



Notes from the Office

July 2010

Benefits of HCBC Business Membership – Did You Know?

As a valued Business member of Horse Council British Columbia (HCBC), you are entitled to exclusive benefits at large group rates that include Health, Life and Dental programs. Benefit plan premiums for employers with 1 to 20 employees are often difficult to keep at affordable levels. HCBC has teamed with Ascension Benefits Inc. to provide a group benefits solution that allows employers to be a part of a much larger, less volatile group. This means more predictable premiums year after year without compromising the level of benefits offered. Self employed HCBC business members are also able to access this plan, so Coaches and Instructors can take advantage of this HCBC business membership value.

Business memberships also include a free listing in our online industry guide plus a listing on the HCBC website. HCBC staff is able to promote your business should a call come to the office looking for a service that a business member offers. Your brochures and product information, if provided, are displayed in the HCBC office and taken to trade shows as part of the HCBC booth.

Happy Birthday, Danny Bland!

Danny Bland, known as a living legend in BC's horse community, was one of the founding members of Horse Council BC and has just celebrated his 100th birthday. During his 70 years in the industry Danny was a steward, judge and was a fully accredited official since Equine Canada's inception until his retirement in 2003. Danny received the Horse Council BC "Horseperson of the Year Award" in 1990 and in 2001 he was inducted into the "British Columbia Hall of Fame" in Vancouver, under Sport.

Attention Para Dressage Riders!

Para-Equestrian Canada is delighted to announce the return of the Sea-to-Sea Para Dressage video competition series. This series provides riders with an opportunity to experience competition conditions from the comfort of their home stable and on a familiar horse, while the "Sea to Sea" offers a more competitive competition environment for Para Dressage Riders. For more information about this series contact para-equestrian@equinecanada.ca.

Equine Education Conference 2011

HCBC will be presenting the first annual Equine Education Conference, January 21-23, 2011 at the Delta Grand Hotel in Kelowna. Make sure that you mark your calendars and attend this event! Confirmed speakers include Hilary Clayton (equine biomechanics expert), JW Equine (Equine Conformation analysis expert), Isabelle Aube (equestrian athlete exercise and rehab specialist) Jennifer Wood (Animal rescue techniques expert), Mike King (Capri Insurance expert) and more. Bring your spouse or significant other with you to enjoy the spa hotel while you spend the day immersed in learning. EC English coaches will receive updating hours for attendance.

The Equine Education conference will be of interest to all members (and non members) of HCBC with speakers with a wide range of topics. Please watch our website for more details.

Congratulations to our newest Equine Canada Coaches and Instructors

We would like to recognize and congratulate our newly certified Equine Canada coaches and instructor for the first half of 2010. For contact information for each coach or instructor please go to the coach listings on the HCBC website.

English Instructor of Beginners

Kate Mincey
Tanya Lenkart
Andrea Naka
Nina Sheldon

English Coach 1

Adrienne Sanderson

English Competition Coach

Jenny Heinze
Andrea Tugyi
Melissa Reimche
Lua Warkentin

Coaching News

Fall Coach and Instructor evaluation dates will begin again in October, with the dates to be announced. All candidates are strongly reminded that they must have their applications in and complete a minimum of 30 days prior to the evaluation date. Information packages and application forms are available on the coaching section of the HCBC website. If you are interested in becoming a coach or instructor for both English and Western disciplines download the information packages or email coaching@hcbc.ca for more information.

New to the Equine Canada coaching programs are the Lesson Plans and Emergency Action plan that are to be submitted with your application. All coach and instructor candidates should note that these are marked and an important part of the evaluation. Be sure to read the instructions and follow the help forms. This portion is the only "open book" part of the evaluation and while seemingly easy, it must be

taken seriously and checked over carefully before submission to make sure that you have covered all the aspects required.

Equine NCCP course dates will be set and posted in the Coaching Date section of our website by late July. The Equine NCCP is considered “optional” training for Coach and Instructor evaluations; however, it is strongly advised that all candidates take advantage of this course. Recent coach candidates and new coaches have expressed to us just how much the course helped them to achieve success at their evaluation.

