

**horse**scotland **Performance Pathway Application**

**Performance Pathway**

The **horse**scotland Performance Pathway is supported by National Lottery funding from **sport**scotland, with the aims of supporting athletes and equines:

* securing places on GB teams

And/or

* British Equestrian World Class Podium Programmes

There are two programmes within the Performance Pathway defined by the criteria, as agreed with each Olympic Discipline and can be found in the Performance Handbook. Our programme is designed to develop the potential of equine and athlete in a performance environment through our Talent Pathway and Performance Pathway to achieve their individualise agreed goals.

This form is intended to enable you to provide information about you and equine/s to assist in the initial assessment of your suitability for the **horse**scotland Performance Pathway, therefore please complete a fully as possible.

Any incomplete application forms will not be accepted - you may wish to ask your coach or a **horse**scotland Talent Advisorto help you complete this form.

**Personal Details**

|  |  |
| --- | --- |
| Application Number: (For Office Use Only) |  |
| Olympic Discipline Applying For:(please select) | DressageEventingPara DressageShowjumping |
| Olympic Discipline Membership Number: |  |
| First name: |  |
| Surname: |  |
| Address: |  |
| Postcode: |  |
|  |  |
| E-mail: |  |
| Mobile Telephone: |  |
| Parents Telephone (where under 18): |  |
| Date of Birth: |  |

**Meeting the Criteria**

Please identify which pathway you are applying for, delete as appropriate:

Performance Pathway

Talent Pathway

Do you meet the criteria for your age and discipline for the Performance Pathway?

Yes/ No

**Please state your qualifying results for 2022**

These results need to highlight you meet the criteria for application. You can include up to three horses which meet the criteria in this application.

|  |  |
| --- | --- |
| **Horse Name:** |  |
| **Date** | **Venue** | **Competition Level and Result** |
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| --- | --- |
| **Horse Name:** |  |
| **Date** | **Venue** | **Competition Level and Result** |
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| --- | --- |
| **Horse Name:** |  |
| **Date** | **Venue** | **Competition Level and Result** |
|  |  |  |
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| What were the highlights from your 2022 seasons? |
|  |

**Goals and annual plan**

Identify the main goals for each horse over the next 24 months, that you have identified and meets the criteria for the Performance Pathway. You should include the competitions you are aiming for as well as your identified areas for improvement.

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| --- | --- |
| **Horse Name** | **Goals** |
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Please complete a 12-month annual plan for yourself and each horse listed above to demonstrate your route to reach your goals. The plan should outline your training plan for each horse (up to 3) to identify when you are training, resting and competition dates.

Your plan should include:

* Main competition dates and qualifying competitions
* Current fitness and Strengthening activity
* Use of practitioners for example physio or sport phycologists
* Blank columns can be used for any additional support

Your horse’s plan should include:

* Main competition dates and qualifying competitions
* Discipline specific training with and without coaches
* Holidays/rest periods for both horses and athlete

**Please note:** Successful athletes will be expected to complete a full Annual plan for their horses which will be based on the information provided here and include supporting practitioners such as physio, farrier etc.

