



STUBBING COURT TRAINING LTD.
NEWSLETTER APRIL 2015
TO ALL APPRENTICES, PARENTS & EMPLOYERS
www.stubbingcourtraining.com

SCT COACHING SEMINAR AND COACHING UNITS ★★ ★

As part of its commitment to expanding and improving the services it provides to the equestrian world, Stubbing Court Training Ltd (SCT) held an extremely well-attended and successful Coaching Seminar on 5 March. This is part of the upcoming launch of SCT's new Coaching units, which will be available online from April 2015. It will provide apprentices and employers with a valuable tool in their professional development and a well-regarded qualification. Almost a hundred of SCT's employers and apprentices attended the day-long seminar at the Van Dyk Hotel in Chesterfield. There were five sessions, given by top professionals from the equine industry. Team GBR sports psychologist Kate Goodger spoke on improving performance through sports psychology, and Julia Scott-Douglas, the Team GBR nutritionist, gave a presentation on improving performance through diet. Strength and conditioning coach Michael Peacock talked about improving performance through fitness, while Peninsula Business Services gave a briefing on health and safety and employment law. And Anna Goodley from Lycetts spoke about coaching insurance, giving an overview of the necessary requirements, documentation and qualifications. She revealed that Lycetts will consider the completed Coaching units to be the equivalent of the British Horse Society Assistant Instructor (BHSAI) qualification or the UKCC Level 2 coaching qualification for insurance purposes and also offer a discount on the premium for those holding this qualification. "This was an extremely well-organised day with excellent speakers," said one participant. "We were privileged to hear speakers who are experts in their field and not normally accessible unless you are on the Olympic team!" SCT hugely appreciate the support and involvement of these leading coaches and professionals, and the apprentices and employers who attended.



SCT has secured an outstanding benefit for instructors and trainers who complete their ground-breaking new Coaching Units. Insurance brokers Lycetts will consider the Level 3 Coaching Units - to be the equivalent of the BHSAI qualification, or the UKCC Level 2, and will grant those who have completed the Coaching Units the same discount as they offer to individuals who hold the BHSAI or UKCC Level 2. Lycetts' Anna Goodley said: "Lycetts are delighted to support the new Coaching Units which SCT are now offering. It's changing the way that we think about and train our coaches of the future, and this represents a much more 'hands on' and rigorous method of assessment than a single exam." The pioneering Coaching Units underline SCT's commitment to online learning, which has many benefits to those who work irregular hours in the always-busy horse industry. The Online Learning programme will feature all the underpinning knowledge required, with video clips from world renowned coaches Yogi Breisner and Andrew Saywell, Team GBR coaches Kate Goodger on Sports Psychology and Julia Scott-Douglas on nutrition; and Strength and Conditioning coach Michael Peacock. The Online Learning programme will also include portfolio work, with Lesson Plans, Participant Initial Assessment, Horse and Risk Assessment forms available to download and upload. Depending on the individual circumstances, the criteria could be covered by four sessions:

- Individual jumping session with adult competing at a low level
- Stable management lecture to a group of adults or children
- Individual flatwork lesson to a novice adult
- Lead rein lesson to a child.

The cost including registration, assessment and certification will be approximately £300 depending on location and previous experience.

SARAH WARNER - WORK EXPERIENCE WITH JOE WHITAKER



I am currently working towards my Apprenticeship at J.B Equestrian Services which is a family run stables in South Yorkshire, close to Stocksbridge. It offers full and part livery, schooling and holiday livery as well as breaking services and one to one riding training for all of its clients. The yard has also established itself with local veterinary teams as an ideal place for the rehabilitation of injured, sick or problem horses and ponies. I recently had the opportunity to do work experience at Steven Whitaker's yard in Silkstone. I really enjoyed getting to see how a large yard runs and I gained some great experience that has really helped me with my apprenticeship. The yard has a variety of horses from foals, youngsters, stallions and the horses that are in work. There are over 30 stables and a few pens where they keep the foals and

youngsters. Some of these experiences I would have been unable to or have not yet had an opportunity to achieve at J.B Equestrian Services due to the nature of the yard. These experiences included exercising horses using a walker, preparing horses for travel, caring for horses after hard exercise etc. After completing my work experience I was asked if I would be interested in helping Joe Whitaker at a show at Port Royal. We took 8 horses to the show, 6 of which were youngsters and it was their first show. Joe jumped the 6 youngsters in the lower level classes and waited until the 1.30m to jump Ned and Lola, his more experienced horses. Despite it being an extremely long day, I enjoyed every part of it and couldn't have asked for a better time. I was also able to get some great experience in loading and un-loading horses and travelling with them.



★★★ **HEALTH & SAFETY** ★★★

30 June at North Notts College, Worksop
 11 May, 16 June at Derby College

LIMITED PLACES for all SCT employers, apprentices and their employees. Please contact SCT for more information on 01246 566193

★★★ **FIRST AID** ★★★

6 July at Middleton Park EC, Leeds
 6 July at Scropton RDA, Scropton
 13 July at Speetley EC, nr Chesterfield

All courses 9.30 - 4pm. Free for all apprentices, special rate of £60 for employers. Please contact SCT for more information on 01246 566193

LATEST ACHIEVEMENTS!!!!!!



