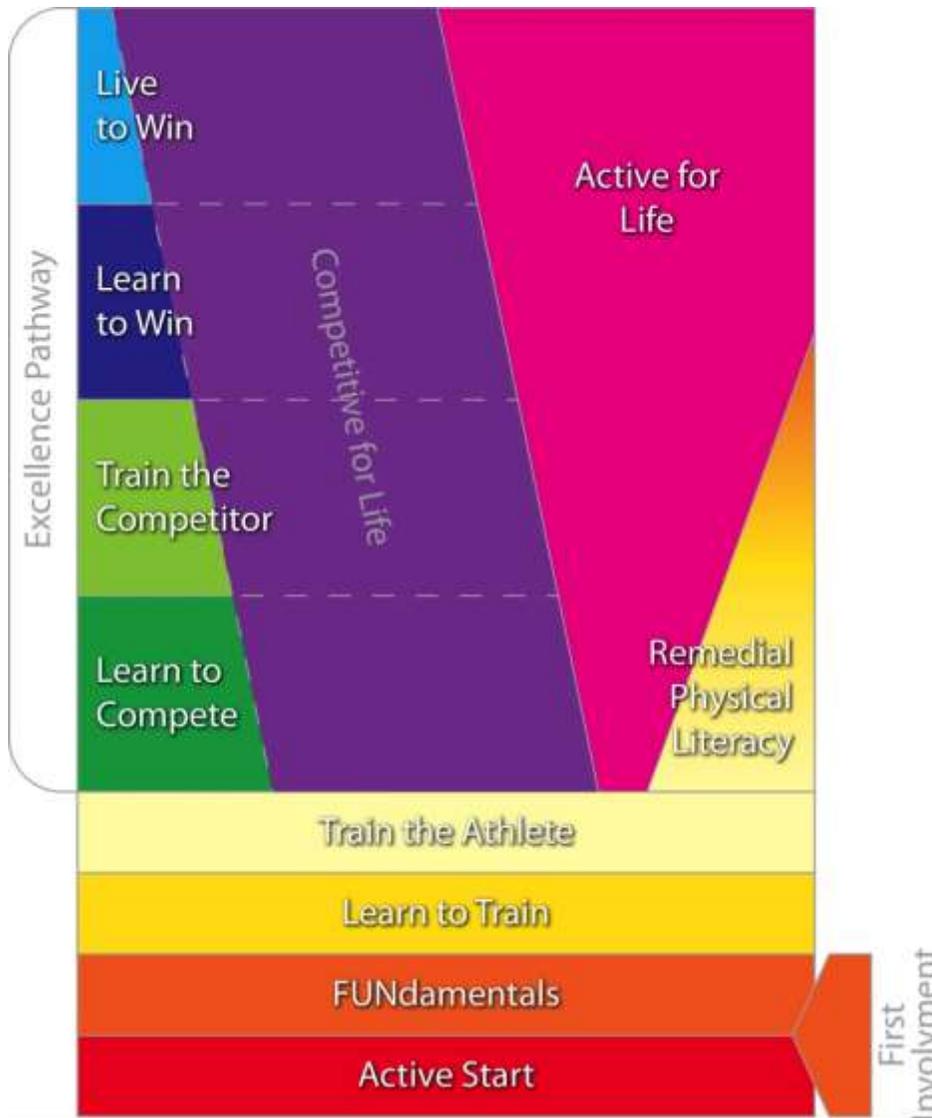


Stages of Long Term Equestrian Development (LTED)



Active Start (0-6)

Physical activity should be fun and a part of the child's life every day. Active play is the way young children are physically active. At this stage, optimal development occurs when adults provide a safe place for children to play, and when there is unstructured access to a wide variety of colourful toys and equipment.

Fundamentals

To have the child participate and have fun with horses while learning within a peer group. Encourage durability, emotional control and positive attitudes to new challenges. Develop familiarity and respect for equine behaviour. Introduce motor skills, responsibility, rules and etiquette for handling horses.

Learn to Train

Support a multi-sport and diverse life experience while continuing to inspire increased commitment to

equestrian activities with some specialization being introduced. Further develop and consolidation of basic equestrian skills (aids and position) introduced in the FUNdamental stage. Increase the repertoire of skills for the equestrian. Introduce independent decision making and mental training such as visualization and relaxation.

Train the Athlete

Introduce participants to the competitive experience, including coping with winning and losing, analysis and evaluation of performance, and rules and ethics. Initiate the emphasis on physical fitness and good training habits (warm up, peak, cool down, and breaks) for both the horse and the participant. Familiarize participants with what it means to be part of a team with peers and professional support.

Learn to Compete:

Consolidate and refine basic equestrian skills and learning to cope with variants such as different competition environments and distractions. Consistent performance is the goal. Build the foundations of personal excellence in competition by introducing ideal performance states, developing independent problem solving (decision making/situation), and customized mental training programs. Develop a solid general physical fitness for the horse and rider targeting specific competition requirements. Focus is on stamina, speed, strength, suppleness, and skills.

Train the Competitor:

Consolidate and refine basic equestrian skills while acquiring more advanced skills. Consistent performance is the goal. Develop analysis and evaluation of the performance followed by adjustment to the competition plan. Learn to cope with different competition environments and distractions. Introduce talent identification.

Learn to Win:

Consolidate and refine the equestrian's repertoire of skills. Develop consistency of performance, success rate of skills executed, and practical tactical knowledge is implemented in competition. Optimize performance with the goal of consistently placing at the top.

Live to Win:

Commit fully to international excellence. Refine and maintain all skills and tactical strategies, while ensuring that they are tailored to the strengths of the equestrian and the horse. Optimize and integrate all performance factors taking into account international competition venues and calendar with the goal to be on the podium.

Active for Life & Competitive for Life:

Support an ongoing multi-sport and diverse life experience, encouraging commitment to participation in equestrian activities as an active athlete or contributing in an alternative way, such as coaching, officiating, sport administration or volunteering.
