

## L2C ASSESSMENT SLIP 2 – Season Planning

### Assessment Guidelines

#### Supervision

This activity is to be completed by the candidate in a self-paced manner and submitted to their Coach Educator for marking.

#### Assessment

The candidate must develop a comprehensive seasonal planning document for two of their current pupils (which the candidate can actually put into practice) or they may choose two of the three sample riders provided. This will serve as the assessment paper for the 'Equestrian Specific' course component.

The seasonal plan must cover a minimum period of 26 weeks of training, which concludes with a Championship event (i.e. State, National, FEI).

**Note:** The candidate should not copy reference material into his/her planning document without crediting the source.

As well as being an assessment task, this seasonal plan should be a "working document". It is not just an academic exercise, but for future reference and review throughout one's coaching career and **throughout Activities 5 and 6.**

The candidate must consider all factors which define his/her training environment and plan the best possible program to achieve results at a "major" championship competition sanctioned by EA.

#### Assessment Protocols

The candidate may present his/her seasonal plan by using any combination of the following methods:

- written explanation
- charts and graphs
- tables (with explanatory notes)
- examples
- lesson plans

The candidate must identify how he/she will prepare the two athletes in each of the following areas (descriptions of each of these can be found in your Level 2 Coach Learning Guide):

- **Physiological conditioning**
- **Monitoring and assessing the status of athletes**
- **Periodised training considerations for both athlete and horse**
- **Mental skills training**
- **Specific strength and flexibility development**
- **Injury prevention, recovery, and rehabilitation**
- **Nutrition education and practice**
- **Drugs in sport education**
- **Development of technical skills**
- **Specific competition preparation**

The candidate must attach the Assessment Summary & Declaration of Competence when submitting their assignment. The Coach Educator will signify successful completion of this assessment activity (or not) by using this result sheet and returning to the candidate.

**A Coach Educator may assess this task in its entirety, however a Coach Educator may sign no more than THREE (whole) L2C Assessments for any candidate.**

## Sample Riders

Rider	Jane Citizen	Sue Smith	John Brown	
Age	22	34	40	
Nutritional Issues	Excess consumption of high fat, high sugar take-away meals and snack food. Diet has led to excess weight gain.	Vegetarian who is Anaemic and suffers from low energy levels. Has difficulty finding time to cook meals and often realise on low nutrition take-away meals.	Eating patterns erratic, due to lack of organisation. Can lead to loss of energy at times, or use of sugar and caffeine to get through the day	
Physiological Issues	Lacks Core Strength due to inactive lifestyle. Makes it difficult to maintain independent seat for any length of time.	Stiffness in left ankle and general weakness in left leg from broken ankle in a riding accident 6 weeks ago.	Asymmetry in the saddle tending to be pulled to the left due to weakness in the right leg.	
Fitness Issues	Unfit office worker, currently rides mainly on weekends	Unfit and returning to riding from 6 weeks in a cast	Very fit, active lifestyle and rides several horses each day	
<b>D</b>	Current Status	Rides at Preliminary Level	Rides at Medium Level	Rides at Advanced Level
	Goal	Qualify for State Championship at Novice	Top 10 placing at State Championships in Medium	Improve PB of 60% at the State Championships in Advanced
<b>J</b>	Current Status	Rides at Maiden D Grade Level	Rides at C Grade Level	Rides at Grand Prix Level
	Goal	Compete D Grade classes at State Championships	Top 10 placing in C Grade classes at State Championships	Gain COC qualification in World Cup class at National Championships
<b>E</b>	Current status	Rides at FEI CIC*/CCI* Level	Rides at FEI CIC**/CCI** Level	Rides at FEI CIC***/CCI*** level
	Goal	Compete at State Championship in an FEI CIC*/CCI* class	Top 10 placing at State Championship in an FEI CIC**/CCI** class	Top 5 finish in FEI CIC***/CCI*** class
<b>G</b>	Current Status	Competes in D Grade and 1.15m Jumping Classes	Competes in Medium Level Dressage	Competes at CIC*/CCI* events
	Goal	Compete at State Championships in a 1.15m Class	Top 10 place at State Championships in Medium class	Finish in top 5 at an FEI CIC*/CCI* event

L2C ASSESSMENT SLIP 2  
Season Planning  
Assessment Summary & Declaration of Competence

Candidate Name: \_\_\_\_\_ Date: \_\_\_\_\_

- Specialisation:     Dressage Specialist  
                           Jumping Specialist  
                           Eventing Specialist  
                           Generalist

<input type="checkbox"/> <b>COMPETENT</b>	Has demonstrated competence in all the tasks for Assessment Slip 2 – Seasonal Planning according to the assessment criteria in the Level 2 Eventing Coaching Certificate through
<input type="checkbox"/> <b>NOT YET COMPETENT</b>	Is not yet competent in all the tasks for Assessment Slip 2 – Seasonal Planning according to the assessment criteria in the Level 2 Eventing Coaching Certificate through  <input type="checkbox"/> <b>Direct Assessment method</b>  OR  Insufficient evidence provided to satisfy the Assessor that the Candidate met with competence all the required assessment criteria for Assessment Slip 2 – Seasonal Planning according to the assessment criteria in the Level 2 Eventing Coaching Certificate through  <input type="checkbox"/> <b>Fast Track method</b>
<b>Comments</b>  <b>If NYC what needs improvement before re-sitting assessment</b>	
CE Name: _____ Level: _____ Assessment Venue: _____ Signature: _____	

NOTE: CE’s are advised to maintain own records / results of Candidates whom they have assessed.

- If Competent sign summary on page 5
- If Not Yet Competent (NYC) please arrange further training and/or another assessment and download additional assessment slips from [www.equestrian.org.au](http://www.equestrian.org.au)

**A Coach Educator may assess this task in its entirety, however a Coach Educator may sign no more than THREE (whole) L2C Assessments for any candidate.**