



Rookie Riders

A New Fundamental Movement Skills Program

Regional Training Workshops



We are very pleased to introduce you to our newest and innovative program that will introduce young children, aged 6 to 12 years, to the amazing experience of horse back riding, **Rookie Riders**

Rookie Riders is curriculum-based, filled with engaging activities that are fundamental to success in horseback riding. It includes basic gymnastics on mats, fundamental skills learned on Radish, our “barrel horse” and concludes with an introduction to riding. It is a core skill-building program that benefits all disciplines.

We are embarking on a province-wide training initiative for equestrian coaches and instructors, physical education teachers and community recreation leaders. Every region will play host to a day-long facilitated workshop that will provide you with the necessary tools to offer this program in a gym, multi purpose room or riding facility.

More about Rookie Riders

- Safe and fun Introduction to riding skills, horses and horsemanship – Riding and Gymnastic activities focus on developing the skills used in equestrian sport
- Introduce OR reinforce movement skills within the FUNdamental stage of long term equestrian and athlete development.
- Group and individual activities
- Provides physical, mental, and emotional engagement
- Designed to be delivered to a large group of children
- Easily customizable to meet the needs of your group
- Flexible curriculum delivery

Participants Learn

Fundamental Movement Skills

- Develop Fundamental Movement Skills (FMS) necessary for riding by engaging students physically, mentally, and emotionally in individual and group activities

Fundamental Sport Skills

- Learn to safely mount and dismount
- Develop ability to maintain a balanced and relaxed position with proper posture while mounted
- Become comfortable changing into a variety of positions and holds while mounted

Horsemanship

- Learn about horses and how to safely interact with them

About the Training

Set in a classroom or multi-purpose room, facilitators will guide you through the unmounted components of the program; introduce you to the e-learning platform that houses the program tools; teach you how to best utilize our trusty horse, Radish; and leave at the end of the day with an amazing opportunity for you and your community!

Please complete the registration form on reverse, choosing the course that suits your location and availability. Space is limited so please don't hesitate!

For more information on this training opportunity or the Rookie Riders Program, please contact Sheila at nsefprograms@sportnovascotia.ca or 902-425-5450 ext 337



Rookie Rider Unmounted Training Workshop Registration Form



**Registration deadlines for the courses are listed below.
Register early as there is a maximum of 15 participants per course.**

| | |
|------------------------------|------------------------------|
| First Name | Last Name |
| Weekday Daytime Phone | Evening/Weekend Phone |
| Email | |

I am a:

- NCCP Certified Equestrian Coach/Instructor
- Trained Equestrian Coach/ Instructor
- Physical Education Teacher
- Community Recreation Leader

Media Release: I am aware that this event will have video and photos taken. Any media may be used by NSEF for promotional materials.

Sign Here (Parent/Guardian if under 19): _____

Please select one session you would like to attend:

| | Date | Location | Registration Deadline | Cost |
|--------------------------|----------------------------|--|-----------------------|----------------|
| <input type="checkbox"/> | Saturday, January 18, 2020 | Beaverbank Kinsac Community Centre, 1583 Beaver Bank Road, Beaver Bank, HRM | January 8 | \$50.00 |
| <input type="checkbox"/> | Sunday, January 19, 2020 | Lunenburg County Lifestyle Centre, 135 North Park Street, Bridgewater | January 8 | |
| <input type="checkbox"/> | Friday, February 21, 2020 | Douglas Street Recreation Centre, 40 Douglas Street, Truro | February 5 | |
| <input type="checkbox"/> | Sunday, February 23, 2020 | Louis Millett Community Complex, 9489 Commercial Street, New Minas | February 5 | |
| <input type="checkbox"/> | Saturday, March 28, 2020 | Membertou Sport & Wellness Complex, 95 Maillard Street, Membertou, NS | March 11 | |
| <input type="checkbox"/> | Sunday, March 29, 2020 | Heatherton Community Centre, 42 Summerside Rd, Heatherton, NS | March 11 | |

NO refunds will be granted unless NSEF cancels the course. The NSEF reserves the right to cancel session(s) due to unforeseen circumstances or insufficient registration. If the NSEF cancels the course, you can credit the amount to the next course or request a refund in writing. The NSEF cannot accept responsibility for expenses incurred as a result of the cancellation of a course.

| | | |
|---|-------------|---|
| PAYMENT TYPE: <input type="checkbox"/> -Cheque <input type="checkbox"/> -Money Order <input type="checkbox"/> -MasterCard/Visa <input type="checkbox"/> -Cash (in office only – please call ahead) | | |
| VISA/MASTERCARD PAYMENT INFORMATION: Total Credit Card Payment Enclosed: \$53.00 | | |
| Name on Credit Card: | Signature: | |
| Credit Card Number | Expiry Date | Verification Code (located on the back of the card) |
| Nova Scotia Equestrian Federation 5516 Spring Garden Road, 4 th Floor, Halifax, NS, B3J 1G6 Phone: 425-5450 ext. 342 or 337 Fax: 902-425-5606 Email: nsefservices@sportnovascotia.ca | | |