



*Welcome to the*

**VICTORIAN YOUNG  
RIDER DRESSAGE SQUADS  
&  
DEVELOPMENT PROGRAM  
2018-2019**



## 2018-2019 Program

We will ensure that all Squad & Development Program members will have access to high quality coaching both for riding and supporting programs.

Riders will have the opportunity to work towards their Equestrian Australia Introductory Riding and Horse Management Certificates.

Those who fulfil the criteria will also have the chance to work towards their EA Introductory Coaching Certificate (and potentially to EA Level 1)

We will be running the Victorian Youth Dressage Championships in January 2019 with classes for riders from 8 to 25 years of age. Squad members and parents are an integral part of this event. We will also be offering Participation and Inter School classes.

We will continue to offer an attractive Development Program which will be a pathway from Interschool level Participation level dressage to Competitive EA dressage and ultimately FEI level.

We will offer a range of well designed and made Squad merchandise.

**Super fundraising raffle:** Supported by Equissage, Boekmann, Kingsland Australia/New Zealand & Mal Byrne Saddlery. We ask that all riders and parents get behind this raffle and sell tickets! Permit Number 10107/18

Photo credits: thank you to everyone who supplied pics, with special thanks to Sonya Moncrieff.

### YOUNG RIDER DRESSAGE SQUADS & DEVELOPMENT PROGRAM TRAINING WEEKENDS 2018-2019

<i>Date</i>	<i>Venue</i>	<i>Activity</i>	<i>Closing date For applications</i>
<i>15-16 September 2018</i>	<i>Werribee Park NEC</i>	<i>2 day training clinic</i>	<i>7 September</i>
<i>15-16 December 2018</i>	<i>Boneo Park EC</i>	<i>2 day training clinic &amp; Christmas break up</i>	<i>5 December</i>
<i>5 January 2019</i>	<i>Werribee Park NEC</i>	<i>Test protocol day Ride the tests of your choice.</i>	<i>Free for Squad members</i>
<i>2-3 March 2019</i>	<i>Werribee Park NEC</i>	<i>2 day training clinic</i>	<i>23 February</i>
<i>1-2 June 2019</i>	<i>Werribee Park NEC</i>	<i>2 day training clinic</i>	<i>22 May</i>





# Victorian Young Rider Dressage Squads & Development Program

## Key Contacts

Squad Enquiries &  
Coaching Coordinator :  
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Merchandise:

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Equestrian Victoria Website: [www.vic.equestrian.org.au](http://www.vic.equestrian.org.au)  
Equestrian Australia Website: [www.equestrian.org.au](http://www.equestrian.org.au)  
FEI Website: [www.fei.org](http://www.fei.org)



# Victorian Young Rider Dressage Squads and Development Program 2017-2018 Review

2017-2018 again saw great progress for our Squads. We averaged over 45 riders per Squad with over 80 riders registering. We were able to source a range of guest speakers, notably the Victorian Institute of Sport, due to funding we received from the Equestrian Australia High Performance Program.

Quality coaches, including Mary Hanna, Clemens Dierks, Maree Tomkinson, Bjarne Elefsen, Julia Battams, Sue Leslie, Bianca Veneziano, Karen Blythe, Holly Cutler and Jan Smith. Our regular fitness coach Natalia Evertsz, has worked hard with our riders to improve their flexibility and balance every training weekend. Delicious meals were provided by Cathy Bell and her helpers and Adele Plumridge (Raspberry Lemonade) designed a beautiful range of uniforms and merchandise at short notice.

Some of the topics covered “off horse” included:

- Practical Physio exercises for dressage horses—Kate Sagar
- Protocol day and judges workshop with Lief Tornblad (5\* Denmark)
- Large Animal Rescue demonstration with Arthurs Creek CFA
- Athlete Nutrition—Jess Rothwell, VIS
- Strength and conditioning—Erin Clancy VIS
- Recovery nutrition for riders—Julia Battams
- Leather workshop with Mal Byrne Saddlery
- YR Squad Mini Competition in December and Protocol test day in January.
- Motivation with David Morris, dual Winter Olympian (unofficially voted the BEST talk of all) VIS
- Against the Odds—Paralympian Cyclist Stuart Tripp VIS

Squad members competed at major events, including CDIs in Victoria and in other states, with great distinction.

Our Facebook page

(<https://www.facebook.com/Victorian-Dressage-Young-Rider-Squads-and-Development-Program-1635341310044420/>) has seen amazing traffic and proved a great way to get information out and share ideas. Don't forget to “Like & Follow” and Squad members are sent regular emails to their registered email address.

We also have a page on the Equestrian Victoria website <http://www.vic.equestrian.org.au/content/yr-program>

Please support our supporters! If you are shopping or looking for information please consider supporting the businesses that have supported our Young Riders.





## How the Squads will work:

- ◆ Riders can apply from the commencement of the calendar year in which they turn eight years old on ponies and ten years of age on horses, (as per the EA Rules) and can remain in the squads until the end of the year in which they turn twenty five.
- ◆ Riders must be financial members of Equestrian Victoria
- ◆ Horses in the Development Program do not need to be EV registered.
- ◆ There are 4 training weekends planned (8 training days) plus a Protocol test riding day.
- ◆ All Squad members will take an active part in the Victorian Youth Dressage Championships in January 2019 at Boneo Park Equestrian Centre.
- ◆ Points for our planned Annual Awards will be gained at training weekends throughout the year.

## Victorian Youth A Squad:

Will consist of a maximum of 12 best performed combinations—Novice / Elementary x 3 + Medium / Advanced x 3 + FEI x 4 + 2 wildcards.

## Victorian Youth B Squad:

Will consist of a maximum of 16 best performed combinations (excluding the Victorian Youth A Squad) —Novice / Elementary x 8 + Medium / Advances x 4 + FEI x 4.

## Victorian Youth C Squad:

Will consist of a maximum of 10 best performed combinations (excluding the Victorian Youth A & B Squads) Novice & Elementary. Squads will be reviewed at the end of January 2018.

**Please Note: Squads will be formed based on registrations received by the first training weekend. If possible, Squads will be reviewed mid year (end of January)**

## Development Program:

This will be for riders that may, for whatever reason, not fill the above criteria.

Junior: 8 to 14 years

Senior: 15 to 25 years.

This is to give every rider the chance to work with other riders of similar levels and ages. Ponies will also be catered for within levels / groups.

## Training Weekend Format:

- ◆ Typically A Squad members will receive 1 private riding lesson each day.
- ◆ Typically B Squad members will receive at least 1 private riding lesson each weekend.
- ◆ Typically C Squad & Development Program groups will receive 1 shared (group of 2) lesson each day with potentially a private lesson depending on availability.
- ◆ All Squads and groups will also work with a qualified personal fitness trainer to maximise their potential as an athlete. A range of other workshops / seminars will be offered. Attendance at these workshops / seminars is compulsory unless prior permission is obtained.
- ◆ Innovative entertainment on the Saturday night (ideas welcome) & Social Activities
- ◆ A quality range of Squad merchandise will be available.
- ◆ All riders and parents are expected to enjoy meals together. Lunch provided both days. Saturday night meal may incur a small charge.

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