


FEI SOLIDARITY

FEI COURSE FOR COACHES - Level 1
According to the FEI Coaching System

Hong Kong (HKEF), 26th – 29th August, 2015

FEI Tutor :	Kathy Amos Jacob (FRA)
Language :	English
Venue:	Beas River Equestrian Centre, Sheung Shui
Participation :	Regional course open to coaches from any of the 3 Olympic disciplines (i.e Jumping, Dressage & Eventing) max. 14 participants + max. 10 observers The aim of the course is to teach coaches "How to Coach" using adult learning techniques. Participants must be appointed by their NF
Level:	Level 1 (4 days)
Requirements	According to Syllabus Level 1 (www.fei.org > FEI Solidarity > Coach Education > What is Coaching)
Applications must be sent to :	Email: jack.siu@hkef.org Fax: +852 2966 5082 Hong Kong Equestrian Federation Address: c/o HKJC Shatin Racecourse 6/F., Central Complex, Shatin, New Territories, Hong Kong Enquiry: +852 2966 5078 Website: www.hkef.org
(+ a copy to the FEI Development Department)	Andreina.wipraechtiger@fei.org +4121 310 47 47
Course Entry Fee (max 150\$)	National Participant: USD\$100 Foreign Participant: USD\$150
Deadline for applications	5 th August, 2015 (Wed)
 At least 3 weeks before the beginning of the course	
Course Material	Programme & Time Table Level 1 Workbooks will be made available for each candidate the first day of the course

Participants will be responsible for their:

- Travel Expenses – Yes
- Accommodation - Yes

Meals and coffee breaks for all participants will be provided by the organizing NF

The above information serves as an official invitation.

Level 1 Coach Syllabus

Aim:	<ul style="list-style-type: none"> To provide assistant coaches with the ability to prepare riders for competitions. Emphasizing skill, develop participation and enjoyment
Duration of the course:	<ul style="list-style-type: none"> 4 days (2 + 2)
Material:	<ul style="list-style-type: none"> Workbook
Entry Requirements for Participants:	<ul style="list-style-type: none"> 18 years old and over Have a knowledge of horses and horsemanship (responsibility of the NF) Have completed an FEI Introduction to Coaching course or be recommended by their NF Have a First Aid Safety certificate (recommendation)
Attendance:	<ul style="list-style-type: none"> 14 participants + observers
Participants:	<ul style="list-style-type: none"> Must be registered with their NF
Level:	<ul style="list-style-type: none"> Jumping: 1.00 - 1.15 m Dressage: Preliminary/Elementary Eventing: Novice up to 1*
Insurance:	<ul style="list-style-type: none"> Participants must be registered with their NF coach insurance scheme or privately
Assessment:	<ul style="list-style-type: none"> Practical coaching sessions Open Book Assessment Logbook Assessment
Certification:	<ul style="list-style-type: none"> Certificate of Attendance and Completion awarded to those who attended the full course
Evaluation of the Course:	<ul style="list-style-type: none"> By Tutor By Coaches
Evaluation of the Course:	<ul style="list-style-type: none"> Logbook (5 sessions recorded) to be completed and returned to FEI through the respective NF within 3 months after course).

TIMETABLE

FEI Level 1 Coaching Course.**Day 1:**

9.00 (15 min) Meeting room	Registration of coaches Coffee on arrival
9.15 (15 min)	Introduction and aims of the FEI Level 1 Assistant Coaching Course
9.30 (60 min)	Skill development of the rider and horse
10.30 (15 min)	Coffee
10.45 (2h15)	Dressage Theory The way of going.
12.00 (1h15) Indoor school	Priorities in Dressage (Practical) The way of going & a progression of exercises
13.15– 14.00 (45 min)	Lunch
14.00 Indoor (1h30)	Dressage Coaching (Practical)
15.30 Meeting room (15 min)	Coffee
15.45 Meeting room and indoor (1h45)	Lungeing theory followed by Coaching lungeing skills
16.30 Meeting room (60 min)	Role and skills of the Level 1 Coach. Summary of the day and finish
17.30	

