

Jumping Victoria Youth Squad



Objectives: Through a squad system provide youth development and pathways target appropriate sport development aligned with High Performance and the AIS Foundational Pathways and Coaching Resources.



**JUMPING VICTORIA
YOUTH SQUAD**

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Executive Summary

The purpose of the Jumping Victoria Squads program is to provide a program to deliver a pathway to high-performance and to encourage development that aligns with the discipline of Jumping.

The Jumping Victoria Youth Squad program includes a structured pathway enabling riders to develop from Squadettes, through Development squads with some riders reaching the highest level of the High Performance Squad. Riders are also able to join at any of these 3 levels

The Squadettes and Development Squads allocate rider/horse combinations to groups enabling them to attend training days and weekends, with riders/combinations of the same ability. This allows riders to spend multiple years within development squads (if they wish) before potentially qualifying for the State High Performance Squad. Each squad will be supported by qualified EA jumping coaches with experience and success coaching junior and young riders from 80cm-1.30m.

A structured criterion to reach State High Performance Squad has been created and will be enforced ensuring only the best athletes in Jumping can reach these heights.

The squad groups will have rotational coaches throughout the year with riders moving between coaches throughout the year. The riders will have the same coach for a full squad weekend/event but might have a different coach the next squad training event.

The increase in popularity of the Squadettes program has meant the introduction of two separate days (ie Saturday and Sunday for weekend programs). Squadettes riders will only attend one day per squad but have the option of attending either of the days (but not both).

Squad training events will include off-horse activities that strengthen the rider's knowledge of key off-horse topics and prepare them for High-Performance. The activities will switch around each squad to allow for riders to gain greater access to the programs.

All rider within the program will need to agree to an athlete's agreement upon registration that outlines their expected behaviour and commitment. This agreement is to be followed by members of the program each year.

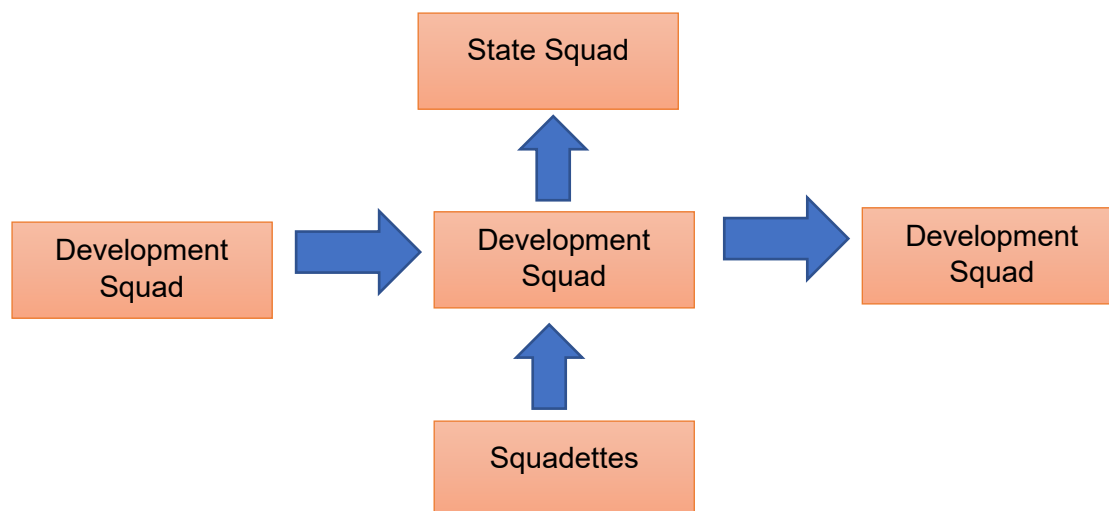
Riders will pay a registration fee at the start of the year and a separate fee for attendance at each squad training event. The pricing is set to cover the cost of running the squad (subsidised by sponsorship).

Introduction

This document summarises the Jumping Victoria Squad program incorporating survey feedback and an analytical approach to ensure the program caters adequately to our Children, Junior and Young Riders.

An overview is provided for each squad level including the aims and description of each level. The key to this program is the development of riders and the structure aligns the development with the current pathway to high-performance document create by Equestrian Victoria in conjunction with Jumping Victoria.

