



**AUGUST 2009**

**RDA QUEENSLAND - COACHES' NEWSLETTER**

**No.3**

***Important information for Management Committees and to all coaches and carriage driving whips. Please pass on to those you know, including trainees. We hope to keep you updated with coaching matters regularly.***

**Coaching questions can be directed to Karen at RDAQ - [coaching@rdag.org.au](mailto:coaching@rdag.org.au) - and you can also check out the RDA & RDAQ websites: [www.rda.org.au](http://www.rda.org.au) and [www.rdaq.org.au](http://www.rdaq.org.au)**

## **Sports Accreditation Online**

Here is the website which I missed including in the previous newsletter:  
**[www.sao.ausport.gov.au](http://www.sao.ausport.gov.au)**

On this website you can access your Coaching Activity Sheet or request one from RDAQ. This replaces the Log Book system. While every effort is made by the RDA offices and the Sports Commission to remind coaches to renew their credentials, each and every coach must take responsibility, in ensuring their accreditation is up to date and current.

**NO ACCREDITATION = NO INSURANCE, AND THEREFORE, NO COACHING!!**

If in doubt, you can now check on line

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## **PETSTOCK/RDAA YOUNG COACH DEVELOPMENT PROGRAM**

RDAA is delighted to announce a new initiative. The PETstock Foundation has generously agreed to sponsor a dedicated 'Young Coach Development Program'.

This program is aimed at young aspiring RDA Coaches aged 17-25 years who wish to develop a more in-depth knowledge and understanding of RDA and what it means to be an RDA Coach.

Participation on this program will also help fast track 12 young coaches towards the next level of RDA accreditation. Total Cost to participants:

- § \$50 registration fee
- § All travel, accommodation and meals included at no additional cost.

Young coaches must be nominated by their local RDA Centres to their State Office. State Office will then pass nominations from each state to the national office.

There are a limited number of places on this dedicated course. Closing dates for application is 1 October 2009 and further information is available at RDAQ. Program will run from 12-15 November 2009 at Bunip, Victoria

## COACHING WORKSHOPS

**Currumbin Valley 27<sup>th</sup> September 09** 8.30am-3pm Register by 14<sup>th</sup> Sept  
**OTC BASIC HORSE MASTERSHIP WORKSHOP**

**Arundel Park 3<sup>rd</sup> & 4<sup>th</sup> October 09** Camping & Clubhouse Accommodation available.  
Topics include all Hippotherapy, Dressage, Mounted Games, Carriage Driving,  
Vaulting, physical disability with practical work including mounting/dismounting

**Arundel Park 14<sup>th</sup> & 15<sup>th</sup> November 09** **Carriage Driving -**  
Presenters: Cathy Bantick & Karen Greedy

**Intensive Coaching Workshop - 7<sup>th</sup> & 8<sup>th</sup> November 09**  
Sunshine Coast RDA, Yandina (to be confirmed)

Individual flyers will be distributed to centres for all details. Contact RDAQ office to find out more.

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### DRESSAGE NEWS

Anyone who is coaching up and coming Dressage Riders, might like to get copies of "Rider News", produced regularly by Susan Seipel, Queensland Dressage Rider Representative. You can email Susan on [susan\\_seipel@hotmail.com](mailto:susan_seipel@hotmail.com) to get onto the email list.

RDA Australia is no longer the governing body for Para-Equestrian competition. This is now being managed through Equestrian Australia.

**The Para-Equestrian National Dressage Championships** will be held at the Sydney International Equestrian Centre, on September 23<sup>rd</sup>-26<sup>th</sup>. Entries close on Monday August 31<sup>st</sup>. All competitors must be members of Equestrian Australia

**Colleen Kelly Clinic** is touring Queensland and has dressage lessons available to riders in Maryborough, Nambour, Caboolture and Brisbane. Colleen is a great supporter of RDA riders and is holding an auction fundraiser for the Burpengary RDA flood damage appeal.

**National Para-equestrian Coach, Julia Battams**, is running a clinic with the EA State Dressage Squad members and potential and interested PE competitors at Caboolture on August 29<sup>th</sup> and 30<sup>th</sup>.

**Equestrian Australia** are seeking a representative from RDA Queensland to assist with the liaison between RDA, riders, coaches and Equestrian Queensland. Contact Equestrian Australia for more details.

