



2018 NBEA LTED Jumping Program

The goal of the 2018 LTED Jumping Program is to develop skills of riders and their horses, as well as to identify and train athletes for the Atlantic Canadian Equestrian (ACE) Championship. Lessons are designed to address the horse and rider's areas of weakness. Individual programs help LTED participants move up a level and improve the consistency of their performance at their current level.

There are 3 tiers of participation. The tiers are determined by the competition or training level, goals and commitment level of the rider. First level riders may train at any level. Riders in the 2nd and 3rd levels must be eligible to train and compete at the ACE Championships (1.0m or 1.10m jumper). Individuals declaring for the ACE team must participate in the LTED program to be considered. All lessons will be private and the schedule will be determined when the program begins. Participants must be NBEA members and have a horse or pony available for the program. Some travel will be required to other venues for training and practice "off-site". The number of riders accepted to each level will be dependent on experience of candidates and the number of applicants.

LTED participants will compete in at least 3 sanctioned competitions in New Brunswick. In order to ensure continued development between LTED lessons, riders' coaches are encouraged to attend lessons and training sessions. Certified coaches are welcome to audit LTED lessons, regardless of whether they have a rider participating or not.

Three Training Camps are offered to all program participants. The training camps focus on designing a monthly training and show plan, mental preparation for competition, identifying horse lameness with vet and farrier, and fitness and nutrition for the rider.

Training Camp #1 will be held in April (date to be determined, multiple locations may be available depending on entries) – clinician Carol Mulholland (see profile attached). Steps will begin on setting up the rider's training program from May until October 2018. Training and competition plan will be broken down by week. Riders will go through a fitness test to collect data on their level of fitness at the beginning of the program. This information will be reevaluated in August/September.

Training Camp #2 will be in early June. Riders' fitness and training program will be reviewed. This camp will include a lecture on identifying early lameness and injury prevention as we move into a busy show schedule.

Training Camp #3 – date to be determined

Dates and Locations: 2018 Jumping Program will be held from May to mid-July for Level 1 riders, and from May to September for Levels 2 and 3. Lessons and training will be available in Fredericton, Saint John and Moncton. The location and schedule is determined by the number of applicants in each area. Some travel will be required by riders with their horses for lessons and training. The location and dates will be scheduled once applications are received.

Team Coaches

Deanna Phelan, High Performance Coach

Valerie Phelan, Competition Coach Specialist

Level 1 (Developing Rider): For riders jumping in any division.

Registration fee: \$200

Includes:

1. 8 one hour private lessons (\$200 paid by rider, \$200 funded by NBEA)
2. 3 training camp days

Must have a minimum of English Rider 1 at the start of the program – and complete Rider 4 by September 30, 2018.

Riders must demonstrate, at a minimum: walk, trot, canter; trot work without stirrups; rider level 4 flat test, trotting poles, jump gymnastic, trot line of 2 jumps. Riders may be training and competing at any jumping level in Bronze or Gold sanctioned competitions.

Level 2 (ACE team prep): For riders jumping in 1.0m or 1.10m Jumper Divisions

Registration Fee: \$400

Includes:

1. 16 one hour private lessons (\$400 paid by rider, \$400 funded by NBEA)

2. 3 training camp days

Must have a minimum of English Rider 1 at the start of the program – 1.0m riders must complete Rider 4 by September 30, 2018 and 1.10m riders must complete Rider 6 by September 30, 2018.

Level 3 (ACE team prep): For riders jumping in 1.0m or 1.10m Jumper Divisions

Registration Fee: \$600 - \$300 due April 10th and \$300 due June 1st.

Includes:

1. 24 private lessons (rider pays \$600 and NBEA pays \$600)
2. 3 training camp days

Must have a minimum of English Rider 1 at the start of the program – 1.0m riders must complete Rider 4 by September 30, 2018 and 1.10m riders must complete Rider 6 by September 30, 2018.

Registration Forms and Fees must be submitted to NBEA by April 9th.

Biosecurity: All participating horses must have proof of vaccinations (flu, rhino, strangles) and Coggins test valid for 2018.

Refunds: May be provided on submission of a veterinary certificate or doctor's note. The refund will be based on how many training camps remain.

If you have any questions, please contact deannaphelan@gmail.com or (506) 461-1649.

Riders who may be interested in participating in LTED program for multiple disciplines should contact the NBEA for information on possible options – horses@nbnet.nb.ca

Training Camp Clinician – Carol Mulholland

Credentials:

- Master Coach Learning Facilitator
- former National Team Coach - Racquetball Canada
- World Champion – Racquetball
- High Performance Coach - various sports
- 2 time Coach of the Year for NB
- 2 Time Coach of the Year - Racquetball Canada
- Former National Champion –Racquetball
- Former Provincial Champion – Racquetball
- Attended Canada Games as Athlete, Coach, Manager and Mission Staff
- Competed at World Wheelchair Games in Stoke Mandeville England
- Currently present high performance training and seminars on various topics - Mental Preparation, Goal Setting, Seasonal planning, Athletic Training