

## Coaching Education Day and CE/SSTA Coaching 2 Day Update

12<sup>th</sup> & 13<sup>th</sup> August 2019

Equestrian Western Australia's coaching committee and Sharon Welsh in charge of High Performance and Athlete Development held a very successful two day EWA Coach Educator (CE) and Skills Specific Training Assessor (SSTA) training update.

On day one, 13 CE's and SSTA's, attended day one which covered Coaching Education, presentations were given by two of WA's leading coaches, Nadine Merewether (EA General Level 3 Coach) and Philippa Collier (EA Level 2 and Coach Educator). Also attending on day one were eight trainee coaches and three coaches.

Nadine trains many of WA's top level riders in dressage and show horse and her session covered 'coaching flat work with poles', using circles with poles across the centre line, and gave coaching exercises starting from Introductory level and covered the different terminology and exercises that could be used from beginners to experienced riders. Exercises and transitions were done at walk, trot and canter depending on the skills of the rider and the horses training and experience. The take home message stressed that this type of work is tiring, so don't forget to have breaks (for the rider, not the coach!)



A change of pace saw Philippa build an amazing course of different jumps and distances, there were five different exercises varying from a parallel, three jumps with a bounce in between, three very narrow verticals with three horse strides between, a set of three angled fences with one stride between if jumped with the

correct speed and line, the different take off 'spots' for an apex depending on the placement/width of the back rail. Philippa was very thorough in coaching the position (where are you looking?) and the rein releases that riders need to use, how to maintain their horses momentum and the correct length/number of strides required to jump this variety of cross country fences.

We were very fortunate to again have Darryl Durham from 'Optimum Edge' in Canberra as a Presenter. Darryl has a vast amount of experience in the sporting and education industry and has been able to build the capacity and capability of coaches through the effective implementation of contextualised learning and development strategies.



On the first day Darryl was taking aside one of the CE's or SSTA's at a time to deliver a one-minute presentation that was videotaped. They could choose any topic ranging from equestrian, holidays, or interests which would be discussed on the second day.

The second day started with a replay of the video's, which was discussed by those present and included self-reflection comments by the videoed person.

Topics covered through the day were strategies that the groups could address in difficult situations, an overview of learning styles and their impact on presenting and assessing.

Planning the Assessment Process, included competency and competency based assessments including principles of assessment, evidence in assessment and assessment methods. Assessing Competence which included creating a supportive environment, assessment communication and the appeals processes.

The final assessment covered a practical assessment workshop facilitating feedback to candidates.



All those present felt that the Update had been very useful, and apart from consolidating previous skills, they had also increased their practical and theoretical knowledge.

The EWA Coaching committee would like to express their very grateful thanks to all the 'Demo' riders who gave up their time to make Nadine and Philippa's sessions possible, and also to 'Deb' from Mamalilli for the great catering and her flexibility with time changes.

