



EQUESTRIAN
NORTHERN TERRITORY

EQUESTRIAN NORTHERN TERRITORY
2022 IS SQUAD TRAINING PROGRAM

Introduction

In accordance with the 2022 Interschool Selection Policy, when nominating for the squad, you are committing to attend mandatory squad coaching sessions as part of the selection criteria.

Coaches have been appointed by the Board, and it is mandatory to attend a minimum of 75% (3 out of the 4) sessions offered.

The mandatory squad coaching sessions are provided to squad members free of charge.

The Coaches

Dressage Coach	Anne-Marie Cruickshank	EA Level 1 Dressage Coach
<p>Anne-Marie is no stranger to the Interschool program and Championship event. Anne-Marie was involved in the inaugural event at Werribee Park National Equestrian Centre, in Victoria as a parent when her daughter competed. Since then, Anne-Maire has taken on other various roles such as Team Manager and Coach.</p> <p>Additional private lessons can be secured with Anne-Marie at the squad members own expense and arrangement:</p> <p>Mobile: 0401 117 996, Email: annemariehayman@bigpond.com, or Messenger: @anne-mariecruickshank</p>		
Jumping Coach	Nicole Mutimer	EA Level 1 General Coach
<p>Nicole is a full time coach in the NT owner and operator of the Northern Territory Institute of Equestrian Sport (NTIES). Nicole has successfully coached several our Jumpers to numerous placings at the National Championships. Nicole was the Jumping Team Coach in 2017 and again in 2019. The 2019 team was also a finalist of the 2020 NT Sports Awards in the category of 'NT Team of the Year'.</p> <p>Additional private lessons can be secured with NTIES at the squad members own expense and arrangement:</p> <p>Mobile: 0424 760 191, Email: nties1@outlook.com , or Messenger: @DarwinEquestrianAcademy</p> <p>Website: www.nties.com.au</p>		

Dressage Program

Squad members who have nominated for: Dressage, Combined Training, Eventing or Show Horse are required to attend these sessions. Times for sessions will be provided once squad applications have closed and final numbers are determined.

Session	Date	Time	Location	Overview
Session 1 - Theory	Saturday 12 March	TBC	Zoom	Meet and Greet for all squad members Intro to each other - share experiences of past squad members Photos of previous events and venues Presentation- horse and rider Stabling/vet checks Goal setting for each rider - objective for event Pathway to get there Psychological preparation- 'journey' as important as the event
Session 2 - Ridden	Monday 11 April	TBC	Freds Pass	Review comments and test sheets from competitions already completed. Work on basic movements for the level at which they will compete Provide 'homework' for next session
Session 3 - Ridden	Saturday 28 May	TBC	Freds Pass	Review comments and test sheets from competitions already completed. Work on basic movements for the level at which they will compete Provide 'homework' for next session
Session 4 - Theory	Monday 13 June	TBC	Freds Pass	Review key learnings Questions Next steps

Sessions for Katherine or Alice Springs Squad Members please email sports@ent.org.au to discuss.

Jumping Program

Squad members who have nominated for: Jumping, Combined Training or Eventing are required to attend these sessions. Times for sessions will be provided once squad applications have closed and final numbers are determined.

Session	Date	Time	Location	Overview
Session 1 - Theory	Saturday 5 March	TBC	NTIES	<p>How to analyse the course plan, walk the course and develop a riding strategy:</p> <ul style="list-style-type: none"> Analysing a show jumping course plan and learning how to interpret the information including Article number, speed, time allowed and jump off course. Discussion on how to learn the course and what information you need to gather when walking the course. Identify correct lines, number of strides and how the horse is likely to respond to elements within the course so that they have a very specific plan when riding it. Discuss how to utilise the 45 seconds most effectively, prior to going through the start flags. Learning to split the course into 3 sections as the horse will travel differently in the first third to the last third and this will influence what we need to do to ride a given number of strides in a related line or combination. How to choose the best options for their horse.
Session 2	Sunday 9 April	TBC	NTIES	<p>How to ride the course and produce consistent take off distances for a clear round:</p> <ul style="list-style-type: none"> Identify a 325 m/min speed to ensure that riders are going to come in within the time allowed. Tempo V's stride length Riding consistent take off distances. How to ride a given number of strides in a related line Riding combinations and identifying factors that will make the combination ride short or long.

				<ul style="list-style-type: none"> • Identifying each horse's individual stride length • How to walk a 'true' distance and then convert it into their horse's stride length. • What options are viable and what's not
Session 3 - Ridden	Saturday 29 May	TBC	NTIES	<p>How to ride the Jump Off and Speed classes:</p> <ul style="list-style-type: none"> • Learn how to identify the short track to cut off distance • Where are the long stretches and how are you going to travel the distance quickly? • Analyse the biomechanics involved in increasing speed. • How does speed effect the take-off distance and the jumping effort? • How does speed effect the horses' responses? • How to set the horse up for a balanced, tight turn to cut off distance. • What are the common errors and why horses take rails?
Session 4	Saturday 4 June	TBC	Kezia Purick Community Meeting Room, Coolalinga	<p>Interschool Team Development Workshop:</p> <ul style="list-style-type: none"> • Preparing for competition • Identifying self-talk and how to shape it to be useful • Discuss limiting beliefs • Write the story that you want! • What do you want to get out of your Interschool campaign? • What are the things that we can control? • What are the things that we can't control? • What determines if your campaign is a successful one? • What is the coach's role at Nationals? • What makes a strong team and how you can help each other? • What is the next stage?

Sessions for Katherine or Alice Springs Squad Members please email sports@ent.org.au to discuss.



INTERSCHOOL
NORTHERN TERRITORY