



Coaching and Officiating Case Study

Mentoring – ‘Fast tracking’ for athlete completing Level 1

Klaus is an elite dressage rider who has competed internationally for Australia. He is often asked for coaching advice by other riders and decides that he should undertake his Level 1 accreditation. He approaches his state equestrian federation to get some recognition of his experience, so he doesn't have to complete parts of the course in which he feels he is already competent.

The state federation assigns him to work with Simone, an experienced Level 3 coach and a coach educator. Klaus and Simone meet once a week for six months to work through the Level 1 curriculum and identify which parts of the curriculum Klaus is already competent in and they continue to work on the other parts where Klaus does not yet have enough experience. Sometimes when they meet they do a ‘theory session’ together, where they discuss coaching principles and riding theory, other times Klaus might observe Simone coaching or Simone might observe Klaus coaching.

Simone occasionally assists Klaus in a lesson where he needs help, or where a rider is having difficulty achieving the task that Klaus has set for them. After these practical sessions they always have a ‘de-brief’ for 15 minutes to discuss what Klaus has learnt and how it relates to the curriculum.

Once a month they spend 30 minutes or so checking Klaus' progress toward his Level 1 qualification, and plan what they will focus on in the next few weeks. At the end of the six months, Simone and Klaus believe that he is ready to be assessed and after completing his theoretical and practical assessment tasks he achieves his Level 1 accreditation. Klaus now helps Simone to run coaching clinics throughout the region and often coaches clients at her riding school.