



# WILLOW GROVE STABLE

*Invites you to participate in our*

## **5 Day Coaching Camp**

### **July 21-25, 2008**

**In Addition  
July 25 & 26  
Assessments  
&  
Evaluations  
For  
Rider Levels,  
Instructor of  
Beginners,  
Coach 1 & 2**

**Preparation for  
Equine Canada/AEF Rider Level Testing &  
NCCP Coaching Certification  
Work with Nationally Certified Coaches  
Nationally Certified Evaluators  
And Course Conductors  
Experts from the industry  
Individual Programs to meet coaches goals  
Hands on teaching  
Riding option  
Competition simulation training for riders  
and coaches**

**Trish Mrakawa (403) 938-6398  
trish@moderndigital.net**

**Box 69 Site 2 R.R. #1 DeWinton, AB T0L 0X0**

Directions to Willow Grove Stable: South on McLeod Trail (Hwy #2) or Deerfoot Trail extension. 8km past Hwy 22X overpass to Dunbow Road. Turn East (left) on Dunbow Rd for 8km. Turn South (right) on 80<sup>th</sup> Street. Turn East on 2253 Dr. E. to the left. The stable is the fourth place on the right with a sign at gate.

**[www.willowgrovestables.com](http://www.willowgrovestables.com)**

## **2008 COACHING CAMP**

**July 21-25 Monday to Friday 8:30am to 5pm**

### **COACHES AND INSTRUCTORS for 2008 include:**

Trish Mrakawa      NCCP Level 3 Hunter Jumper Coach, Master Course Conductor  
Cathy Chalack      NCCP Level 2 Coach; Learning Facilitator; Provincial Coaching Coordinator  
Rita Condon        NCCP Level 2 Coach; Course Conductor  
Additional coaches to be announced

The coaching camp is an intensive, fun week of coaching development covering the outcomes required by the Coaching Association of Canada and Equine Canada for certification. You will participate in observing and teaching riders of a variety of backgrounds and levels.

### **Some of the topics covered will be:**

Plan a Practice	Analyze Performance
Design a Sports Program	Manage Aspects of a Sports Program
Provide Support to Athletes in Training	Support the Competitive Experience
Sports Psychology	Long Term Athlete Development

*Whether you are a seasoned coach or just beginning there is something for everyone. Come and learn from some of the best coaches and experts from the industry we have in Alberta.*

**Required:**    All Coaches are required to include proof of memberships  
Alberta Equestrian Federation Membership  
Equine Canada Membership: Silver for Instructor of Beginners,  
Gold for Coach Level 1 & 2

***If you intend to test you must make arrangements with the AEF.***

Jessica Paul    Coaching Administrator    [coaching@albertaequestrian.com](mailto:coaching@albertaequestrian.com)  
100, 251 Midpark Blvd S.E.    Calgary, AB    T2X 1S3  
Phone - 403-253-4411 ext 3    Fax - 403-252-5260    Toll Free - 1-877-463-6233

***Testing fees are an additional cost:***

**Rider Levels \$15.00 each**  
**Coach 1 Evaluation \$200.00 Coach 1 Assessment \$250.00**  
**Instructor of Beginner Evaluation (Assessment) \$250.00**  
**Components: \$100 per component (for those retaking)**

**WHAT YOU WILL NEED:** Riding Boots; Certified Helmet; Breeches or Chaps;  
Testing materials i.e. Bandages; Lunging Equipment  
Pop Machine with juice and water, Microwave, Fridge and filtered water on site.  
Please bring your own lunch

**Please send in a horse and rider profile and competition profile (if applicable), as well as your goals for the camp. This will help us plan the week that is best suited for you.**

**For more information or a detailed list of the weeks activities**  
**Contact Trish Mrakawa @ (403) 938-6398**  
**trish@moderndigital.net**

# July 21-25, 2008 Coaching Camp Activities

July 25 & 26<sup>th</sup> Evaluation & Assessments  
Instructor of Beginners and Coach 1 & 2's

Tentative Schedule

Daily Subjects may change

Instructor Coach Pre-Task

“Handout A” Analysing Performance in the Equestrian Environment

Monday – Training Day

8:30 am Registration  
NCCP: Teaching and Learning in the Equestrian Environment  
Demo & Practise Lunging for improving the rider (Group A & B)  
Horse Selection & Conformation  
Analyzing Performance flat Equitation  
Practise Teaching  
Welcome Potluck BBQ at the house 6pm  
Bring salad, appetizers & drinks.

