



RDA COACHES DROP-IN SESSION

PANEL DISCUSSION AND NETWORKING
FRIDAY 12TH AT 10AM & 3PM
AT RDA NATIONAL CHAMPIONSHIPS
HARTPURY COLLEGE



Welcome/Meet the Team

Classroom EQ8 at 10am & 3pm

Hartpury Arena gallery
above Liz's cafe

What's on?



Welcome



Sharing Experiences and Q&A Opportunity

The Panel

- Di Green
- Mari Durward-Akhurst
- Natasha Pearce



Networking

Your chance to feedback:

- Coaching Pathways
- Lesson Plans & ideas



Meet the Team



Emma Briggs
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Welcome ...

The RDA National Coaching team would like to thank you for all your support over the past 12 months whilst we work on building the new team, reviewing the processes across National Office as well as continuing to support the development of the RDA network.

As you maybe aware part of the review process has been looking at the Coaches Conference, the purpose and value of a conference, and how best to move this forward with the interests of the network at the for front of what we do.

Thank you everyone who has provided feedback on this subject. Whilst we use this feedback to shape what we offer in the future we thought we'd take the opportunity for further consultation, giving you a chance to feedback on high priority areas and share ideas amongst yourselves as to what works well and where you see successes.

We have secured valuable speakers who have agreed to share their stories and knowledge with us and answer your questions, and we thank them for the time they are giving up for us.

Thank you to ongoing supporters

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Mari Durward-Akhurst International Para Dressage Rider

THERAPY TO PODIUM

I started riding with the Riding for the Disabled as therapy; and competed at the RDA Regionals and Nationals. I really enjoyed competing at these competitions and made lots of friends. I then progressed to Para Dressage and represented GB on the international stage.

I currently mentor some RDA Rider so am still involved with the RDA. European Silver Medalist. Ambassador to four charities. I am a full-time wheelchair user; my condition affects all four limbs and my trunk.



Diane Green

Para Equestrian Foundation Founder & Performance Coach

GRASSROOTS TO GRAND PRIX - ATHLETE & COACHING PROGRAM

Di is an International 3* Grade 1 Para Dressage athlete. She returned to the saddle in 2013 after having 15 years away from horses following a horse related head injury. Once back in the saddle she got the competition bug and within 2 years was competing internationally.

Di has a world of equestrian and performance management experience and brings that knowledge and passion to the foundation, which supports a number of riders and drivers.



Natasha Pearce

Para Dressage & International Officer at British Dressage

BRITISH DRESSAGE PARA COACH PATHWAY BRITISH DRESSAGE PARA JUDGE PATHWAY



Feedback stations & surveys

NETWORKING

The Coaching pathways

- What works well
- What doesn't work well
- What could be better

Discipline specific feedback

- What should be included, content/themes etc

Lesson plans & Ideas

- Share your favourite session
- What works well for your participants and why
- What exercise have you tried that had a surprising outcome?

