ISLAND HORSE COUNCIL

Presents our first online Coach training series…

Analyze Performance (AP) Clinic

Our Clinician

Helen Richardson, Ottawa, ON

Helen is an active Equestrian Canada (EC) Licensed and NCCP Certified Competition Coach (English), EC NCCP Master Coach Developer, active coach at Oakhurst Farm in Ashton, Ontario and former Coaching Coordinator at Equestrian Canada (2018-2021). She is currently employed by Ontario Equestrian.

About the AP Clinic

Helen will guide participants in a 3-session online education opportunity to learn about analyzing a rider's performance. One of the most important responsibilities of instructors/coaches is to help riders improve their performance by assisting them to learn. You will see how to optimize your students' learning by implementing effective analysis methods in your lessons.

Developing performance analysis strategies requires the acquisition of a number of skills that can be successfully learned and mastered. Combined with a coach's own personal style, intuition, and ability to improvise in various situations, this is not just a mechanical process!

The 3 online sessions are designed to provide you with a framework in which you can begin to develop or refine your analytical skills. These skills will help you to improve your ability to analyze the performance of your riders while also encouraging you to develop a personal instruction/coaching style.

In the spring of 2024, IHC will offer a further AP opportunity with Helen here in PEI using PEI horses and riders. Helen will guide coaches further in using the analyzing performance process in an organized clinic setting.

All sessions are for both Western and English coaches!

NCCP Certified or EC Licensed or Registered Coaches

will receive a discount and PD points for attending all 3 sessions.

Fees

All Three Sessions

- $40 NCCP Certified or EC Licensed or EC Registered
- $50 If you are NOT NCCP Certified or EC Licensed or EC Registered

Session One Only – $20

Payment info on registration form

Dates

Session 1 – Monday, December 4th, 7 – 9:30 pm
Open to all those who are coaching, whether certified, licensed/registered, or anyone who are interested in becoming a coach. This session is also open to anyone (e.g. parents, riders) curious to learn about how coaches improve their students' performance through analysis skills. Helen will also provide information about the certification and licensing of coaches.

Session 2 – Monday, January 8th, 7 – 9:30 pm
Open to all those currently coaching, working on becoming certified and licensed, or thinking of starting to coach/instruct. During these sessions, you will engage in reflections of analyzing a rider's performance and how to optimize student learning by using effective analysis methods. You will learn a basic framework for detecting and correcting errors and have time to practice your observation/analytical skills, ask questions and practice while watching different levels of students.

Session 3 – Monday, January 15th, 7 – 9:30 pm
Open to anyone coaching or wanting to coach. By the end of the third session, you will understand the analyze performance process and how to apply a basic framework to detect and correct skill errors in riders.