



RDA/PETstock Young Coach Development Program



A new 'Young Coach Development Program' will be held in Victoria to help fast-track **12 Young RDA Coaches** through a 4 day intensive coaching program. The PETstock Foundation has generously agreed to sponsor this Program.

The **Young Coach Development Program** will:

- Enable young coaches to take on increased responsibility & leadership roles in RDA Centres.
- Train and accredit 12 young coaches.
- Provide them with recognised, transferable skills, qualifications and experience.
- Update, enhance existing skills.
- Help fast track young coaches onto next coaching/management level.
- Provide ongoing coaching support and mentoring for coaches.
- Provide peer group support and interstate networking opportunities.
- Increase understanding of the needs of athletes with disabilities.

The course is **aimed** at deepening and enhancing and existing equestrian coaching skills, including:

- Medical knowledge for coaching riders with a disability including physiotherapists input.
- Care of RDA horse: farrier vet, saddle fitting & feeding training sessions; travelling to venue/renting suitable horses.
- Selection/ongoing training of suitable horses.
- Rider assessment; individual/group lesson planning.
- Practical/theoretical sessions on teaching/coaching techniques.
- Working with older volunteers.
- Coaches' role in developing riders from grass roots through state to national level to international competition (Special Olympics/ Paralympics).
- Competition of all types and abilities (dressage/ carriage driving/ vaulting)
- Working with riders of all abilities: physical/intellectual disabilities.
- Coping with the stress of working with people with disabilities, including those with deteriorating diseases.
- Discussing career paths & opportunities for RDA coaches.
- Study habits and record keeping.
- Assisting in completing existing workbooks to help young coaches progress to the next level.

Procedure:

In order to be considered for this Program, Young RDA Coaches must submit a one page summary (with photo):

- outline their experience within RDA
- mention any relevant work experience and/or education outside of RDA,
- describe why they would like to attend this course
- outline what benefits they could bring back to their Centre
- contact details

Applications for this course are to be submitted from their local RDA Centre to their State Office who will then forward all applications to the national office.

Criteria:

- Aged between 17-25 years
- Minimum OTC qualification
- Attendance 4 Day Intensive 'Young Coach Development Coaching Workshop'

Cost:

- \$50 registration fee
- All travel, accommodation and meals included at no additional cost.

Closing Date:

Closing dates for application
1 October 2009

Course Date & Venue:

12-15 November 2009 at Bunip, Victoria