



WILLOW GROVE STABLE
Invites you to participate in our
2009 Coaching Camps
July 8-10 & July 20-24

New 2009

**Introduction
To
Long Term
Equestrian
Development**

Preparation for

NCCP Coaching Certification

Equine Canada/AEF Rider Level Testing

**Mentoring with Nationally Certified Coaches
& Evaluators**

Individual Programs to meet coaches goals

Practical Teaching experience

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.

**For more information contact
Trish Mrakawa (403) 938-6398
trish@platinum.ca**

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 80th 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

New 2009

Week 1 - 3 Day Format July 8-10 Week 2 - 5 Day Format July 20-24

Monday to Friday 8:30am to 5pm (tentative time)

**NCCP Equestrian Theory Course will be offered prior to the camp
July 6th & 7th Monday & Tuesday 9:00 – 5:00**

**Evaluation and Assessments for Certification
Week 1 July 10 & 11
Week 2 available for qualified candidates**

The coaching camps are intensive, focused, fun days 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.

Additional Activities	Topics
Mentoring with NCCP Certified Evaluators Networking with other Instructors and Coaches Equine Canada/AEF Rider Level Testing Experts from the industry Competition simulation training for riders and coaches	Long Term Equestrian Development Lesson Planning Analyzing Performance Design a Sports Program Provide Support To Athletes in Training Sports Psychology Manage Aspects of a Sports Program Support the Competitive Experience

FACILITATORS for 2009

Trish Mrakawa EC/NCCP Level 3 Hunter Jumper Coach, NCCP Learning Facilitator,
Master Course Conductor, Chair Jump Canada Coaching Committee

Cathy Chalack EC/NCCP Level 2 Coach; NCCP Learning Facilitator;
Provincial Coaching Coordinator, Board member English Coaching Committee

Additional coaches and facilitators to be announced

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
Signed Mentor Form or letter from your mentor

Instructor & Coach Pre-Task

“Handout A” Analysing Performance in the Equestrian Environment

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 & snacks

For more information Contact Trish Mrakawa @ (403) 938-6398 trish@platinum.ca

2009 Coaching Camp Activities

Tentative Schedule

Daily Subjects may change

Week 1		
July 6-7	Monday & Tuesday	NCCP Equestrian Theory
July 8	Wednesday Long Term Equestrian Development Yearly Training Plan	Yearly training plan Sports Psychology Lunging to improve horse Analyzing Performance Planning a Lesson Your Horse's Health – a Yearly Plan
July 9	Thursday Goal Setting Analyzing Performance	Planning a Lesson Daily Goal Setting Lunging to improve the rider The Training Tree Practise Teaching Horse Selection & Conformation Stable management Course Design – Exercises to improve rider
July 10	Friday Rider Level Testing	Practise Teaching Coaching at Competitions Sports Psychology Course Design – How to Walk the Course
July 10	Friday aft/eve Evaluations	Evaluation IOB, Coach 1 & 2
July 11	Saturday Evaluations	Evaluation IOB, Coach 1 & 2
Week 2		
July 20	Monday Long Term Equestrian Development Yearly Training Plan	How to create a yearly training plan Helping you & your riders to set goals Rider Journaling Training on the Flat – Training Tree Stride Control Exercises Your Horses' Health – Yearly plan Bandaging and First Aid Sports Psychology/ Visualization
July 21	Tuesday Discipline Specific Exercises	Teaching and Learning in the Equestrian Environment Lunging to improve horse Lunging to improve the rider Horse Selection & Conformation Do you know how fast you are going when you ride? Equitation (flat) – Equine Canada testing Gymnastic Jumping to improve horses and riders Judging Equitation and Medal class tests What is the Judge looking for?
July 22	Wednesday Competition Simulation Training	Practise Teaching How to ride a Dressage Test or Flat ride Course Design for hunters and equitation Hunter Simulation Training Jumper Simulation Training Practice Teaching & Judging Tack for the show ring Bits & Biting Braiding Practise
July 23	Thursday Show Preparation & Rider Level Testing	Organizing your day at a competition How to train riders for efficient & effective warm up What to pack to go to a show What to take to the in-gate Nutrition for horse and rider Why Turnout is important Sport Psychology How to walk the course
July 24	Friday Competition Day	Competition Simulation Training All Disciplines

2009 Coaching Camp Registration Form
Deadline for Registration Forms Week 1 - July 2nd Week 2 July 15th
Early Bird Discount up to June 30th

Name:	
Age: (if Junior)	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)	
Name of Mentor	Number of Hours Mentoring

Base cost of camp \$300.00 for 3 day Coaching Camp \$450.00 for 5 day Coaching Camp		<p>A \$100.00 non-refundable deposit is required with registration. The balance is due the first day of the camp.</p> <p>**NEW**</p> <p>Early Bird Discount If paid in full by June 30th Camp Price Reduction Of \$25.00</p> <p>A \$30.00 Late Fee will apply to applications received after the closing date.</p>
Rider Level Exam \$25.00 per test <i>(includes administration costs)</i>		
Additional Costs Horse Lease \$10/day for Camp Horse Lease \$50/day for Testing		
Mentoring	included	
Camping Fee (Where applicable) \$25.00		
Stabling \$15/night Box Stalls \$10/night Paddock (very limited)		
Discount (Where applicable) (\$25.00)		
Late Fee (\$30.00)		
Early Bird Discount if applicable		
G.S.T. (5%)		
Total owing		
Deposit enclosed		

Visa/MC number: _____ Expiry Date ____/____ Name on card: _____ Signature: _____
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**Items to include with registration:
Rider & Horse Profile; Yearly Goals; Camp Goals**

Fees are payable to Willow Grove Stable Inc. GST # 89204-0759
Mail to: Box 69 Site 2 R.R. #1 DeWinton, AB T0L 0X0
Fax: (403) 938-6065

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



COACH TESTING

APPLICATION FORM

DATE: July 10 & 11 or July 22 & 23

LOCATION: Willow Grove Stables, DeWinton, AB

NAME:						
ADDRESS:						
CITY:				POSTAL CODE:		
EMAIL:						
PHONE:				CELL:		
LEVEL TO TEST: (Circle)	Coach 1 Evaluation	Coach 1 Assessment	Coach 2 Evaluation	Coach Assessment	IOB Evaluation	Retake

PLEASE FIND ENCLOSED THE REQUIRED PAPERWORK TO COMPLETE MY APPLICATION:

☐	EC Membership #	☐	AEF Membership#
☐	First Aid Certificate (copy)	☐	NCCP Multi-Sport Theory B Course Certificate (copy)
☐	Criminal Record Search		
☐	Coach 1 Evaluation Registration Fee \$200.00 + GST (5%)	☐	Coach 1 Assessment Registration Fee \$250.00 + GST (5%)
☐	Coach 2 Evaluation Registration Fee \$250.00 + GST (5%)	☐	Coach 2 Assessment Registration Fee \$300.00 + GST (5%)
☐	Instructor of Beginners Registration Fee \$250.00 + GST (5%)	☐	Component Retake Registration Fee \$100.00 + GST(5%) per component
☐	Cheque Make payable to Willow Grove Stable		
☐	Visa #		
☐	Master Card #		
☐	Expiry Date (mo/yr):		
☐	Name of Card		
☐	Signature		

If application is not complete, please state why: (Please note candidate may not attend ANY Examination until all paperwork/money is into the office)

Please mail/fax all paperwork and this application with payment to

Trish Mrakawa
Box 69 Site 2 RR#1
DeWinton, AB T0L 0X0
403-938-6065 fax



**Alberta
Equestrian
Federation®**