*Tuesday – Equitation Day*

NCCP: Planning a Practise  
Equitation (flat) – Equine Canada testing  
Gymnastic Jumping to improve riders  
Course Design for Hunters and Equitation  
Analyzing Performance  
Practise Teaching  
Stable Management: Bandaging & Bits & Biting

*Wednesday – Dressage & Hunter Day*

NCCP Making Ethical Decisions  
Dressage basics  
Evaluating horses over fences & exercises to improve form  
Over Fences (Hunters/ Show Jumping) simulation training  
Course Design for hunters and equitation  
Analyzing Performance & Practise Teaching

*Thursday – Jumper Day; Testing & Practise Teaching Day*

Stable management  
Other activities:  
Course Design for Jumpers  
How to walk the course (how to teach your students)  
Simulation Training  
Analyzing Performance & Practise Teaching

*Friday Testing & Practise Teaching Day*

Coaching Evaluations: AM: Lunging all participants  
PM: Coach 1's Flat and Over Fences  
Analyzing Performance  
Coaching at Competitions

Saturday Final Testing Day for Coaches

Coaching Evaluations & Assessments: Teaching Component

**2008 Coaching Camp Registration Form**  
**Deadline for Registration Forms July 15<sup>th</sup>, 2008**  
**Early Bird Discount up to June 15<sup>th</sup>**

NAME:	
AGE:	MALE:                      FEMALE:
ADDRESS:	
CITY:	PROV:
POSTAL CODE:	EMAIL:
PHONE:	ALTERNATE PHONE:

Present Certification (if any):	Are you intending to test for Coaching?
Present Rider Level held (if any)	Do you need to test for Rider Levels
Do you intend to ride? (Not mandatory) Yes                      No	Are you bringing your own horse? Yes                      No
Are you discipline specific (i.e. Eventing/Showjumping/Dressage)	

Coaching Camp July 21-25	\$475.00	\$475.00
NCCP Equestrian Theory Course <i>Savings of \$100.00 if done separately</i>	\$150.00	
Rider Level Testing	\$15.00/test	
Mentoring	Included	
Use of WG Horse for Camp activities <i>(Limited availability)</i>	\$10.00/day	
Use of Horse for Coaching Evaluation/Assessments <i>(Availability not guaranteed)</i>	\$50.00/day (Friday and Saturday)	
Stabling (Your own horse) <b><i>Proof of vaccinations required</i></b>	\$15.00/day (Feed and stall cleaning not inc.)	
Overnight Camping Fee <i>(water/electricity/hoodups/sewer)</i>	\$25.00/week/person	
<b>Subtotal</b>		
Discount Early Bird Registration (Before June 15 <sup>th</sup> )	(50.00)	
G.S.T. (5%)		
<b>Total Enclosed</b>		

Visa/MC number: \_\_\_\_\_

Name on card: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**Fees are payable to Willow Grove Stable Inc. GST # 89204-0759**

*Willow Grove Stable Inc.*

*Box 69, Site 2 RR#1*

*DeWinton, AB, T0L 0X0*

*Phone 938-6398, Fax 938-6065*

THIS DOCUMENT WILL AFFECT YOUR LEGAL RIGHTS AND LIABILITIES.

PLEASE READ CAREFULLY

I agree to provide and wear protective headgear, boots with a proper heel, and to be fully responsible to take all other actions to ensure that I am acting responsibly and safely. I will abide by all directions, and rules and regulations, provided by Willow Grove Stable Inc., its owners, agents, employees, or volunteers. I will be fully responsible to Willow Grove Stable Inc. its owners, agents, employees, or volunteers for all claims, actions, costs or damage which may occur to Willow Grove Stable Inc., its owners, agents, employees, or volunteers or to other participants at Willow Grove Stable Inc. as a result of my negligence or carelessness.

I acknowledge that the sport of horses is a high-risk sport and that I am participating at my own risk and in full knowledge of the hazards and potential hazards, which are inherent in this sport. I further acknowledge the inherent risks in riding and working around horses, which include bodily injury to both horse and rider, which can result from normal use, competition or schooling.

In consideration of being allowed to participate at and use the facilities of Willow Grove Stable Inc., I hereby assume all risk and I hereby release and absolve Willow Grove Stable Inc., its owners and employees from all responsibility, liability or claims of any nature arising from my participation in this activity, including but not limited to bodily injury or death to myself or my horse(s) and damage to property arising from any cause whatever, including the negligence of one or more of the individuals and organization referred to herein.

I hereby declare that in signing this document I have read and fully understand and agree to the terms and conditions stated here in and that it is binding upon my executors, heirs and assigns.

NAME OF RIDER \_\_\_\_\_ Birthday (if under 18) \_\_\_\_\_

ADDRESS OF RIDER \_\_\_\_\_

CITY AND POSTAL CODE \_\_\_\_\_ Phone Number \_\_\_\_\_

\_\_\_\_\_  
SIGNATURE OF RIDER

\_\_\_\_\_  
DATE

If the rider is under eighteen years of age, the parent/guardian must also sign below:

I acknowledge as Parent/Guardian of \_\_\_\_\_ that I have read and fully

understand and agree to the terms and conditions stated herein on behalf of

\_\_\_\_\_ and myself.

\_\_\_\_\_  
SIGNATURE OF PARENT/GUARDIAN

\_\_\_\_\_  
DATE