The proposed squad format depicted in the graphic below showcases the need to remove unnecessary development squad barriers and allow rider grouping within squads as the main way to ensure riders are developing within the sport. Instead of putting an emphasis on dividing development squads into levels, all riders are placed equally with emphasis on grouping riders with others at their riding capability level.



Across a calendar year the squad program will run four/five training events including off-horse activities. A social evening with an educational speaker will be included in the each squad.

Squad Program Overview

The Jumping Victoria Youth Squad Program promotes and provides targeted sport development in our equestrian jumping athletes and coaches.

The squad provides Jumping Victoria the ability to provide coaching and training events for high-performance members. It enables delivery of off-horse component of the State High Performance Squad in a situation where riders also have access to elite level coaching.

Economically it is not reliant on High Performance Junior and Young Rider members but is run in conjunction with development and squadette programs to provide economies of scale



and provide high level coaching to a large number of children, junior and young riders at an accessible price.

Squad Training Dates & End of Year Competition

- Squads will be scheduled on four dates across the year
- This may include weekends and consecutive days during school holidays
- Dates will be approved on the EV Jumping calendar in Quarter 4 of the prior year
- Ideally Squad dates are scheduled to run on weekends or dates where no other Jumping Victoria events are held (or if required no more than one other event for Jumping Victoria clashes).
- Squad members are expected to attend at least three of the four squads each year.
- All squads to be conducted in Victoria with Werribee Park National Equestrian Centre being the most used venue
- Squad will culminate each year in a End of Year Squad run Competition

Pathway Approach

Foundational Level: Squadettes

- Open to any Equestrian Victoria Member 12 years or under.
- Two sections under squadettes:
 - 45cm – 60cm
 - 60cm – 80cm
- One day Saturday Sessions 4 times a year.
- One day Sunday Session 4 times a year
- Max 6 per group.

Format Outline:

- Group Jumping Flat Session AM
- All stop for Lunch (sit down altogether lunch)
- Group Jumping Session PM

Development Level: Development Squads

- Open to any Equestrian Victoria Member 12 years or over.
 - Approval may be granted for riders under the age of 12 if they meet the criteria for development or high performance squad (age exception application form to be completed)
- The Development squads are separated by coaches.
- 4 x training Squads
- Max 5 per group
- Rotational Coaches.

Format Outline:

Day 1

- 2 x Group On-Horse Coaching
- 1 x Group Off Horse or Educational Session.
- Saturday night dinner/social activity.

Day 2

- 1 x On-Horse Coaching.
- 1 x Group Off Horse Session.

Talent Level: High Performance State Squad

- Open to Children, Junior and Young Rider Equestrian Victoria Members who meet the minimum criteria outlined in this document
- Riders will be selected for the High Performance State Squad based on the selection criteria.
- Coaching will be focus on Individual Performance
- 4/5 Squads
- A minimum of 12 riders will be selected
- Rotational coaches

Format Outline:

Day 1

- 2 x group On-Horse Coaching
- 1 x Individual or group Off-Horse Activity or Education Session
- Evening dinner/social activity.

Day 2

- 1 x On-Horse Coaching.

Squadettes Overview

The Squadettes program was first initiated in 2016 for Equestrian Victoria members 12 years and under. It is designed for grass-roots children riders who are looking for a fun pathway into jumping

The program is held across two days. The main aim is to provide a fun experience focusing on friendship building and introducing the basic fundamental skills for jumping. Squadettes are taught by quality EA accredited coaches with a passion for introductory jumping techniques.

The Squadettes training program incorporate introductory equine educational sessions tailored to the squadettes including horse care, how to walk your course, general jumping rules and parts of the horse.

The squadettes have a great social and jumping community spirit for riders and their families.

SQUADETTE AIMS

- Introduction to riding development skills for jumping.
- Introduction to jumping rules and etiquette.
- Horse welfare and care.
- Riders to join into the jumping community making friends with fellow riders and their families.

Squadettes On-Horse Focus Aims

- Flat work (introduction to poles and grids, getting the right canter lead, how to ride a circle, taking short turns and proper use of the arena on course).
- Riding position – correct bad habits
- Jumping Etiquette (pretending to visit the judge, practicing waiting for the bell etc)
- Riding a walked course (afternoon session – tied into off- horse how to walk a course).
- How to warm up/cool down a horse

Development Squad Overview

The Development Squad program is for Equestrian Victoria members 21 years and under. It is targeted towards junior and young rider members who are looking for a pathway into High Performance.

