



NBEA - AÉNB

NBEA introduces the new **Rookie Riders Program**



What is the **Rookie Riders** program?

Rookie Riders is designed as the first step to start kids on the equestrian development Pathway, introducing riding skills, horses and horsemanship to children between 6 and 12 years of age. Students begin on a safe barrel “horse”, learning riding and gymnastic activities that begin the development of the skills used in equestrian sport. The program teaches key physical and mental horseback riding skills – balance, body control, agility, flexibility and co-ordination – off the horse.

The program also provides:

- Introduction and reinforcement of movement skills that fall within the FUNdamental Stage of Long Term Equestrian and Athlete Development.
- Group and individual activities
- Physical, mental, and emotional engagement
- A strong foundation in the National Learn to Ride Program - Level 1 (English and Western)

At the completion of the program, the child receives:

- A Rookie Riders Progress Report and Certificate of Completion

Who can teach the program?

- Where the Rookie Rider program is delivered in full (horsemanship, barrel and mounted segments) the Instructor must be NCCP Certified as an equestrian instructor or coach.

Where is the program taught?

- The Rookie Rider program can be taught anywhere...in a gymnasium, in a mall, at a summer camp, at a stable, in an arena, or a classroom.

NBEA COACH TRAINING for ROOKIE RIDERS

The New Brunswick Equestrian Association is happy to be offering this one-day training session in two different locations. ***Please note: only 15 – 20 participants per session can be accepted.***

Saturday, August 17th

9a.m. - 4p.m.

Geary Hill Stables

31 New Road

Geary, NB

Geary, N

Clinicians:

- Danielle Yaghdjian
Pickering, Ontario
- Alissa Cue
Aylesford, Nova Scotia

Training Day includes:

- A presentation and written overview of the program by experienced Coach Developers;
- Demonstrations of the equestrian skill building games, exercises and activities included in the Rookie Rider Program;
- An overview of all of the equipment used in the program
- A review of the various options for delivering the program in different settings (gym vs. Riding facility), to different children (younger, older, with special needs) and with different sequencing (through a school semester, integrated into a regular lesson program, or into a camp activity)

You'll leave the Training Day with:

- A program overview and parent education handout
- Lesson plans for the games and activities as well as basic horsemanship information
- Illustrations of the various floor and barrel exercises;
- For those with a horse facility, plans for the mounted lessons; and
- A certificate of achievement template, that can be issued to all of the rookie rider participants.

Cost: \$100 for the one-day session

Register by mail, fax, or email. Pay by cheque or Visa.

Deadline for registration: forms must reach the NBEA office by Friday August 9th.

More detailed information will be available once you're registered.

