

TRAINING OUTLINE

SUPPORTING YOUNG RIDERS FOR BETTER RESULTS

Helping Your Child Be The Best He/She Can Be

TARGET AUDIENCE

This lesson can be targeted to parents and/or to riders, separately or together.

COURSE BACKGROUND

Show-parents always have their child's wellbeing and success in mind, and when it comes to riding and competing, parents often wonder what is the best way to provide proper support, i.e. the right way for the best possible result. Knowing what to do or say, when to intervene and when to let things alone are often as important to the rider as the riding itself. What makes your kid click? When to say anything? What is enough, what is not and what is too much? Understanding the mental game and being able to play it well is almost always left to the parent(s) to self-discover, self-teach and experiment using a trial & error approach. Young riders often realize the importance of parental support only after their junior years – what if they could realize it now and use it to their advantage sooner, avoiding the “if I only knew then” syndrome!

COURSE DESCRIPTION

This session is geared towards parents of riders at all levels, to better understand the horsemanship, training and competition environments related to the equestrian world. Addressing key elements such as communication, body language, subtle motivation and pro-active support, parents will learn from real life events, case studies and other participants; they will be invited to come up with their own conclusions and to adapt solutions to their personal circumstances with their own kid(s).

GOAL, OBJECTIVES & EXPECTATIONS

GOAL: A better understanding of each other and an improved channel of communication, promoting a better balance in the rider's life and potentially resulting in better performance and results.

OBJECTIVES:	<ol style="list-style-type: none">1. Gain knowledge on improving communication with a goal-oriented rider.2. Become better prepared by understanding what is expected, and be ready for the unexpected.3. Better support through tips and suggestions on what to do or not to do, and when.4. Create balanced parental support to a child as a rider and an athlete.5. Decrease friction and potential stress between parents and riders, before, during and after competitions/shows.6. Increase odds of success by improving verbal communication and body language between riders, parents, trainers, competitors, etc.
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EXPECTATIONS: Being able to better communicate and support your child within an equestrian environment and in life in general.

TOPICS

(Note: Training can include all of these topics or attendees can determine which one they want)

<input type="checkbox"/>	1. Understanding an athlete's mind.
<input type="checkbox"/>	2. Special considerations about equestrian athletes.
<input type="checkbox"/>	3. Support rider & improve communication (thus relationship).
<input type="checkbox"/>	4. Support: before, during and after shows, including barn and in-gate areas. Moral support Vs physical support in relation to the <i>mind game</i> .
<input type="checkbox"/>	5. Goals and dreams: are they the same for the rider, his/her trainer and parents? What parents are willing to do Vs what the rider is willing to do to achieve goals/dreams?
<input type="checkbox"/>	6. When things go wrong (in the ring or out, related to shows/competitions/performance or not). Effects of a slump: what happens,, and how can it be helped. Importance of positive reinforcement, from different points of view: training, coach, parents, sibling, spouse, other athletes... (Muscle testing exercise)
<input type="checkbox"/>	7. The <i>Mind Game</i> => Psychology of the athletes: understand it so parents can support instead of adding road blocks.
<input type="checkbox"/>	8. The reality of the business: what happens to most, what it takes, \$, etc.
<input type="checkbox"/>	9. Time, energy & \$ invested into horses, training, shows, etc, but so little in mental prep and understanding how/why we do things
<input type="checkbox"/>	10. Financial support: realistic costs, options for parents and for riders.
<input type="checkbox"/>	11. Long distance support
<input type="checkbox"/>	12. Parents interacting with other parents
<input type="checkbox"/>	13. Case studies
<input type="checkbox"/>	14. Input from parents, their own stories, etc...
<input type="checkbox"/>	15. Parents' support of true horsemanship
<input type="checkbox"/>	16. The Junior years
<input type="checkbox"/>	17. Long term plans: Junior years - college – amateur – professional (horses Vs other options/choices of life)
<input type="checkbox"/>	18. Tips & suggestions on helping to achieve desired end-results
<input type="checkbox"/>	19. Communication (with and between riders, trainers, other parents, local associations, USHJA, etc - when needed and if relevant). Effects of communication for athlete, short & long term.
<input type="checkbox"/>	20. Understanding who you're dealing with, selecting & better handling of trainer, groom, etc. (DISC)
<input type="checkbox"/>	21. College-bound portfolio & video
<input type="checkbox"/>	22. Conclusion: putting it all together

RESOURCES & EVALUATION

RESOURCES: TBD

HANDOUTS: TBD

EVALUATION: TBD