



Information for
Coaches
June 2015



WHAT IS READY SET TROT?

Ready Set Trot is designed to give young people more opportunities to have fun with horses and offers a variety of ways for them to get involved. Ready Set Trot removes the need for a young person to own or have access to a horse and has quickly gained momentum in schools and riding schools around Australia since it launched nationally in March 2013.

Ready Set Trot introduces young people to the world of horses teaching them fundamental horse skills and horse awareness within a safe and fun setting. As well as teaching young people how to care for horses, **Ready Set Trot** gives horse mad kids the chance to bond with horses, an opportunity to ride a horse and make new friends, regardless of their access to a horse.

Ready Set Trot has something for everyone – from the **Ready Set Trot** website www.ReadySetTrot.com hosting information, fun facts, online games and coach listings to the two targeted programs of **Ready Set Trot** – Playground Skills and Stable Skills.

Playground Skills:

- Primary School based program
- Flexible delivery of fun and active play games supported through themed activity sheets
- Horse not required – uses basic school yard equipment e.g. balls, hoops, ropes and cones
- Additional delivery modules including school incursions with a horse, student excursions to local riding facilities, schools sports days etc.

Stable Skills:

- The ideal beginner program for horse mad kids and their parents
- Four Ribbon levels of horsey skills to work through focusing on general knowledge, horse welfare and basic riding skills
- Delivered by accredited coaches and supplemented with an interactive participant pack and website engagement.

The Benefits of Ready Set Trot

The **Ready Set Trot** program provides a unique opportunity to young Australians who may not previously know how to get involved with horses or have been limited by various barriers to have a go.

The **Ready Set Trot** brand and its specific programs can be used by coaches and clubs as a platform to expand their current servicing and attract new participants. The benefits include;

- **Recruitment of new clients** – coaches, clubs and businesses can use the Ready Set Trot brand to attract and engage with new markets of prepositive clients including schools, parents and beginner riders.
- **Supplement existing programs** – The Ready Set Trot programs can be used to supplement existing coaching programs used by coaches by providing a structure of outcomes and skills to participants to work towards ideas for activities, lesson materials and aids and packs to provide to participants.
- **Marketing and Promotional support** – All Ready Set Trot delivery providers receive access to a suit of marketing and promotional resources that can be used to promote their own business using the Ready Set Trot brand. Resources include online profiles, adaptable flyers, media templates and event guides.



Equestrian Australia proudly presents the Ready Set Trot junior equestrian program in conjunction with Principle Partners Pony Club Australia and the Australian Sports Commission



READY SET TROT - STABLE SKILLS



What is Stable Skills?

Stable Skills is a program designed to introduce children to the basics of horse riding, whilst teaching the fundamentals of horsemanship and overall horse welfare. This outcome based program is made up of four “Ribbon Levels”, which allows each participant to work through the levels at their own desired pace. Each level is met with new activities, lesson plans and learning curves to further their horse knowledge and riding skills.

What Stable Skills teaches

The Stable Skills program focuses on teaching young Australians core values such as responsibility, communication, respect, empathy and team work.

Getting involved with Stable Skills

Participants register with Stable Skills at the Green level and work through skills and activities with each lesson, progressing through the four levels. Skills to be achieved include both mounted and unmounted activities that participants can work through at their own pace and complete the theory activities in their pack.

Delivery Flexibility

The Stable Skills program has been designed with delivery flexibility in mind to suit a wide variety of coaching methods. The program can be delivered to suit the delivery provider as models such as after school lessons, weekend lessons, School Holiday camps, intensive clinics, or come-and-try expo days. The program can be completed as part of a group or on an individual basis, using either the participants own horse, or a provided schooled horse.



Stable Skills Program





DELIVERING READY SET TROT

Ready Set Trot has been designed to allow flexibility in delivery meaning delivery providers can structure it in a way that supplements their existing business services or use to increase their current offering to potential clients/members.

Suggested Delivery Models

Suggested models of delivery for Ready Set Trot include;

- **Weekday/end Term Package** – participants can sign up with the delivery provider for a full term of lessons after school or on weekends to work through the Ready Set Trot content
- **Regular Lessons** – participants can work through the Ready Set Trot level content as part of their regular lessons
- **School Groups** – delivery providers can link with local schools to deliver the Ready Set Trot program to specific school groups or as part of existing school equestrian programs
- **Intensive Clinics** – delivery providers can run short clinics alongside existing events for participants to start working through the Ready Set trot program
- **School Holiday Camps** – delivery providers can run specific group school holiday camps targeted at a specific level of the Ready Set Trot program to complete
- **Come and Try Expos** – delivery providers can use samples of the Ready Set Trot program to entertain participants at open or come and try days to the local general public.

Registered delivery providers can access event guides and resources to assist in delivering their programs in any of the above models through the online resources found on the Ready Set trot website once registered.



Ready Set Trot current delivery provider:

“I recently opened a riding school in Southern Tasmania and I took the opportunity to get involved in Ready Set Trot as a way to expose my business to a new audience. As well as helping to get my business off the ground, Ready Set Trot is a great way to get more people taking up equestrian - I am passionate about this sport and want to see more young people giving it a go.”

“Ready Set Trot is the perfect stepping stone for families to gain horse knowledge and experience before taking the next step to either own their own pony or continue with riding lessons.”

Jody Rybarczyk, Level 1 EA NCAS Coach and owner of Clovelly Park Riding



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What is Playground Skills?

Ready Set Trot - Playground Skills is a primary schools based program that provides young people with an introduction to horses through a series of fun games and activities – *without actually needing a horse!*

Delivered using basic sports equipment such as balls and hoops means that the program can be delivered anywhere, anytime, by anyone.

What is Sporting Schools?

Sporting Schools is a new program available to all Australian primary schools providing funding for schools to engage quality coaches to deliver sport programs, including equestrian, before during or after school.

Equestrian Australia is working with Sporting Schools, using Ready Set Trot, to foster a lifelong interest in horse sports, gain a healthier mind and body, have fun be active and learn in a safe environment.



"I felt the sessions were a huge success. The students were engaged and they all seem to be enjoying themselves. I especially liked the team work activities which is something that the other sports have not touch on so far. "

Mr Craig O'Donnell, Principle Mossfiel Primary School

SPORTING Schools

Working with Sporting Schools

Accredited coaches can register as a coach to deliver Ready Set Trot through Sporting Schools using a quick and easy online process -

www.sportingschools.gov.au

Coaches are required to hold current EA or PCA accreditations and meet State-specific working with children requirements.

Sporting Schools is a fantastic opportunity for coaches to connect with local schools, promote Equestrian sport, stir the curiosity of horses within children and recruit new participants to your own business/clubs.

If you would like to know more about the Sporting Schools program and how you can get involved contact us on readysettrot@equestrian.org.au



Is proudly presented by:



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