

**Courtesy of Horse Council BC**

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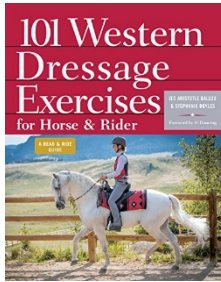
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# Horse Council BC Coaching Book Catalogue

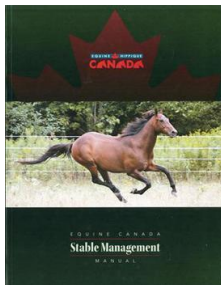
Winter 2021





**101 Western Dressage Exercises** **39.95**  
By Jec Aristotle Ballou and Stephanie Boyles –

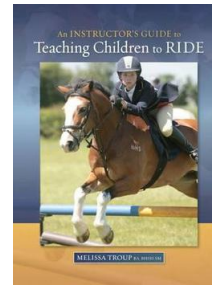
Classical Dressage meets Western Horsemanship in the growing equestrian discipline of Western Dressage. Following a comprehensive training path, these 101 exercises, presented as full arena diagrams with step by step instructions develop your horse's skill to carry himself correctly. Practicing them will improve the rider's skills.



**Stable Management Manual** **44.00**

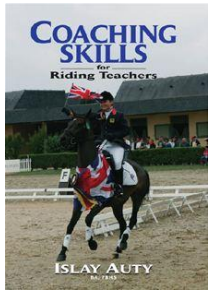
by Equestrian Canada

The official guide of the governing body about horse care and management, feeding, trailering, barn construction and planning, safety and many more topics.



**An Instructor's Guide to Teaching Children to Ride** **44.95**  
by Melissa Troup

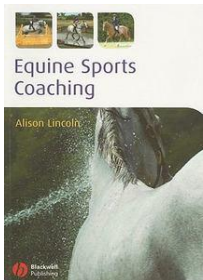
The aim of this book is to provide new and trainee instructors with inspiration and advice on teaching children to ride, from the very first lesson. Experienced author and instructor, Melissa Troup, discusses all the basics - introducing the pony, mounting, how to sit in the saddle, holding the reins, stopping, starting and steering, and how to teach rising and sitting trot and canter - and moves on to develop young riders' interest through dressage, jumping, cross-country and competitions. Throughout, the emphasis is on safety - and making the lessons fun. In addition to basic teaching techniques, the book looks at how to plan group and private lessons, coaching techniques for different learning styles, safety and risk assessment, child protection issues, and on-the-job problem solving. The book includes numerous example lesson plans, and there are even reproducible handouts on stable management, with illustrations and quiz-style questions, specially designed for wet-weather days and off-horse learning. In short, Melissa Troup provides you with everything you need to know to become a wizard instructor, ready to inspire the next generation of young riders.



**Coaching Skills for Riding Teachers**  
by Islay Auty

**49.95**

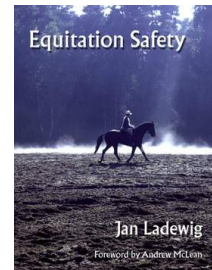
The book is written in an interactive style with thought provoking questions embedded into each chapter, such as When you ask a question, do you listen to the answer? At the end of each chapter is a useful summary and top tips. Also various scenarios or case studies are used for further explanation. Coaching Skills is written for riding teachers who wish to enhance their teaching skills, especially for those who are newly qualified or still studying for their teaching certificate.



**Equine Sports Coaching**  
by Alison Lincoln

**48.95**

A vital book for equine coaches. Drawing on tried-and-tested coaching practices used successfully in other sports, this book introduces coaching specific to the equine environment. The coaching process as a whole is addressed for both the horse and rider.

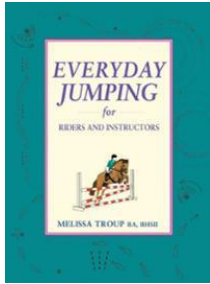


**Equitation Safety**  
By Jan Ladewig

**60.00**

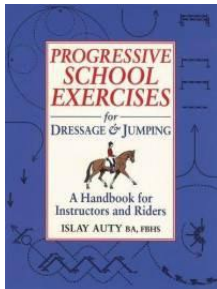
Horse riding is one of the most dangerous of sports. Every year thousands of riders need medical care. Undoubtedly, a much larger number of riders experience accidents that do not require medical care but often with the result that they end up being afraid of horses. Most horses are generally very gentle animals but they are flight animals whose safest defence against danger is to flee as fast as possible. This reaction, which is almost a reflex, is very sensible under natural conditions. Under husbandry conditions, however, it constitutes a risk when handling and riding horses. One of the main reasons why so many accidents happen is that riders are unaware of the many dangers that exist when working with horses. Yet the subject of safety when riding and working around horses is sadly neglected. There is an urgent need for readily-available information on all aspects of equitation safety.