**Athlete Annual Plan**

|  |  |
| --- | --- |
| **Athlete name:** |  |
| **Week** | **Competition Dates** | **Cardio fitness** | **Strength & conditioning** | **Physio** | **Sport Psycology** | **Rest/Recovery** |  |  |
| **2nd Jan** |  |  |  |  |  |  |  |  |
| **9th Jan** |  |  |  |  |  |  |  |  |
| **16th Jan** |  |  |  |  |  |  |  |  |
| **23rd Jan** |  |  |  |  |  |  |  |  |
| **30th Jan** |  |  |  |  |  |  |  |  |
| **6th Feb** |  |  |  |  |  |  |  |  |
| **13th Feb** |  |  |  |  |  |  |  |  |
| **20th Feb** |  |  |  |  |  |  |  |  |
| **27th Feb** |  |  |  |  |  |  |  |  |
| **6th Mar** |  |  |  |  |  |  |  |  |
| **13th Mar** |  |  |  |  |  |  |  |  |
| **20th Mar** |  |  |  |  |  |  |  |  |
| **27th Mar** |  |  |  |  |  |  |  |  |
| **3rd Apr** |  |  |  |  |  |  |  |  |
| **10th Apr** |  |  |  |  |  |  |  |  |
| **17th Apr** |  |  |  |  |  |  |  |  |
| **24th Apr** |  |  |  |  |  |  |  |  |
| **1st May** |  |  |  |  |  |  |  |  |
| **8th May** |  |  |  |  |  |  |  |  |
| **15th May** |  |  |  |  |  |  |  |  |
| **22nd May** |  |  |  |  |  |  |  |  |
| **29th May** |  |  |  |  |  |  |  |  |
| **5th Jun** |  |  |  |  |  |  |  |  |
| **12th Jun** |  |  |  |  |  |  |  |  |
| **19th Jun** |  |  |  |  |  |  |  |  |
| **26th Jun** |  |  |  |  |  |  |  |  |
| **3rd Jul** |  |  |  |  |  |  |  |  |
| **10th Jul** |  |  |  |  |  |  |  |  |
| **17th Jul** |  |  |  |  |  |  |  |  |
| **24th Jul** |  |  |  |  |  |  |  |  |
| **31st Jul** |  |  |  |  |  |  |  |  |
| **1st Aug** |  |  |  |  |  |  |  |  |
| **7th Aug** |  |  |  |  |  |  |  |  |
| **14th Aug** |  |  |  |  |  |  |  |  |
| **21st Aug** |  |  |  |  |  |  |  |  |
| **28th Aug** |  |  |  |  |  |  |  |  |
| **4th Sep** |  |  |  |  |  |  |  |  |
| **11th Sep** |  |  |  |  |  |  |  |  |
| **18th Sep** |  |  |  |  |  |  |  |  |
| **25th Sep** |  |  |  |  |  |  |  |  |
| **2nd Oct** |  |  |  |  |  |  |  |  |
| **9th Oct** |  |  |  |  |  |  |  |  |
| **16th Oct** |  |  |  |  |  |  |  |  |
| **23rd Oct** |  |  |  |  |  |  |  |  |
| **30th Oct** |  |  |  |  |  |  |  |  |
| **6th Nov** |  |  |  |  |  |  |  |  |
| **13th Nov** |  |  |  |  |  |  |  |  |
| **20th Nov** |  |  |  |  |  |  |  |  |
| **27th Nov** |  |  |  |  |  |  |  |  |
| **4th Dec** |  |  |  |  |  |  |  |  |
| **11th Dec** |  |  |  |  |  |  |  |  |
| **18th Dec** |  |  |  |  |  |  |  |  |
| **25th Dec** |  |  |  |  |  |  |  |  |

**Equine Annual Plan**

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| --- | --- | --- | --- |
| **Horse name:** |  |  |  |
| **Week** | **Competition** | **Training** | **Rest** | **Competition** | **Training** | **Rest** | **Competition** | **Training** | **Rest** |
| **2nd Jan** |  |  |  |  |  |  |  |  |  |
| **9th Jan** |  |  |  |  |  |  |  |  |  |
| **16th Jan** |  |  |  |  |  |  |  |  |  |
| **23rd Jan** |  |  |  |  |  |  |  |  |  |
| **30th Jan** |  |  |  |  |  |  |  |  |  |
| **6th Feb** |  |  |  |  |  |  |  |  |  |
| **13th Feb** |  |  |  |  |  |  |  |  |  |
| **20th Feb** |  |  |  |  |  |  |  |  |  |
| **27th Feb** |  |  |  |  |  |  |  |  |  |
| **6th Mar** |  |  |  |  |  |  |  |  |  |
| **13th Mar** |  |  |  |  |  |  |  |  |  |
| **20th Mar** |  |  |  |  |  |  |  |  |  |
| **27th Mar** |  |  |  |  |  |  |  |  |  |
| **3rd Apr** |  |  |  |  |  |  |  |  |  |
| **10th Apr** |  |  |  |  |  |  |  |  |  |
| **17th Apr** |  |  |  |  |  |  |  |  |  |
| **24th Apr** |  |  |  |  |  |  |  |  |  |
| **1st May** |  |  |  |  |  |  |  |  |  |
| **8th May** |  |  |  |  |  |  |  |  |  |
| **15th May** |  |  |  |  |  |  |  |  |  |
| **22nd May** |  |  |  |  |  |  |  |  |  |
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| **5th Jun** |  |  |  |  |  |  |  |  |  |
| **12th Jun** |  |  |  |  |  |  |  |  |  |
| **19th Jun** |  |  |  |  |  |  |  |  |  |
| **26th Jun** |  |  |  |  |  |  |  |  |  |
| **3rd Jul** |  |  |  |  |  |  |  |  |  |
| **10th Jul** |  |  |  |  |  |  |  |  |  |
| **17th Jul** |  |  |  |  |  |  |  |  |  |
| **24th Jul** |  |  |  |  |  |  |  |  |  |
| **31st Jul** |  |  |  |  |  |  |  |  |  |
| **1st Aug** |  |  |  |  |  |  |  |  |  |
| **7th Aug** |  |  |  |  |  |  |  |  |  |
| **14th Aug** |  |  |  |  |  |  |  |  |  |
| **21st Aug** |  |  |  |  |  |  |  |  |  |
| **28th Aug** |  |  |  |  |  |  |  |  |  |
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| **11th Sep** |  |  |  |  |  |  |  |  |  |
| **18th Sep** |  |  |  |  |  |  |  |  |  |
| **25th Sep** |  |  |  |  |  |  |  |  |  |
| **2nd Oct** |  |  |  |  |  |  |  |  |  |
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| **16th Oct** |  |  |  |  |  |  |  |  |  |
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| **27th Nov** |  |  |  |  |  |  |  |  |  |
| **4th Dec** |  |  |  |  |  |  |  |  |  |
| **11th Dec** |  |  |  |  |  |  |  |  |  |
| **18th Dec** |  |  |  |  |  |  |  |  |  |
| **25th Dec** |  |  |  |  |  |  |  |  |  |

