



MENTOR TASK SHEET – WESTERN COACH 1

Mentors must be a Current Western Coach 1 or higher (for a minimum of 2 years) and be approved by the Provincial Equestrian office.

Dear Mentor,

Thank you for supporting the Coaching System by guiding the development of _____.
(candidate's name)

We ask that you fill in the following checklist upon completion of their skill development with you. By signing your name to this document, you are declaring that you have mentored and guided this candidate and that, in your opinion, he/she is now prepared to successfully complete the Practical Assessment. Please keep in mind that the number of mentored hours is a minimum guideline. Depending on experience, some candidates may require further mentoring in order to be able to teach to the required standard.

Please initial areas that you have covered with candidate:

_____ 10 HOURS AUDITING LESSONS

_____ 10 HOURS PRACTICE COACHING

_____ SAFETY (awareness, managing training environment, ability to multi-task, ability to be multi visionary, ensuring the suitability of tasks)

_____ COMMUNICATION (rapport with students, listening skills, clear communication of thoughts for ages and abilities, voice projection, motivation and enthusiasm, questioning skills)

_____ PROFESSIONALISM (displays appropriate coaching behaviours and attitudes, empathy, respect, sincerity, etc.)

_____ ORGANIZATION (time management and punctuality, lesson planning, delivery and reflection, sequential skill development)

_____ KNOWLEDGE (technical knowledge, identifying goals – short and long term, flexibility to meet individual needs)

_____ STABLE MANAGEMENT (conformation & unsoundness, feeding, safety, stable construction, shoeing, tack, equipment & fitting, competition rules, etc.)

_____ BANDAGING (as per Rider 3 and General Component)

_____ LUNGEING (as per Rider 4 and General Component)

Candidate Name: _____

EC# _____

Mentor Name: _____

EC# _____

Mentor Signature: _____

Date _____



MENTOR CONTRACT – WESTERN COACH 1

DEAR MENTOR:

Your name has been submitted as a Mentor for: _____ for the Coach 1 certificate. (candidate's name)

Please take the time to thoroughly read this form through.

Your role as a mentor in the certification process is crucial to this candidate's success. The mentoring concept was brought into the Equestrian Coaching Program several years ago and in fact has been put forward as a desirable concept by the Coaching Association of Canada for all sports.

The word 'mentor' is generally defined as a wise, loyal advisor, a teacher, and a coach. Mentors have the power to shape character, mould lives; not only of their own students, but also of others who also teach. It is not an easy task for those who decide to live up to the name of mentor. The CAC mentorship program states: "the role of a mentor is to provide experiences and reflection opportunities that complement coaching training and certification". Therefore, your role is to prepare this candidate by acting as his/her role model and advising him/her in all areas of knowledge and conduct so he/she may become a role model for our sport. As a mentor, you will allow the candidate to observe your lessons, promote discussion and obtain feedback from the candidate. The candidate will also complete lesson plans and in turn, teach in your presence so you may provide critiques and suggestions for his/her improvement.

By signing your name to this document, you are declaring that you have mentored and guided the candidate and that he/she is now prepared to successfully complete the assessment. We recognize the responsibility you have undertaken and commend you.

"It is my opinion that _____ has performed these (candidate's name)

coaching tasks and has either met or exceeded the standard required to successfully undertake the practical coaching assessment."

Mentor Name: _____ **EC#** _____

Mentor Signature: _____ **Date** _____



COACHING BEHAVIOUR PROFILE

Rating: 1 - need improvement

2 - good

3 - very good

<p>SAFETY</p> <p>1 2 3</p>	<ul style="list-style-type: none"> • Awareness • Manages training environment • Ability to multi-task • Ability to be multi-visionary • Suitability of tasks
<p>COMMUNICATION</p> <p>1 2 3</p>	<ul style="list-style-type: none"> • Rapport with students • Listening skills • Clear communication of thoughts for ages and abilities • Voice projection • Motivation and enthusiasm • Questioning skills
<p>PROFESSIONALISM</p> <p>1 2 3</p>	<ul style="list-style-type: none"> • Displays appropriate coaching behaviours and attitudes (empathy, sincerity, respect, etc.) • Presentation
<p>ORGANIZATION</p> <p>1 2 3</p>	<ul style="list-style-type: none"> • Time management and punctuality • Lesson planning (delivery and reflection) • Sequential skill development
<p>KNOWLEDGE</p> <p>1 2 3</p>	<ul style="list-style-type: none"> • Technical knowledge • Identified goals for practice session (short and long term) • Flexibility in meeting individual needs

Candidate Name: _____

EC# _____

Mentor Name: _____

EC# _____

Mentor Signature: _____

Date _____



COACHING ASSESSMENT FORM

EVALUATION OF HORSE		10 MINUTES
Evaluation of Conformation		
Warm up		
Appropriate work		
Effectiveness (use of aids)		
Analysis		

COACHING A STUDENT		20 MINUTES
Safety		
Lesson Plan & Structure		
Technical Content		
Message Transfer		
Voice Projection		
Ability to recognize problems & faults		
Ability to improve rider & horse		
Use of Teaching Aids		
Enthusiasm & Rapport with Student		
Group Control		



CORRECTION OF A PROBLEM WITH STUDENT AND/OR HORSE **15 MINUTES**

Voice	
Enthusiasm	
Message Transfer	
Techniques Used	
Effectiveness	

Additional Comments: _____

Candidate Name: _____ EC# _____

Mentor Name: _____ EC# _____

Mentor Signature: _____ Date _____