Apprenticeship: Leonie Bradwell, Laura Barton, Sheridan Evans, Paisley Woodward, Brooke Young, Laura Ruston, Jamie Morpeth



Advanced Apprenticeship: Kimberley Norwell-Hall, Jessica Adams, Charley Winfield

Advanced Technical Certificate: Megan Hague

FUNCTIONAL SKILLS EXTERNAL TESTS

Mathematics Level 1: Naomi Hartman, William Vicencio-Prior, Codie Goddard, Asher Beresford, Calais Wyllie, Fern Carroll, Megan Smith, Emily Howarth, Emmily Antcliff, Sam Antcliff, Sarah Warner, Rachel Hill

Mathematics Level 2: Alyssa Jones

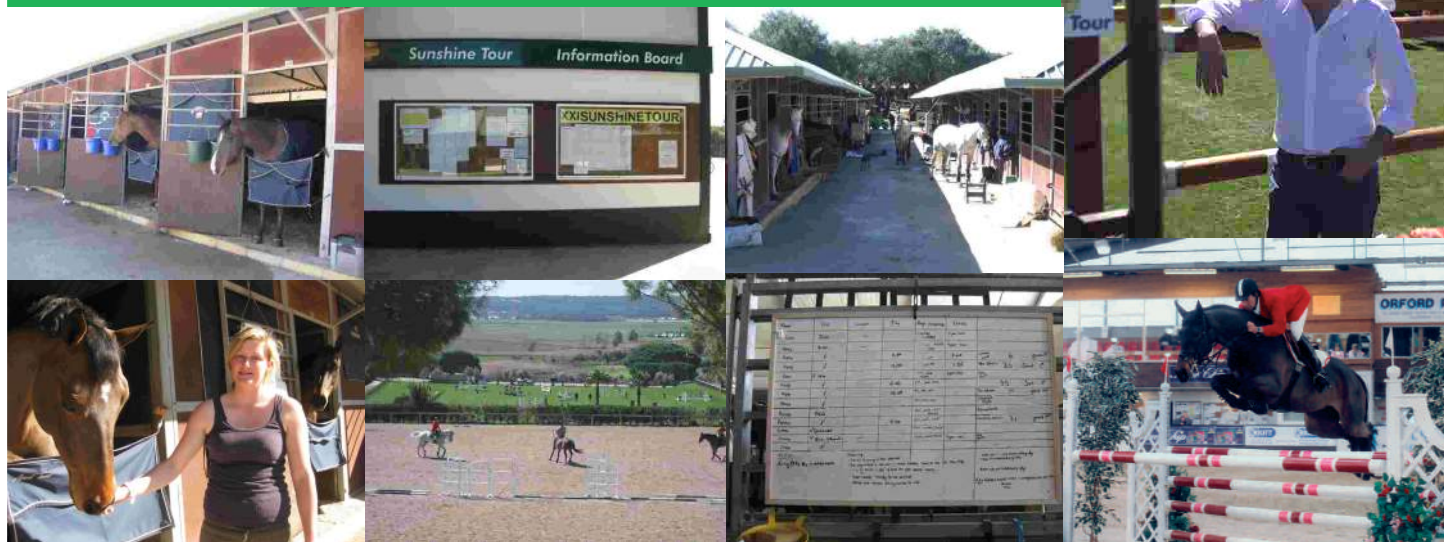
English Level 1: Lauren Ward

English Level 2: Andrew Baldock, Ashley Smylie

LAUNCH OF SCT MATHS AND ENGLISH ONLINE LEARNING



In April 2015, SCT are launching the new Maths and English Online Learning units. In developing these units we have been delighted and privileged to work with some of the most successful professionals in the world to promote training and achievement through the Apprenticeship programme. Trainers include SCT former apprentices and employers Andrew Saywell, George Whitaker, Morgan Kent and Matthew Sampson. We have had enthusiastic involvement from all parts of the horse industry and very much appreciate all their support and outstanding expertise. The Maths and English Online Learning is pioneering in showing where these skills are relevant and essential to yard and horse management to world class standards. Some of the filming for these units was done at the Sunshine Tour in Spain, so enabling apprentices and employers to see the daily use of Maths and English in performance at international level. The units include practical demonstrations, explanations, links to further information and practice tests, and step by step guides in the skills and techniques required to achieve these Functional Skills. The units will be available on the SCT Online Learning programme.