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### CARRIAGE DRIVING

The Revised Carriage Driving Training manual is now available at State office in disc form. A hard copy will be issued to each active Carriage Driving centre free of charge in clip folder. Each centre will need to ensure trainees receive the information they require. Centres MUST ensure that trainees are registered through the state office before starting their training.

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**VAULTING** *A bit about vaulting from the Swan Valley Newsletter...*

Vaulting can be a social, once-weekly activity, or can progress (for those who are dedicated) to State or National competition. Paula explains, 'The interesting part is that many of our "therapy" vaulters are rapidly becoming as skilled as anyone else, in some cases better, it just takes a little longer. Our vaulters participate for a number of reasons. For the majority it is primarily the attraction of the horse and participation in a unique and challenging sport. Some come to gain confidence and social skills which can include finding friends. Others are there to overcome fear after a bad experience with riding or a fear of heights. More are there to improve physical fitness, mobility, decision-making and planning skills. For our more able vaulters, our club offers the opportunity to assist others and make a difference in their lives. The majority of the vaulters have been coming for several years and some are transient vaulters who come for a few terms to gain confidence and then move on to normal riding or sometimes other activities.' The vaulters like to refer to the Saturday session as their 'Vaulting Club' and it does indeed have all the hallmarks, there is a very strong team spirit and sense of community.

Paula says, 'We are fortunate in having a very strong parent involvement and support system. Family members, school teachers and friends frequently come to watch, it is a very social three hours with morning tea and a healthy fruit snack mid morning. At Swan Valley Centre we even have a Mums' team who have a session after the kids and they will be doing a demonstration at the State Championships this year.' What a great way to keep fit and share an interest with your kids. Many vaulters have siblings vaulting as well, and firm friendships have been formed across the disability divide, cemented by the bond of a common interest and love of horses.

If you'd like to try vaulting, contact the RDA Queensland Vaulting Committee - Martin Boersma [MBOERSMA@goldcoastwater.com.au](mailto:MBOERSMA@goldcoastwater.com.au) Barrel Vaulting is a great way to start, but you will need to spend a little time training. Martin has all the details.

## **INSURANCE QUERIES**

### **The One-off Rider Form - Is it to only be used once?**

*Yes, it is designed for a one off event. It can only be used for one event. If a subsequent event was to occur a few weeks later, then a new form should be completed for that event. It is NOT to be used for continual, regular, or semi regular riding.*

### **If you have a volunteer doing regular horse training do they have to complete this form?**

*They can use it the first time, but a volunteer doing regular riding should be approved by the coach and it should be minuted by the management committee that this person is approved to school/ride the horses for training/exercise purposes. A coach (min L1) MUST be present for ALL riding, including this. It is recommended that all riders complete the disclaimer that is used for the rider registration form - to be completed annually.*

### **RDA Registration forms - Do able bodied riders have to complete this form? Are they registered as an RDA rider**

*All riders riding in "programs" AB and otherwise must be registered RDA riders and must pay the RDA registration fee - otherwise you are discriminating, and otherwise they will not have insurance cover. Hence the question on the form that asks if you have a disability Y/N and if Y - please complete the medical form.*

### **What period of time does the registration form cover?**

*The registration form is ongoing, but a new membership form and disclaimer should be completed annually. Medical Review forms should be completed every 3 years, or when there is a change of circumstances/conditions.*

## **COACHING MANUALS**

All centres should have them. OTC, Level 1 and Level II - available direct from RDA Australia. All coaching manuals are now \$45 each + p&p \$7.45

## **LEVEL II TRAINING**

We now have several Level II trainees and would like to organise some training workshops. Anyone interested in considering Level II training can contact Karen Casteel at RDAQ office or Coralie Kedzlie at [ckedz@bigpond.com](mailto:ckedz@bigpond.com) Could all trainees indicate their availability for workshops. Consideration is being given to December/January during the school holiday period.

## **CONGRATULATIONS, WELCOME & THANK YOU**

Welcome to all new trainee coaches & whips. Thank you to the coaches who are helping in their training. And congratulations to the newly accredited coaches & whips and to those who have qualified at higher levels. Again, thank you to the coaches & whips who have assisted in their training and development.

One of the roles of being an RDA coach is to assist in the training of others. So, well done, everyone!!