



WESTERN COACHING PROGRAM

WESTERN COACH 1 MENTOR PROGRAM 2003

MENTOR PROGRAM

Dear Mentor,

Thank you for participating in the Mentor Program.

It is only through the participation of people like you that we can develop the best possible coaches for our sport. Through a commitment to the Equine Canada certificate programs, the mentors and the masters within our sport help bring forward the best possible people.

The purpose of the Mentor Program is to replace the formal technical evaluation. The mentor is there to set correct examples and guidelines for the coaching candidate and to offer candidates an opportunity to learn how to teach from experienced professionals.

When the coaching candidate has successfully completed the Mentor Program, please forward the following forms to your Provincial Equestrian Federation Office:

- Mentor Task Sheet
- Mentor Contract
- Coaching Behaviour Profile
- Coaching Assessment Form

COACH 1

The Western Coach 1 is a dedicated enthusiastic person capable of coaching at the basic level and introducing competitive riding. This level stresses safety, basic horsemanship and coaching abilities. Safety must be stressed in such a way as to promote respect but not fear of the horse. Safety measures taught should include safe dress and tack, and safe horse handling – both on the ground and when mounted. Basic coaching abilities should include patience in working with novice riders and the ability of offer encouragement to students so that they enjoy riding.

Prerequisites:

1. Equine Canada Sport License
2. PSO Membership
3. Learn to Ride Western Program (Rider 1 – 4)
4. Intermediate Western Rider Program – General Component only
5. First Aid Certificate
6. NCCP Theory Level 1
7. Equine Canada "Learn To Teach" Course
8. Mentor Program
9. Practical Coaching Assessment

PRACTICAL COACHING ASSESSMENT OUTLINE

The following Equine Canada publications are essential reference tools for the candidate's preparation:

- *Learn to Ride Western Manual*
- *Intermediate Western Rider Manual*
- *Western Coach 1 Manual*
- *Manual of Stable Management in Canada*

It is the candidate coach's responsibility to have:

- A student able to render a Rider 4 presentation
- A horse trained to Rider 4
- The necessary proper equipment for rider and horse's preparation

The Practical Coaching Assessment relies on the following elements:

- Evaluation of horse (riding & conformation)
- Coaching a student
- Correcting a performance problem of either horse and/or rider
- Oral questions will be asked throughout the assessment

The mentor should help prepare the candidate for the assessment, including bringing an appropriate student and horse.

1. Evaluation of horse (10 minutes)

The candidate mounts and assesses the horse's suitability for a novice rider. The candidate should present all manoeuvres used in the Rider 4 pattern. The warm-up will be ridden in two hands. A discussion between examiners and the candidate on this analysis will follow.

Evaluated items:

- Warm up
- Appropriate work
- Effectiveness of candidate as a rider
- Quality of horse's analysis by the candidate
- Communication skills of candidate with examiners

2. Coaching a student (20 minutes)

The candidate prepares their student for their Rider 4 Pattern presentation (review of the pattern, practice all parts of the pattern and review difficulties encountered). The student must proceed to a demonstration of the Rider 4 Pattern, candidate must analyse the student's performance. The candidate coach must prepare their student to ride the Rider 4 pattern, watch the student run through the pattern, evaluate the student's performance and give comments to the student on their performance, what to work on, etc.

Evaluated items:

- Candidate's voice
- Enthusiasm
- Lesson structure
- Ability to recognize mistakes

3. Correction of a problem on horse and/or student performance (15 minutes)

After analysis of student and horse performance in the Rider 4 Pattern, the course conductor will ask the candidate to give certain adjustments to student and/or horse. Demonstration of this must reach aimed objectives.

Evaluated items:

- Voice
- Enthusiasm
- Message transfer ability
- Use of acceptable training techniques
- Effectiveness

4. Oral Questions

The candidate will be asked a variety of oral questions throughout the Assessment.

MENTOR TASK SHEET

Mentors must be a Current Western Coach 1 or higher (for a minimum of 2 years) and be approved by the Provincial Equestrian office or the Provincial Western Coaching Committee.

Dear Mentor,

Thank you for supporting the Equine Canada Coaching Program by guiding the development of this candidate.

We ask that you fill in the following checklist upon completion of their skill development with you. **By signing your name to this document, you are declaring that you have mentored and guided this candidate and that, in your opinion, he/she is now prepared to successfully complete the Practical Assessment.** Please keep in mind that the number of mentored hours is a minimum guideline. Depending on experience, some candidates may require further mentoring in order to be able to teach to the required standard.