Existing coaches and instructors are reminded that all Equine Canada Coaches and instructors need to complete the online Make Ethical Decision assessment at www.coach.ca as soon as possible. Any person who takes the Equine NCCP course must also do the evaluation to complete this component. Another reminder to coaches of all certifications, if your Criminal Record search is older than 5 years you will need to renew it and send it to the coaching manager at HCBC to remain “current”.

New Books in the HCBC Bookstore

The Essential Guide to Carriage Driving by Robyn Coffey and Jaye Winkel

The authors combine over 30 years of knowledge in this book. This book is generously illustrated with over 350 photographs and diagrams covering topics ranging from selecting and fitting harness to preparing to drive in competition. \$34.95 plus GST

Grooming Horses - Knack Making it Easy by Jessie Shiers

A quick reading, picture driven guide to every aspect of grooming and skin care, including braiding and show preparation. This book is created for visual learners, allowing riders of all ages and skill levels to learn this essential skill. \$27.50 plus GST

Hello Bob! By Gisela H. Rhodes

Hello Bob! + 49 Other Interactive Vaulting Games is written for vaulting instructors and coaches who are looking for creative activities besides the vaulting compulsories. It is also an equally valuable tool for instructors of able-bodied and therapeutic riding sessions. In plain, often humorous language Gisela H. Rhodes shares her secrets accumulated during fourteen years of experience with therapeutic riding. Each game features specific information on skills addressed, set-up and materials, and detailed instructions on how to play the game safely for horse and student. A gem of a book! \$29.95 plus GST

The Dynamic Horse by Hilary Clayton (Hilary will be speaking at the 2011 HCBC Equine Education Conference)

A study of Equine Biomechanics and locomotion addressing: tempo, rhythm, balance and collection: jumping mechanics: speed and economy of movement: characteristics of gaits: Locomotive qualities that affect athletic performance and soundness. \$58.95 plus GST

Long Term Equestrian Development Model

Last month we outlined the first two stages in the Long Term Equestrian Development Model, “Fundamentals” and “Learning and Training to Ride” The next stage covered in the Long Term Equestrian Model is “Learning and Training to Compete” Every LTED each stage has a target chronological age but these stages also apply to target learning stages for all ages of riders. Any

person learning to ride enters into the beginner stage and progresses along into each subsequent stage as they learn and acquire new skills. The target chronological age for this stage is 12-18.

The catch phrase for this phase is “Fun, Responsibility and Success”, which describes the general objectives of “Learning and Training to Compete”. Riders now begin to consolidate and refine their skills while acquiring new skills. Consistent performance is the goal. At this time the coach is helping the rider to build a foundation of personal excellence in competition by introducing ideal performance states, individual problem solving and mental training. Physical fitness for both horse and rider develop for the specific discipline. The coach is helping the rider to develop and analyze performance as well as learning to cope with competition distractions. This is the target age group for the BC Summer Games Equestrians.

At this time the coach will help the rider develop a yearly training and competition plan. The training sessions, when in preparation for a competition, should mirror the competition requirements. The coach will encourage the rider to work to improve and extend the limits of their performance. The training to competition ration should be 70:30. This ratio was developed to counteract the current system of over competing and under training.

How does this affect riders who do not compete or do not wish to compete? While the name of the stage “Learning and Training to Compete” would seem to limit this stage to only those riders who want to compete, the principles still apply to any rider of any discipline that has progressed from “Learning and Training to Ride”. Skill, fitness and training goals would increase during this stage regardless of the rider’s personal goal or decision to compete.

Talk to your certified coach about the Long Term Equestrian Development Model and how it can help yours or your child’s riding goals. If you would like a free copy of the LTED, please contact Wendy Sewell, Coaching Manager, at 604-856-4304 ext 104 or email coaching@hcbc.ca.

BC Summer Games

On July 22-25 Langley’s Thunderbird Show Park will be hosting the BC Summer Games. Young athletes from all over the province have worked hard to qualify to compete on their Zone team. The disciplines competing this year will be Reining, Jumping, Dressage, Para-Dressage and Vaulting. A very exciting aspect of the BC Summer games is that as it is a multi-sport games environment, our riders will be experiencing a taste of what the Olympics would be like. They eat, stay in dorms with and interact with peers from all different sports; they compete as a team with Head Coaches and Assistant coaches and receive medals (if they should win) while standing on the podium. Many of the riders will have traveled a long distance to attend the Summer Games so please come out if you can to support our young athletes as they compete.