*'Equitation Safety* is arguably the most thorough safety examination of horse-human interactions available... This text should be compulsory for equine science, equine therapy as well as equestrian and pony club federations and coaching courses. If horse people followed the advice in this book, there would most certainly be far fewer injuries to both horses and people and there would be much happier horses and people too.' – Andrew McLean



Everyday Jumping for Riders and Instructors **39.95**  
By Milissa Troup

This comprehensive guide provides a collection of exercises on the flat and over poles and fences, as well as essential information on jumping technique, effects of the rider's position, fences to improve the horse's technique, related distances, problem solving and tips on how to achieve a clear round in faultless style.



Progressive School Exercise for Dressage and Jumping **31.95**  
by Islay Auty

Progressive School Exercises provides a collection of exercises, on the flat and over fences, specifically designed for use in training more experienced riders and horses, whether in groups or as individuals



P'tit Trot English and Western Set **30.00**

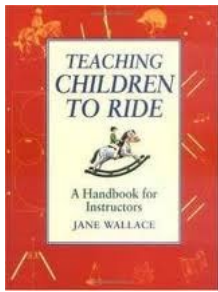
Courtesy of Cheval Quebec, this book set is for children 5 and over to learn the basics of horseback riding and how to care for a horse or pony. The 2019 revised manual contains both English and Western disciplines. The set consists of the manual, a game book and certificates of achievement.

The colourful illustrations and P'tit Trot's amusing comments are all there to help children discover and understand on their own.

Ideal for all children who love horses. It also provides great preparation and support material for riding camps, day camps in a riding center. Coaches and Instructors can use P'tit Trot as preparation for Rider level 1.

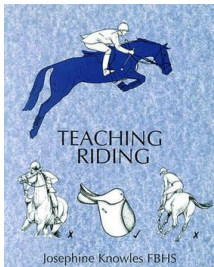


Pass Slow and Wide reflective safety vests **24.95**  
[www.hcbc.ca](http://www.hcbc.ca)



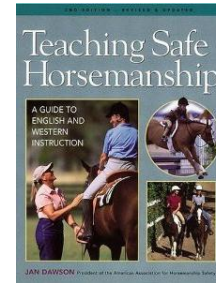
Teaching Children to Ride: A Handbook for Instructors  
by Jane Wallace **34.95**

Teaching Children to Ride offers advice, exercises, lesson plans, games and teaching tips designed to provide variety and sound instruction.



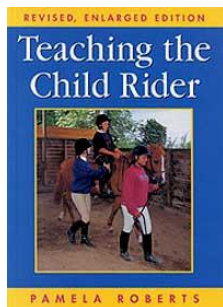
Teaching Riding  
by Josephine Knowles FBHS **33.50**

Demonstrates how to assist the rider to develop feel, to sit in balance and to understand the mind and body of the horse. Covering the special requirements for teaching children and mature adults, beginners, nervous and more advanced riders, this work also includes advice on riding on the flat and over jumps.



Teaching Safe Horsemanship  
by Jan Dawson **29.95**

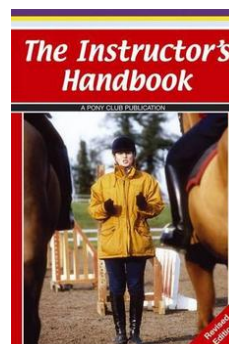
Safe riding is correct riding. That's Jan Dawson's motto, and it's the philosophy behind her book, Teaching Safe Horsemanship. Dawson's goal is to provide both English and Western riding instructors with an effective and safe teaching program. She explains how to assess a horse's particular characteristics in order to weed out potentially dangerous animals. She also offers guidelines for assessing instructors and students, including what makes a good instructor and what attitudes can get in the way of learning proper horsemanship. Since 80 percent of all accidents involve falls due to loss of balance, Dawson identifies the techniques that ensure that a horse and rider are in proper balance. Finally, since she is a lawyer as well as a riding instructor, Dawson includes a chapter on securing useful liability forms, what insurance coverage does and does not do, and how to handle accidents and lawsuits. Dawson and her husband teach the only equine law course taught at a law school in the United States.