The Development Squad program is split into groups with different coaches across each training event. Riders participate in a series of sports development riding lessons with high quality EA accredited coaches, development educational sessions with guest speakers, sports psychology group sessions, physical fitness/strengthening sessions and social sportsmanship activities.

Riders that register for each squad will be placed in a group with other riders of the same ability and development level and will be coached by the same squad for the training event. The riders will be told which coaches are available that weekend before they register for the squad.

The development squad program doesn't just focus on the rider's development on and off the horse but also focuses on community spirit and friendship building.

The program is designed to cater for riders competing at EA events, interschools and PCV level competitions 80cm – 1.15m, who are building experience towards major jumping competitions (e.g. interschool state and nationals, Australian Jumping Championships etc). Riders may possibly be receiving regular coaching, however are less likely to receive coaching support at events.

Riders that participate in the squad program have a history of reaching National, International and Olympic level competitions. It is a great pathway to progress into competing at major state and national jumping competitions.

Overall Development Squad Aims

- Development of jumping skills.
- Consolidate competition confidence (e.g. warm up approaches, techniques with course walking and course analysis etc).
- Education of jumping etiquette, rules and standards.
- Increase knowledge of horse management in relation to horse care, nutrition, fitness and overall wellbeing of the competition horse.
- Expand jumping connections and strengthen friendships.
- Development of rider physical fitness/strength techniques for equine competition.
- Goal setting for competition and development with coaches.

Development On-Horse Focus Aims

Aim Theme: Solidifying fundamental of jumping skills and introduction to getting competition ready.

- Re-visiting correct Warm Up approaches at competitions.
- Introduction to course analysis (from the course designers perspective tie in with theory).
- Fundamentals of flat work.

- Getting the correct canter leads
- Making transitions smoother
- Incorporating poles into their flat work exercises
- Starting to work with stride adjustments
- Introduction to grid training.
- Introduction to technical lines/jumps.
 - How to ride coming on to a double from different jumps and angles/
 - Introduction to Jump Off Turns
 - Riding related lines
 - Approaching planks and triple bars etc
- Introduction into preparation of horses coming into the competition season.
 - Making sure they are not always jumping but using flat in their training
- Jumping etiquette, rules and standards – quiz them while they are riding on different rules about jumping classes, and judges etiquettes etc.
- Gate behaviour at a competition – following the draw, when to go into the warm up, avoid difficult horses. Understanding you may have to go early in certain situations etc.
- Riding positions, don't critique a particular style of riding but their a fundamental skills that still need correction, eyes up, heels down, keeping legs on etc.
- Preparation of horses coming into the competition season.
 - Ensuring riders know how to properly train and get their horse fit before going to a competition.

State High Performance Squad Overview

The State High Performance Squad program is for Equestrian Victoria members 21 years and under who are considered to be the best performing Victorian combinations with Children's, Junior and Young Rider at time of selection. It focused on High Performance.

The State Squad Program focuses on individual rider success with a series of sports development riding lessons with high quality EA accredited coach, rider and equine individual performance plans, educational sessions with guest speakers and social sportsmanship activities.

The program is designed to cater for riders competing regularly at major jumping competitions across state and national level shows who have likely already established regular instruction and often having event support from their own coach. Riders maybe likely to be managing two or more horses at competition or young horse level.

Riders will be allocated depending on their level such as Children's, Junior or Young Rider and be placed in groups among the same level. The coaching selection for the State Squad consists of a rotational coach This enables the State Squad to receive coaching from different elite coaches as the year progresses.

Overall State Squad Aims

- Facilitate state representation at major national and international events.
- Improve the preparation and management of horses at major competitions.
- Enhancement of event psychology for elite riders.
- Encourage leadership in jumping as ambassadors of the sport to younger riders.
- Develop physical fitness/strength techniques for equine competitions.
- Teaching approach for borrowed horse competitions.