BHS SAFEGUARDING COURSES

These courses are for anyone teaching under 18s:

- Grove House Stables, Misterton on Thursday 16 April
- Scropton RDA, nr Burton on Trent on Monday 10 June

Please book direct with the BHS at <http://www.bhs.org.uk/>



SUMMARY OF COACHING SEMINAR FEEDBACK



1. What was the most useful aspect of the day?

- The psychologist's view of coaching
- Knowing how I can improve my fitness and eating when at work, knowing about different parts of the brain and what they do
- New exercises to do at home without going to a gym
- Fitness psychology and nutrition
- All was useful
- Covering all subjects about the brain and how it relates to coaching
- Kate was entertaining and came up with ideas that I will use in my future coaching sessions
- The lectures had lots of useful information and well presented, I gained something from all of them
- The strength and conditioning talk
- The chimp talk was excellent, insurance and lots of questions were answered
- Learning about insurance and how the brain works
- All presentations were useful and enjoyable
- The conditioning speaker gave some very good points
- Nutrition - rider rations
- Coaching insurance most helpful, sports psychologist - innovative and maintained the audience's attention throughout
- Being updated on Health & Safety policies
- Learning what I would need to access when taking the teaching qualifications
- Input from other experts - not 'horsey'
- Different insurance policies that relate to the yard/school
- Nutrition - something I feel I could change about myself to improve my work
- Generally useful information across the whole seminar
- Hearing tips from Olympic coaches on the little things that make a huge difference in improving performance
- The variety of the speakers
- All extremely knowledgeable and delivered their speeches very well
- Explanation of insurance, Kate's teaching of the brain area, peaks in energy levels and lack of sleep delaying reactions
- Learning about the different parts of the brain and their functions
- Learning how much fittening and conditioning affects performance and diet
- Lots of practical and useful information
- Listening to different aspects on coaching and how to ensure the best practice
- Anna Goodley - Lycetts and all the angles covered by Insurance
- Being privileged to hear speakers who are specialists in their field and normally not accessible, unless you are on the Olympic Team!

2. What was the most enjoyable aspect of the day?

- The psychologist's view of coaching
- Finding out about how the brain works and what types of food are better for you at different times of the day
- Psychology talk and the interaction
- The learning and the whole atmosphere
- All the talks were motivational and interesting
- All the topics were relevant and important
- I enjoyed the talk about the brain and found it very interesting
- Learning about healthy foods and how the brain works when being emotional and angry etc
- Meeting new employers and Olympic coaches
- Overall a lovely atmosphere the whole day
- How the mind works, the inner chimp and your computer
- Michael Peacock was very informative and gave good tips
- Very well organised - all on time, excellent facilities, excellent communication prior to the seminar
- Well run and informative - really good tips!
- Well delivered and appropriate
- The variety of speakers
- Seeing a psychologist at work!
- The interactive psychologist speech
- Gaining new knowledge with every new speaker
- Understanding the mind and learning about the different areas of emotion and how the inner chimp takes over

3. What will you do now to improve your work and progress?

- Work through some of the exercises
- Eating different food at different times, doing fitness and strength exercises at home
- Research the coaching options
- Fruit bowl in the office
- Think about my 'chimp' and how to improve it
- Take more exercise, stop listening and acting out on my chimp, eat better and change high energy drinks to milk
- Drink more water
- Look into improving fitness
- It will all help when I am competing
- Work on a better diet and fitness regime
- Consider my 'inner chimp' and how to control it and use the idea in my coaching
- Advise others on being healthy and resting accordingly, also some simple exercises on helping balance
- Get fitter
- Improve my training and fitness techniques
- Look into other risk assessments e.g. working alone
- Improve my nutrition and my Health & Safety
- Make sure I drink more throughout the day
- Utilizing the understanding of how the brain works and to improve performance both personally and with staff and clients
- Accessing the online learning
- Use warm up for riders and encourage everyone to be hydrated, use my knowledge of chimp to improve rider performance
- Encourage others to take the coaching units and think about their nutrition whilst on the yard, the chimp idea will definitely help with the coaching
- More written risk assessments
- Check my insurance cover and tell them that I'm going to be doing some coaching
- Improve my diet, get fitter, work with more riders and do more risk assessments
- Improve H&S and introduce wearing body protectors
- Adjust my diet and do some simple fitness exercises
- Improve the care of myself and employer to help the business
- Improve myself so I have more to give
- Make sure we have specific insurance cover for having a XC course
- Encourage all apprentices and employers to utilise the Online Learning and assessments for the coaching units

4. Do you have any other comments about the quality of the Coaching Seminar?

- Well organised and interesting speakers
- Really useful to catch up with other employers and to check that I'm up to date with correct legislation relevant to my business
- Lovely, friendly people
- All were excellent
- Very interesting and I learnt a lot
- Very well organised
- Very helpful and very beneficial
- Excellent speakers, very good venue
- A very enjoyable day and a lot to think about
- An excellent day
- Outstanding speakers
- Lovely facilities
- Extremely well organised, excellent speakers, excellent atmosphere
- Good value and lots of variety
- Will definitely attend another seminar
- Very interesting and well run event
- Very well run and can't imagine the trouble SCT had to go to to organise the day
- The speakers were great at motivating and interacting with all the employers and apprentices in the audience

WELCOME TO:

Georgia Marples, Abby Daughtrey, Rhianna Holroyd, Tasha Hopkin, Poppy Mallinson, Emma Willamett, Lauren Morris, Ashleigh Walters, Anthony Smith, Clara Ter-Haar, Jessica Charlton, Elinor Holmes, Kelly Marshall, Chloe Denton, Tiffany West

