives</b></u> Acquisition/consolidation <u><b>Practice Conditions:</b></u> Variety of gym lines	( ) General exercises ( * ) Specific exercises ( ) Competition exercises
<u><b>Exercise description</b></u> Three fences 21 feet apart at canter Vertical to oxer to oxer to vertical 9 foot bounces		
<b>4. Horse – rider – both</b>  <b>Conditioning</b>	<u><b>Training Objectives</b></u> Acquisition <u><b>Practice Conditions:</b></u> Controlled	( * ) General exercises ( ) Specific exercises ( ) Competition exercises
<u><b>Exercise description</b></u> Horse – Hacking – Road work- Interval training Rider – Yoga/Pilates – strength training – running-walking		
<b>Total training time required for the week</b>	__5__ sessions per week X __60__ minutes = 5 hrs.	
<b>Total time available by the rider for the week 6 Hrs.</b>	<b>Total time required to achieve the goals for the week. 6 Hrs.</b>	
<b>Gap between time required above and time available if applicable</b>	No Gap <b>NONE</b>	

# Planning Calendar Work Sheet (Example)

Name of Rider: Wanna be Champion

Horse: Wanna Help

LEGEND – B- Bronze show. S – Silver show. G- Gold show. O - Other. C- Clinic

☐ Indicates a month with 5 weeks

☐ Competitions should be given a "priority" for example: Training Competition (TC), Performance Competition (PC), Decisive competition (DC)

If the competition is more than one day indicate this by putting the number of competition days in the appropriate box.

MONTHS		JAN					FEB					MARCH					APRIL					MAY					JUNE					JULY					AUG					SEPT					OCT					NOV					DEC				
Competitions you plan to attend	Date	7	14	21	28	4	11	18	25	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	1	8	15	22	29								
	Level																																																												
	Reg. Comp					C																																																							
	Champ.																																																												
General Preparation Phase																																																													
Specific Preparation Phase																																																													
Competition Period																																																													
Transition Phase																																																													

# Planning Calendar Work Sheet

Name of Rider: \_\_\_\_\_

Horse: \_\_\_\_\_



Indicates a month with 5 weeks

LEGEND – B- Bronze show. S – Silver show. G- Gold show. O - Other. C- Clinic

Competitions should be given a “priority” for example: Training Competition (TC), Performance Competition (PC), Decisive competition (DC)  
If the competition is more than one day indicate this by putting the number of competition days in the appropriate box

MONTHS		JAN	FEB	MARCH	APRIL	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Competitions you plan to attend	Date												
	Level												
	Reg. Comp												
	Champ.												
General Preparation Phase													
Specific Preparation Phase													
Competition Period													
Transition Phase Turnout/hacking													

**MICROCYCLE: COMPETITION PERIOD**

**RELATIVE IMPORTANCE: INTENSITY>VOLUME**

**NAME OF RIDER: WANNA BE CHAMPION**

**NAME OF HORSE: AMMA CHAMPION**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
AM	Easy day - 1 hr Walk	1 hr Hack plus 30' Trot plus dressage	1 hr Dressage 1 hr Hand walk	1 hr Hack 20' Trot	1 hr Hack 30' Dressage	Cross Country Day 1 hr Hand walk	1 hr Hand walk Horse inspection
	H.V. L.I.	H.V. M.I	M.I L.V.	1 hr Hand walk	H.I. M.V.	H.I. M.V.	H.I. L.V.
PM	Turnout	1 hr Hack plus turnout	Horse Inspection	1 hr Hand walk 30' Dressage	1 hr Hand walk 30' Dressage competition	Competition 1 ½ hr endurance and 10' cross country	Show Jumping competition 45' passive warm up  15' jumping
	A.R.	Travel to competition	1 hr Hand walk				

**LEGEND** - H.V. - HIGH VOLUME; M.V. - MEDIUM VOLUME; L.V. - LOW VOLUME; L.I. - LOW INTENSITY; M.I. - MEDIUM INTENSITY; H.I. - HIGH INTENSITY  
A.R. - ACTIVE REST

XXX - Top Priority XX - Secondary Priority X - Introduction or maintenance

DISCIPLINE: \_\_\_\_\_ DATE: \_\_\_\_\_

MICROCYCLE: \_\_\_\_\_ RELATIVE IMPORTANCE: \_\_\_\_\_

NAME OF RIDER: \_\_\_\_\_ NAME OF HORSE: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM							

**LEGEND** - H.V. - HIGH VOLUME; M.V. - MEDIUM VOLUME; L.V. - LOW VOLUME; L.I. - LOW INTENSITY; M.I. - MEDIUM INTENSITY; H.I. - HIGH INTENSITY  
A.R. - ACTIVE REST

XXX - Top Priority XX - Secondary Priority X - Introduction or maintenance



DISCIPLINE: \_\_\_\_\_ DATE: \_\_\_\_\_

MICROCYCLE: \_\_\_\_\_ RELATIVE IMPORTANCE: \_\_\_\_\_

NAME OF RIDER: \_\_\_\_\_ NAME OF HORSE: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM							

**LEGEND** - H.V. - HIGH VOLUME; M.V. - MEDIUM VOLUME; L.V. - LOW VOLUME; L.I. - LOW INTENSITY; M.I. - MEDIUM INTENSITY; H.I. - HIGH INTENSITY  
A.R. - ACTIVE REST XXX - Top Priority XX - Secondary Priority X - Introduction or maintenance