TIMETABLE

FEI Level 1 Coaching Course**Day 2:**

9.00		
Meeting room (15 min)		Introduction and aims of the day
9.15 (60 min)		Mental fitness of the rider
10.15 (60 min)		Priorities in Coaching Jumping
11.15 (15 min)		Coffee
11.30 Indoor (1h30)		A progression of jumping exercises
13.00 – 13.45 (45 min)		Lunch
13.45 Indoor (2 h)		A progression of jumping exercises (continued)
15.45 (15 min)		Coffee
16.00 (30 min)		Mental Fitness of the horse
16.30 (30 min)		Assigning coaching practice tasks and use of session planners
		Summary of the day's sessions and dates for Part 2
17.00		Evaluation and finish

TIMETABLE**FEI Level 1 Coaching Course****Day 3:**

9.00 Meeting room (15 min)	Registration in Meeting room
9.15 (45 min)	Review of lesson planners for dressage.
10.00 Indoor (2h30)	Dressage, Coaching practice
12.30 (60 min)	Physical fitness of the horse and rider
13.30 (45 min)	Lunch
14.15 (60 min)	Dressage , Coaching practice
15.15 (2 h)	Cross country training & Coffee
17.15 ((30 min)	Dressage Coaching Feedback
17.45	Finish

TIMETABLE**FEI Level 1 Assistant Coaching Course****Day 4:**

9.00 (15 min)	Registration in Meeting room Review of coaching plans
9.15 (60 min)	Motives and Needs of the Horse & Rider
10.15 (45 min)	Review of Coaching Plans for Jumping
11.00 Indoor (2 h)	Jumping Coaching practice
13.00 (45 min)	Lunch
13.45 (1h30)	Jumping Coaching practice
15.15 (60 min)	Coffee. First Aid, Open Book Assessment and Logbook.
16.15 (60 min)	Overall Coaching Feedback
17.15	Finish

FEI Course for Coaches – Level 1 (Hong Kong 2015) Fact Sheet

Basic Information

Organized by: Fédération Equestre Internationale (FEI)
Hong Kong Equestrian Federation (HKEF)
Supported by: Hong Kong Jockey Club (HKJC)
Date: 26 – 29 August 2015 (Wednesday – Saturday)
Venue: Beas River Equestrian Centre (BREC), Sheung Shui
FEI tutor: Mrs. Kathy Amos Jacob (FRA)
No. of participants: 6 participants and 10 observers

Admission Fee: USD 150 / HK\$ 1,170

Name of bank: Standard Chartered Bank (Hong Kong) Limited
Branch: Central Branch
Branch Address: LG/F to 2/F of Silver Fortune Plaza,
No.1 Wellington Street, Central, Hong Kong
Name of Beneficiary: Hong Kong Equestrian Federation
Account Number: 411-0-326427-0
Swift Code: SCBLHKHH

Contact the Hong Kong Equestrian Federation

Enquiries: +852 2966 5078
Fax: +852 2966 5082
Email: info@hkef.org
Website: www.hkef.org
Facebook: [hong kong equestrian federation – official](https://www.facebook.com/hongkongequestrianfederation)
Address: 6/F, Central Complex
Hong Kong Jockey Club, Shatin Racecourse
Shatin, New Territories, Hong Kong.
Contact person: Mr. Jack Siu, Equestrian Operations Officer

Contact the Fédération Equestre Internationale

Enquiries: +41 21 310 47 47
Fax: +41 21 310 47 60
Website: www.fei.org
Address: HM King Hussein I Building
Chemin de la Joliette 8,
1006 Lausanne, Switzerland