Teaching the Child Rider  
by Pamela Roberts

**33.95**

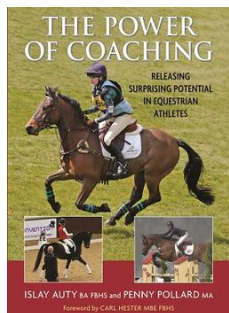
For more than 30 years, *Teaching the Child Rider*, in successive editions, has been appreciated by trainee instructors and parents alike. Now in a revised updated and enlarged edition, with new colour illustrations, it will again prove invaluable to anyone concerned with the instruction and safety of young riders. Whilst promoting sound, progressive instruction, the author points out the physical and psychological differences between children - especially young ones - and adults, and the consequent need for instructors to adapt their approach accordingly. There is much sound advice, born of practical experience and common sense, on this issue. In particular, the author emphasizes the special communication skills required of the children's instructor, and the need to empathize with the pupil's way of thinking. This book will help all instructors to become more effective in their dealings with young pupils and will also be of value to parents who wish to gain a greater understanding of the subject.



The Instructor's Handbook –  
A Pony Club Publication

**27.95**

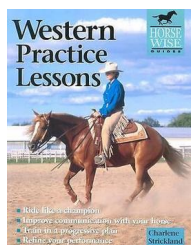
The Instructor's Handbook is essential reading, not only for those involved with the Pony Club, but also for anyone involved with the teaching and organization of children and ponies at any level. It explains the general principles of instruction and the practicalities of taking both mounted and dismounted lessons. It covers school movements and exercises, preliminary work over poles, and jumping, as well as preparation for competitions. There is advice on road safety, giving lectures, and organizing games, quizzes, and other activities. Throughout the book the emphasis is on safety and due consideration is given to the special requirements of beginners and the very young.



**The Power of Coaching**  
By Islay Auty and Penny Pollard

**31.95**

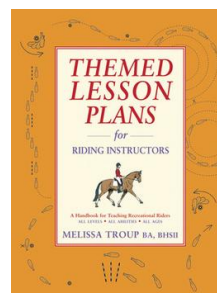
The Coach can fulfil many roles and ideally should encourage the rider to work on what they can't do rather than what they can do - helping them to be non-defensive and resist showing off. Both praise and criticism are essential, delivered with confidence and conviction. The also needs to understand when to push on and when to leave the problem for another day. This book is for all coaches who want to enhance and refine their coaching skills.



**Western Practice Lessons**  
by Charlene Strickland

**29.95**

This highly visual collection of riding exercises will build specific Western riding skills and foster greater communication between horse and rider. Effective step-by-step lessons feature a complete description of gaits and movements, purpose and benefits, analysis and instructions, cautions, and tips for better performance.



**Themed Lesson Plans for Riding Instructors**  
by Melissa Troup BA, BHSII

**26.95**

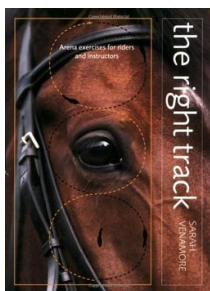
Here's a wealth of ideas, exercises and plans for group or individual lessons, for all abilities, all levels and all ages. Each lesson plan follows a natural progression, gradually building up the difficulty of the exercises as the ability of the pupil increases.

The themes include such topics as first lessons, lead-line lessons, circles, school figures, work without stirrups and/or reins, transitions, lateral work, using poles, canter work, dressage tests, drill rides, and games. Throughout, there are tips on how to deliver the lessons, what to look for in rider faults, and how to help riders improve and make real progress. Clear diagrams throughout



Find this "Slow Down for Horses" sign at [www.hcbc.ca](http://www.hcbc.ca)

**16.95**

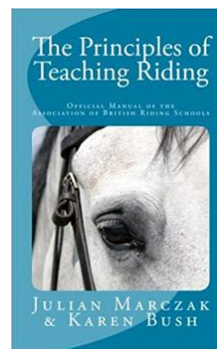


The Right Track: Arena Exercises for Riders & Instructors  
by Sarah Venamore **31.95**

With arena exercises designed to fine-tune rider coordination and communication and improve transitions, rhythm, flexion, accuracy, and balance, this indispensable collection of schooling techniques will revitalize flatwork sessions, making them interesting, effective, and fun. Including clear diagrams, step-by-step instructions, and tips for improvement, these exercises provide a range of patterns that will keep the rider and the horse challenged throughout each training session.