State Squad Aims

- Enhancement and development of riding skills.
- Strategic decision making on course.
- Competition and Season planning.
- Competition review and analysis.
- Teaching approach for borrowed horses.
- Preparation of horses at major competitions.
- Fundamentals of flat work (inc grids, poles etc) for jumping focus.
- Course analysis.
- Technical lines
- Professionalism, communication and organisation.
- Self-awareness and reflection on riding behaviour.

PLEASE NOTE: *These aims are to be used when coaches are developing their lesson plans to ensure they are coaching to the appropriate skill set and working towards developing and improving the riders.*

Criteria for All Squads

Performance Level	Minimum Skill Requirement 1	Skill Requirement 2 (If numbers require)	EA Membership Level
Performance Level – State Squad	<p>Children: 3 clear rounds in classes at or above 1.15m in height over the previous 12 months</p> <p>Junior: 3 clear rounds in classes at or above 1.20m in height over the previous 12 months</p> <p>Young Rider: 3 clear rounds in classes at or above 1.25m in height over the previous 12 months</p>	<p>Children: Top 5 placing in an open class at or above 1.10m in height over the past 12 months.</p> <p>Junior: Top 5 placing in an open class at or above 1.15m in height over the past 12 months.</p> <p>Young Rider: Top 5 placing in an open class at or above 1.20m in height over the previous 12 months</p>	Competitor Member
Performance Level – Development Squads	Competed in 3 classes at or above 80cm in height over the previous 12 months		Participant Member
Performance Level – Squadettes	Open to all riders 12 years and under		Participant Member

Off Horse Activities

ROTATIONAL OFF-HORSE EDUCATIONAL/THEORY SEMINARS DEVELOPMENT SQUADS (These are examples and sessions may vary)

- Veterinary Education
- Course Builders Guide
- Competition analysis
- Sporting/Equine Career Opportunities
- Psychology Sessions
- Horse Feed Information
- Personal Fitness Classes
- How to be a Jumping Judge
- Social Media Responsibility

Veterinary Education

Hear from prominent vets specialising in horse care to present information on how to best care for your horse. The vet will discuss how to best prepare your horse for a competition and the best post competition care.

Course Builders guide

Hear from a respected Jumping course designer who will give their perspective on what goes into designing a course for Jumping. This will provide the riders and parents/guardians an insight into how courses are designed and the theories behind certain jump placements. This will provide the riders with a deeper understanding of the process involved and encourage riders to potentially pursue being an official within the sport.

Competition Analysis

Current and former high-level riders will discuss how they prepare for competitions and how they approach a session. This will include setting goals and objectives for competitions and working through how to achieve this. Sessions on how to support your child or dependant as they progress through the high-performance pathway will also be available.

Sporting/Equine Career Opportunities

We will discuss career opportunities within the Equine industry and how riders can pursue this. We will also potentially hear from universities on how to start a career in the sporting industry.

Psychology Sessions

Renowned Psychologist Christopher Shen will be returning to run his sessions specialising in mental health and resilience. Mr Shen will discuss with athletes the importance of resilience and setting goals for reaching your potential.

Horse Feed Information

Large feed organisations will attend and present their feed options to riders and parents. This will be an education piece for riders and families to understand the types of horse feeds and benefits for the horse.

How to be a Jumping Judge

A current Jumping official will attend the squad to discuss their role as a judge and what they look for in the ring. The judge will discuss the importance of respecting warm-up arenas and give an insight on how they prepare for their job.

Social Media Responsibility Lessons

The increased use of social media has led to future athletes needing to be educated on what is right and wrong to post an online forum. We will discuss the impacts of negative social media posting on an athlete's career and protecting your self-image online. The speaker will also discuss how to best promote yourself to potential sponsor as you progress through your career.

Saturday Night Dinners

A Squad dinner will be held at each squad event to encourage riders and families to gather and socialise. Dinner tickets will be sold in advance (online through Trybooking or equivalent) for squad members and their families. Jumping Victoria will organise a guest speaker each squad who will present on topics relevant to the riders and their families. All coaches and facilitators get a free meal.

Meal examples

- Pizza/Garlic Bread and drinks
- Subway rolls/sandwiches and drinks
- BBQ dinner
- Catered meal
- Food van hire

Coaching Selection

The coaches for state Squad to be selected and approached directly by the Jumping Victoria Squads Committee with input from the Jumping Victoria Committee.

