



MILLFIELD

DISCOVER BRILLIANCE



MILLFIELD EQUESTRIAN COACHING PROGRAMME

Equestrian Sport is one of the foundation sports at Millfield, and the Equestrian Centre is proud to be a world leader in the development of young people through its coaching programme.

As a British Horse Society (BHS) Approved Centre, with a consistent record of excellence in both horse management and rider training, we offer a broad education to riders of every aspiration, ability and motivation. The equestrian coaching programme emphasises the importance of education in complete horsemanship through the acquisition of technical, tactical, physical and mental skills for both human and equine athlete.

Whether you are a beginner wishing to develop basic riding skills or are already competing at a certain level with high aspirations in your chosen discipline, Millfield Equestrian has a coaching programme to suit your level of commitment and skill.

We offer three pathways for rider development:

Millfield Mix – Schools Programme

The Millfield Mix Schools Programme is designed for the busy Millfield rider. Three days of training per week under the guidance of a BHS Stage 3 Performance Coach. The programme includes the use of a Millfield school horse (subject to availability and suitability) and is designed for entry level and recreational riders. We provide regular

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internal and selected local competitions as part of the programme to support development.

Team Millfield – Development Programme

The Team Millfield Development Programme is most popular for those riders bringing their own horse to train under the supervision of a BHS Senior or Stage 4 Coach. There is a commitment to riding at least six days per week with three mounted coaching sessions per week and one specialist coach 'clinic' session per term included. The specialist clinics are delivered by leading National Governing Body (NGB) and regional youth development coaches in dressage, eventing and show jumping.

As part of the development programme you will receive an off-horse support programme including rider strength and conditioning, and psychological skill development. These are typically delivered by Millfield coaches.

You will also receive one weekly session covering the syllabus of the BHS Career Pathways encompassing a diverse array of topics on horse management, coaching skills and equine career options to help support your transition from Millfield (<https://pathways.bhs.org.uk/career-pathways/>).

Riders are encouraged to attend competitions when they are deemed to have achieved the participation criteria. We aim for you to attend at least two competitions in each term, providing a suitable competition is available. Regular in-house competitions are organised, and there are frequent affiliated and unaffiliated regional events. The programme supports all three disciplines of dressage, eventing and show jumping, and competitions are supplemented with cross country schooling, arena hire, gallop trips and beach rides.

Meyers – Competition Programme

The Meyers Competition Programme is our premium package for riders aspiring to the highest levels of training and competition in their chosen sport. Riders with their own horse or horses will engage in a comprehensive training programme under the supervision of a BHS Fellow and Senior

Coach. We expect riders who sign up for this programme to be dedicated and committed to their development in equestrian sport and already have some of the critical skills to enable them to make the most of this opportunity. Every competition rider will co-develop an Individual Development Plan (IDP), including a structured competition programme that will provide stretch and challenge. A critical element of the competition development experience is to prepare young people with a pathway in Equestrian sport and to be ready for the challenges in their transition to University, higher levels of the sport or the wider equestrian industry.

With a commitment to riding six days per week, you will receive at least four mounted coaching sessions per week and two external coach 'clinic' sessions per term. The specialist clinics will be delivered by leading NGB, regional and youth development coaches in dressage, eventing and show jumping. You will receive one to one support in structuring your training week. All sessions are planned in and around the academic timetable, including pre breakfast, lunchtime and after school. In some cases, depending on academic demands, there are opportunities for coaching during the day as identified in the rider IDP.

We expect a serious commitment to the off-horse education element which will include two weekly sessions on rider and equine athlete development, including strength and conditioning, fitness and nutrition, biomechanics and movement analysis, competition pathway planning and equine specific sport psychology. We will provide access to industry leading specialists in support services, such as equine prehabilitation, recovery and rehabilitation, saddle assessment and fit, to compliment those delivered by Millfield coaches and staff.

You will also receive two weekly sessions covering the syllabus of the BHS Career Pathways, encompassing a diverse array of topics on horse management, coaching skills and equine career options (<https://pathways.bhs.org.uk/career-pathways/>). This forms part of our programme to support riders in becoming a 'student of their sport' and will help both their own development and open opportunities for a potential career in the Equestrian industry.

In the competition programme, riders will attend targeted competitions as a part of their pathway when they are deemed to have achieved the participation criteria. We would expect at least 4 competitions per term providing suitable competitions are available. Competition day support will be made available at some competitions to support riders to prepare and debrief from the opportunities provided.



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