Please initial areas that you have covered with candidate:

- _____ 10 HOURS AUDITING LESSONS (minimum)
- _____ 10 HOURS PRACTICE COACHING (minimum)
 - _____ SAFETY (awareness, managing training environment, ability to multi-task, ability to be multi visionary, ensuring the suitability of tasks)
 - _____ COMMUNICATION (rapport with students, listening skills, clear communication of thoughts for ages and abilities, voice projection, motivation and enthusiasm, questioning skills)
 - _____ PROFESSIONALISM (displays appropriate coaching behaviours and attitudes, empathy, respect, sincerity, etc.)
 - _____ ORGANIZATION (time management and punctuality, lesson planning, delivery and reflection, sequential skill development)
 - _____ KNOWLEDGE (technical knowledge, identifying goals – short and long term, flexibility to meet individual needs)
- _____ STABLE MANAGEMENT (conformation & unsoundness, feeding, safety, stable construction, shoeing, tack, equipment & fitting, general competition rules, etc.)
- _____ BANDAGING (as per Rider 3 and General Component)
- _____ LUNGEING (as per Rider 4 and General Component)

Candidate Name: _____ **EC#** _____

Mentor Name: _____ **EC#** _____

Mentor Signature: _____ **Date** _____

MENTOR CONTRACT

Dear Mentor:

Your name has been submitted as a Mentor for: _____
for the Coach 1 certificate. (candidate's name)

Please take the time to thoroughly read this form through.

Your role as a mentor in the certification process is crucial to this candidate's success. The mentoring concept was brought into the Equestrian Coaching Program several years ago and in fact has been put forward as a desirable concept by the Coaching Association of Canada for all sports.

The word 'mentor' is generally defined as a wise, loyal advisor, a teacher and a coach. Mentors have the power to shape character and mould lives; not only of their own students, but also of others who also teach. It is not an easy task for those who decide to live up to the name of mentor. The CAC mentorship program states: "the role of a mentor is to provide experiences and reflection opportunities that complement coaching training and certification". Therefore, your role is to prepare this candidate by acting as his/her role model and advising him/her in all areas of knowledge and conduct so he/she may become a role model for our sport. As a mentor, you will allow the candidate to observe your lessons, promote discussion and obtain feedback from the candidate. The candidate will also complete lesson plans and in turn, teach in your presence so you may provide critiques and suggestions for his/her improvement.

By signing your name to this document, you are declaring that you have mentored and guided the candidate and that he/she is now prepared to successfully complete the assessment. We recognize the responsibility you have undertaken and commend you for it.

**"It is my opinion that _____ has performed these
(candidate's name)
coaching tasks and has either met or exceeded the standard required to
successfully undertake the practical coaching assessment."**

Mentor Name: _____ **EC#** _____

Mentor Signature: _____ **Date** _____

COACHING BEHAVIOUR PROFILE

Candidate Name: _____ EC# _____

Rating: 1 – approaching standard 2 – meets standard 3 – exceeds standard

SAFETY 1 2 3	• Awareness • Manages training environment • Ability to multi-task • Ability to be multi-visionary • Suitability of tasks
COMMUNICATION 1 2 3	• Rapport with students • Listening skills • Clear communication of thoughts for ages and abilities • Voice projection • Motivation and enthusiasm • Questioning skills
PROFESSIONALISM 1 2 3	• Displays appropriate coaching behaviours and attitudes (empathy, sincerity, respect, etc.) • Presentation
ORGANIZATION 1 2 3	• Time management and punctuality • Lesson planning (delivery and reflection) • Sequential skill development
KNOWLEDGE 1 2 3	• Technical knowledge • Identified goals for practice session (short and long term) • Flexibility in meeting individual needs

Mentor Name: _____ EC# _____

Mentor Signature: _____ Date _____

ASSESSMENT WORKSHEET

(For assessor's use only)

Candidate Name: _____ EC #: _____

EVALUATION OF HORSE:		+/- 10 MINUTES
<i>(Discussion with assessors – Conformation, Equipment, Warm-up, Required Movements)</i>		
Warm up		
Appropriate work		
Effectiveness (use of aids)		
Analysis		
Communication with Course Conductor		
COACHING A STUDENT		+/- 20 MINUTES
Voice		
Enthusiasm		
Lesson Structure		
Ability to recognize problems and faults		
CORRECTION OF PROBLEM WITH STUDENT &/OR HORSE		+/- 15 MINUTES
Voice		
Enthusiasm		
Message Transfer		
Techniques Used		
Effectiveness		
ORAL THROUGHOUT ASSESSMENT		