Coaches selected for the Development squads will be allocated riders from the various heights within development squad for each individual weekend. The riders won't necessarily get the same coach across each session, opening the rider up to a variety of different coaching styles.

The State Squad will have a different rotational coaching system, each squad weekend will have a different elite level coach who can teach the members a different variety of coaching and education. The ability for coaches to only commit to one training weekend a year should appeal to elite level coaches.

Coaches need to be EA accredited and must be able to provide coaching insurance.

POST-SQUAD COACHING DEBRIEF DAY – MANDATORY (Zoom)

All Coaches (Inc Squadettes, Development Coaches & State Coach)

Agenda

- Welcome
- Debrief on important aspects of squad.
- Overall Feelings
- Any Improvements
- Rider Allocations
- Off-Horse Activities
- Equipment Use
- Communication Plan for next Squad

COACHING FEE AND EXTRAS

Coaching Fees:

- State Squad – Varies on coach
- Development Coaches - \$1,560 (Including GST) (\$700 ED)
- Squadettes - \$1,320 (Including GST) (\$600 ED)

Pricing and budget

The squad program is not for profit. The intention is to break even through a user pays system (squad rider fees to cover the cost of the program).

A non-refundable registration fee will be paid with squad application. This registration fee will be used to subsidise the cost of each training event for all members.

Pricing will be set in November/December of the prior year (when the budget is finalised). The rider price for squad training events will be based on forecast costs.

Grant applications will be completed and sponsorship requested to subsidise the overall squad price (to improve accessibility and affordability)

Facility and Horse fees – User pays approx. \$15-20 (set by venue)

Saturday Night Dinner – User pay system between \$10 - \$30 (inc GST) depending on food provided.

Camping/Stabling/Yards - Camping and stabling booking to be done directly with the venue at venue prices.

Other Conditions

Athletes Agreements

All athletes that enter the Jumping Victoria Squad program will be required to read and agree (through signing) an athlete's agreement highlighting the behaviours and policies that must be followed when attending squad. These agreements will outline the relationship between the

program and the attendees and highlight what is expected from both parties. All riders under the age of 18 will need a signature from a parent or guardian.

Squad Selection

Squad has moved away from the historical numbering development squads. There is still a High Performance State squad with strict criteria as outlined above, but all other riders will be classed as development riders.

Development riders will still be required to apply for squad and provide past results in their application. They will be allocated to a squad group by the selectors (based on past results and the capability of the rider). Riders will be grouped with riders of similar capability (ie if you regular compete at 1.05m at competitions, you will be grouped with other riders at the same level and train accordingly).

Riders may be moved between squad groups ahead of training events to ensure riders are grouped with others at the same level and ability

Substitution of Horse/Change in Combination

Riders and Horse Combinations are selected for the High Performance State Squad. Rider/Horse Combinations are also allocated to groups in the Development Squad. If a rider changes horse through the year or requests to attend squad on a different horse, they may be allocated to a different squad based on the Rider/Horse Combination.

Riders may be permitted to bring a second horse to squad training events (based on user pays system) if numbers allow. The Rider/Combination will be allocated to the most appropriate group for the combination (based on performance and capability).

Non Squad Rider Participation & Mid Year Application

Non-Squad Current EV members who are <21 years and meet the criteria for squad (Jumping >80cm competently) are able to attend squad training events throughout the year if there is sufficient space at the training event.

Squad members will be provided priority entry.

Non Squad rider fees will be \$30 higher than Squad members.

EV Members are able to apply for squad after the year commences if there are places available. Registration fee after July will reduce by 50%.

Additional off horse activities

The squad committee believes the off-horse activities bring a wealth of knowledge to riders and are a great opportunity to learn beyond riding sessions and set up rider for future success. Off-horse activities are a compulsory part of the squad program, members who don't wish to attend an off-horse activities must write an email to event organisers prior to event.

The more education our rider gets the better and that is why each squad will have different activities across the year. We will be introducing one new activity per squad weekend which will be announced prior to registration. These will include options that were selected from the squad's survey.

Mid-Week Squad sessions

In 2022 mid-week squad dates during school holidays were introduced, along side weekends. If mid-week squad training events are proposed the dates will be published prior to the squad application process in Q4 of the prior year.