**Additional information**

As part of the pathway you will receive support in a variety of different areas to develop you as an effective athlete. Please complete the following table and give detail on what you do currently to develop these areas and what support you would look for from the pathway going forwards.

|  |  |
| --- | --- |
| **Area** | **Support required** |
| **Athlete fitness/strength and conditioning, nutrition** |  |
| **Athlete physio** |  |
| **Flatwork/dressage** |  |
| **Show Jumping and XC (Where applicable)** |  |

**Support Contacts**

Please provide the contact details of your home support and for the following where they apply, if you don’t see them regularly please leave it blank:

|  |  |  |
| --- | --- | --- |
|  | Names | How regularly you engage with them including date of last visit? |
| Home Coaches (name all regular coaches) |  |  |
| Home/ Travelling Groom |  |  |
| Vet |  |  |
| Farrier |  |  |
| Equine Physio |  |  |
| Human Physio |  |  |
| Equine Nutritionist |  |  |
| Human Nutritionist |  |  |
| Fitness |  |  |
| Equine Dentist |  |  |
| Saddler |  |  |
| Other Support Team |  |  |
| Marketing/ Media |  |  |
| Sponsors |  |  |

**Coaching**

As part of the **horse**scotland Performance Pathway you are expected to adhere to the strategic aims of developing a professional workforce. This includes coaching where you are expected to be appropriately qualified for the training you deliver and have suitable insurance.

Do you do any coaching?

* If yes, are you on the **horse**scotland Coaches Register? Yes/ No
* If no, would you like support to become a qualified coach? Yes/No
* Currently coaching without a qualification, but would like support to become qualified? Yes/No

If you are not on this register please provide us with copies of your relevant certificates to join this (Coaching Qualification, First Aid, Safeguarding Qualifications, Insurance and PVG where applicable).

**References**

Please give details of two referees who are willing to give you a riding reference if contacted. It is preferable at least **ONE** is an Accredited / Registered / Listed Coach (Please ask them)

|  |  |
| --- | --- |
| **Personal Trainer Referee** | **Accredited Trainer** |
| Name |  | Name |  |
| Position |  | Position |  |
| Address |  | Address |  |
| Phone |  | Phone |  |
| How long have you known the candidate |  | How long have you known the candidate |  |
| When did you last see the applicant? |  | When did you last Coach the applicant? |  |

**Signatures**

**If you are under the age of 18 please get a parent or guardian to sign for you.**

I certify that information given on this form is, to the best of my knowledge, true and complete. The individuals who are my references have agreed to support my application and be contacted if I am successful.

I understand that if any information is later discovered to be incorrect this may result in the termination of any agreement made between the **horse**scotland and myself.

**Online interviews** **Ridden Assessments**

**27th or 30th January 2023** **21st and 22nd February 2023**

|  |  |  |  |
| --- | --- | --- | --- |
| Signature |  | Date |  |

**How to Submit Application**

All completed forms should be sent to Fiona@horsescotland.org

**Closing date for applications:**

**17:00, 21st December 2022**

**Performance Pathway application completion evening will be held on 5th December 19:00.**