

SPORT RIDER DEVELOPMENT

TEAM TRAINING – 8/9 November 2014 with Karen Rasmussen

Venue – Connegar Farm, Dorset

Outline programme

- 1 **ASSESSMENT OF CURRENT STATUS – RIDER AND HORSE**
 - Condition and fitness of the rider
 - Skills of rider – aids; co-ordination; awareness
 - Training level of the horse – responsiveness to aids; ability in gaits
 - Condition of the horse – weight; physical ability; hooves
 - Speed control
 - Facilities available to the rider – tracks; schools etc.

- 2 **ASPIRATIONS FOR 2015**
 - Competitions to be entered
 - Results expected (not just the marks)

- 3 **Realistic programme for improvement**
 - Personal condition – mental and physical
 - Riding skills
 - Horse condition – weight; muscle tone; aerobic condition
 - Horse training – forward thinking; carrying; exercises

- 4 **Toolbox for winter work – specific to horse/rider combination**
 - Condition training
 - Groundwork exercises
 - Schooling
 - Methods for measuring improvement

Riders/participants will be given hard copies of the relevant assessments and programmes. We will also look at the possibilities of “distance training” using video, email etc. to give support.

COST - £80 plus food.