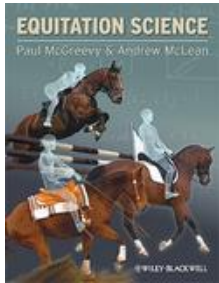
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The Principles of Teaching Riding  
By Julian Marczak and Karen Bush **15.00**

This official Manual of the Association of British Riding Schools is recommended reading for teachers of all levels, for riding school proprietors, and for all those training for equestrian teaching examinations; there is also plenty of interest for pupils. All aspects of teaching are considered, ranging from practical considerations such as suitability of horses and ponies used within the riding school, use of facilities and equipment, to more philosophical points including developing a personal teaching style, and teaching different levels and abilities. The paperback text-only edition incorporates space within each chapter to enable students to add their own personal insights, observations and notes.

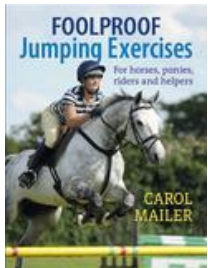




Equitation Science  
Paul McGreevy and Andrew McLean

**67.99**

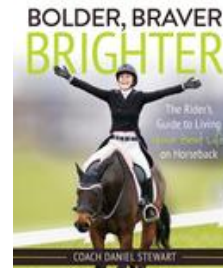
The Goal of Equitation Science is to enhance our understanding of how horses think and learn, and to use their natural behaviour to train, ride or compete with them in as fair a manner as possible. The welfare consequences of training and competing horses under different protocols are explored. Drawing on traditional and emergent techniques, this book incorporates learning theory into an ethical training system suitable for all levels. It also focuses on evidence based approaches that improve rider safety.



Foolproof Jumping Exercises  
By Carol Mailer

**38.95**

Written for Horses or Ponies, rider's helpers and coaches. The author presents jumping exercises for suitable for every combination of horse, pony and rider. The exercises are devised specifically to help riders and their mounts hone their skills, improve their jumping and exceed their expectations.



Bolder, Braver, Brighter  
Daniel Stewart

**38.50**

The evolution from "good enough" to "better" begins with:

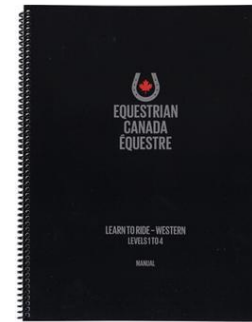
- Understanding the attributes that create success.
- Comprehending the four stages of competence.
- Improving mindfulness of actions and reactions.
- Identifying good stress and bad stress—and handling both.
- Eliminating pressure as a threat.
- Managing nervousness, hesitation, and doubt.
- Overcoming failure and perfectionism.
- Removing limiting beliefs.
- Moving beyond expectations and comparisons to others.
- Becoming a good "mirror" for ourselves and others.
- Beating blind spot biases—beliefs you're not aware of that harm you.
- Mastering memories and how the brain processes information.

Infusing his words with energy and compassion, Coach Stewart offers everyone a chance of attaining self-fulfillment and joy when working with and riding horses. His concepts are friendly, fun, and easy to implement, making his book chock full of potential—just like you. *Bolder, Braver, Brighter* is for every rider seeking improved performance in the saddle and partnership with the horse.



2016 Equestrian Canada  
English Rider Handbooks

Level 1-2	<b>30.00</b>
Level 3,4,5,6	<b>30.00</b>
Level 7-8	<b>30.00</b>



Equestrian Canada  
Western Learn to Ride Program

Levels 1-4 **20.00**



Equestrian Canada Learn to Drive Manual

Level 1-12 **20.00**



Equestrian Canada  
Stable Management Manual

**44.00**

**These books are the official Equestrian Canada Rider/Driver Manuals that are used for the Rider/Driver levels required for Coach and Instructor Certification**