

# *Fallowfield Farm*

## **COACH 1 PREP COURSE**

### ***Coaching in Canada***

Our Canadian coaching certification program is outstanding compared to other nations. Equine Canada and the Ontario Equestrian Federation are constantly upgrading the program to produce better and better coaches. Fallowfield Farm has been preparing candidates for their Coach 1 Exam since 1992. We are thrilled to be involved in the development of coaches in Canada.

To further equestrian sport we need to broaden the base of the population involved in riding. We need more focus on giving beginners a good start to encourage them to stay in the sport. Every great athlete was a beginner at some point. Our entry-level coaches (Instructor and Coach 1) have a huge responsibility to effectively teach the basics, along with good horsemanship and safety to all those starting out in the sport.

### ***Are you cut out for coaching?***

We are constantly in need of highly motivated, goal-oriented, creative and responsible coaches to work at the grass roots level. Good coaching requires excellent organizational skills, a global outlook, a positive attitude and an inherent ability to prioritize. Not all great coaches are elite athletes, but the entry level coach must be a competent rider with an excellent understanding of horsemanship to not only demonstrate, but to assist students with their horses. If you have a passion for not only horses, but equestrian sport, and are interested in helping others achieve their goals, then coaching may be for you.

### ***Our program***

The horse industry is a tough place to make a living. The industry is flooded with individuals who are excited by the horse itself, but who don't understand the nature of the business. To survive in this industry you must love the horse, but more importantly you must love the work. If you don't thrive from the work, the process of developing and keeping horses, as well as the process of developing riders, then you will sour just like the over worked horse who no longer enjoys his job.

Our goal is to submerge our candidates in the industry. Candidates are involved in every aspect of the business from mucking out to management. By accepting only two candidates per year, we maintain a very personal and positive approach to developing our coaches, with special attention to highlighting strengths, and developing weakness. Week long placement opportunities are arranged where possible at other professional facilities. Our course is divided into the following sections:

- Stable Management
- Riding
- Teaching skills
- Business management

*“Coaching coaches since 1992”*

# *Fallowfield Farm*

## **COACH 1 PREP COURSE**

### ***The Schedule***

Candidates are in the barn from 7am to 4pm, five and a half days per week. Each candidate is responsible for 2 late night feeds per week. They receive 4 lessons per week, and one free ride. They also receive 4 lectures or teach practice sessions per week. Candidates are off from Saturday at noon, until Monday at 7am. Arrangements can be made for time off under extreme circumstances, but poor attendance will not be tolerated.

### ***Pre-requisites***

1. Candidates must have completed Equine Canada Rider Level 5 (or Rider Level 2 under the old system). The remaining Rider Levels for the Coach 1 Application can be completed during the course.
2. Standard First Aid
3. Equine Canada and Ontario Equestrian Federation Member
4. Some competitive experience on the flat and over fences.
5. Candidates must have a car, and a valid driver's license.

Candidates are not required to have their own horse, but if they do have a suitable horse arrangements can be made to board for the 8-month period.

Coaches need to set lifestyle examples for their students, so candidates must be fit and in good health. Any health issues must be listed on the application form. Substance abuse of any kind will not be tolerated.

### ***Living Arrangements***

Housing is provided by our resident Coach 1, Jessica Smith, in her country home one concession west of Fallowfield Farm. Candidates room together, unless we have a "co-ed" year. Candidates are required to participate in house-keeping duties, as well as preparing one evening meal per week.

### **House Rules**

Candidates will be expected to show respect for Jess' home. The following are some living conditions that must be respected:

- Laundry facilities are available at the home, but candidates must do their own laundry and provide their own soap etc.
- Candidates are expected to keep their belongings in their own room
- Food is not included in the house cost. Candidates are responsible for their own food and for cleaning the kitchen after themselves
- No pets allowed
- No underage drinking
- No drug use
- General chores for the home are shared between all living there
- Candidates are expected to speak to Jess before having guests come into the house