About the Course

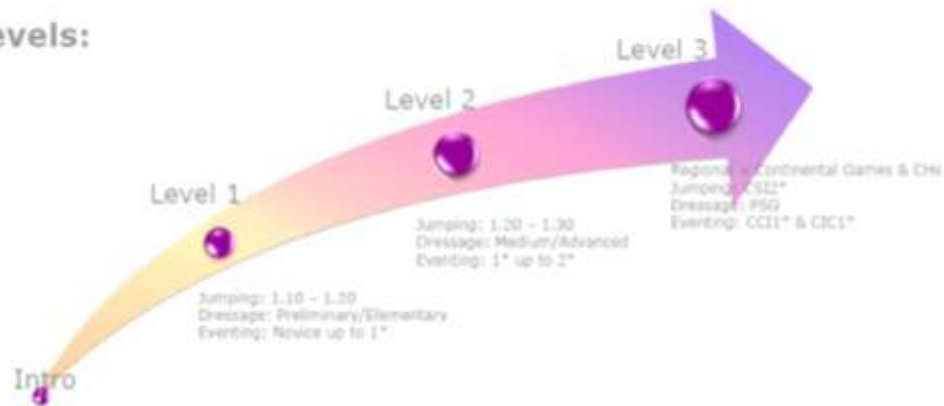
The participants who attended the full course will be **certified jointly by the Hong Kong**

Equestrian Federation and the FEI and may move to higher levels in the future.

There are both theoretical and practical sessions. With workbooks provided on the first day, coaches are involved by making their own lesson planner and logbooks. The 4-day course is to be completed with an open book test.

FEI Coach Education Programme

The Levels:



Objectives

As an international representative body, the HKEF aims to provide assistant coaches with adult learning techniques to prepare riders for competitions in all Olympic equestrian disciplines by using the FEI Coaching System for the benefit of equestrian sports.

Entry Requirements

- 18 years old and over
- Have basic knowledge of horse and horsemanship
- Completed an FEI Introduction to Coaching course or is recommended by the HKEF
- Have a first-aid safety certificate (recommended)
- Priorities are given to applicants who are actively engaged in the sport or who are currently in coaching position of the sport.

Programme Rundown

Day 1	26 August 2015 (Wednesday)
9.00 (15 min)	Registration
9.15 (15 min)	Introduction and aims of the Level 1 Assistant Coaching Course
9.30 (1 hr)	Skill development of rider and horse
10.30 (15 min)	Coffee Break
10.45 (2 hr 15 min)	Dressage Theory – The way of going
12.00 (1 hr 15 min)	Priorities in Dressage (Practical) – The way of going & a progression of exercises
13.15 (45 min)	Lunch
14.00 (1 hr 30 min)	Dressage Coaching (Practical)
15.30 (15 min)	Coffee Break
15.45 (1 hr 45 min)	Lungeing theory and Coaching lungeing skills
16.30 (1 hr)	Role and skills of Level 1 Coaching and Summary of the day
Day 2	27 August 2015 (Thursday)
9.00 (15 min)	Introduction and aims of the day
9.15 (1 hr)	Mental fitness of the rider
10.15 (1 hr)	Priorities in Coaching Jumping
11.15 (15 min)	Coffee Break
11.30 (1 hr 30 min)	A progression of jumping exercises
13.00 (45 min)	Lunch
13.45 (2 hr)	A progression of jumping exercises (continued)
15.45 (15 min)	Coffee Break
16.00 (30 min)	Mental fitness of the horse
16.30 (30 min)	Assigning coaching practice tasks and use of session planners Summary of the day and dates for Part 2 Evaluation

Day 3 **28 August 2015 (Friday)**

9.00 (15 min)	Registration
9.15 (45 min)	Review of lesson planners for dressage
10.00 (2 hr 30 min)	Dressage Coaching (Practical)
12.30 (1 hr)	Physical fitness of horse and rider
13.30 (45 min)	Lunch
14.15 (1 hr)	Dressage Coaching (Practical)
15.15 (2 hr)	Cross country training and coffee
17.15 (30 min)	Dressage Coaching Feedback

Day 4 **29 August 2015 (Saturday)**

9.00 (15 min)	Registration and Review of Coaching Plans
9.15 (1 hr)	Motives and Needs of horse and rider
10.15 (45 min)	Review of Coaching plans for Jumping
11.00 (2 hr)	Jumping Coaching (Practical)
13.00 (45 min)	Lunch
13.45 (1 hr 30 min)	Jumping Coaching (Practical)
15.15 (1 hr)	Coffee Break First Aid, Open book Assessment and Logbook
16.15 (1 hr)	Overall Coaching Feedback

Beas River Equestrian Centre (BREC)



The course takes place in the lecture room and the competition paddock. It takes a 5-10 minute walk from the main gate.

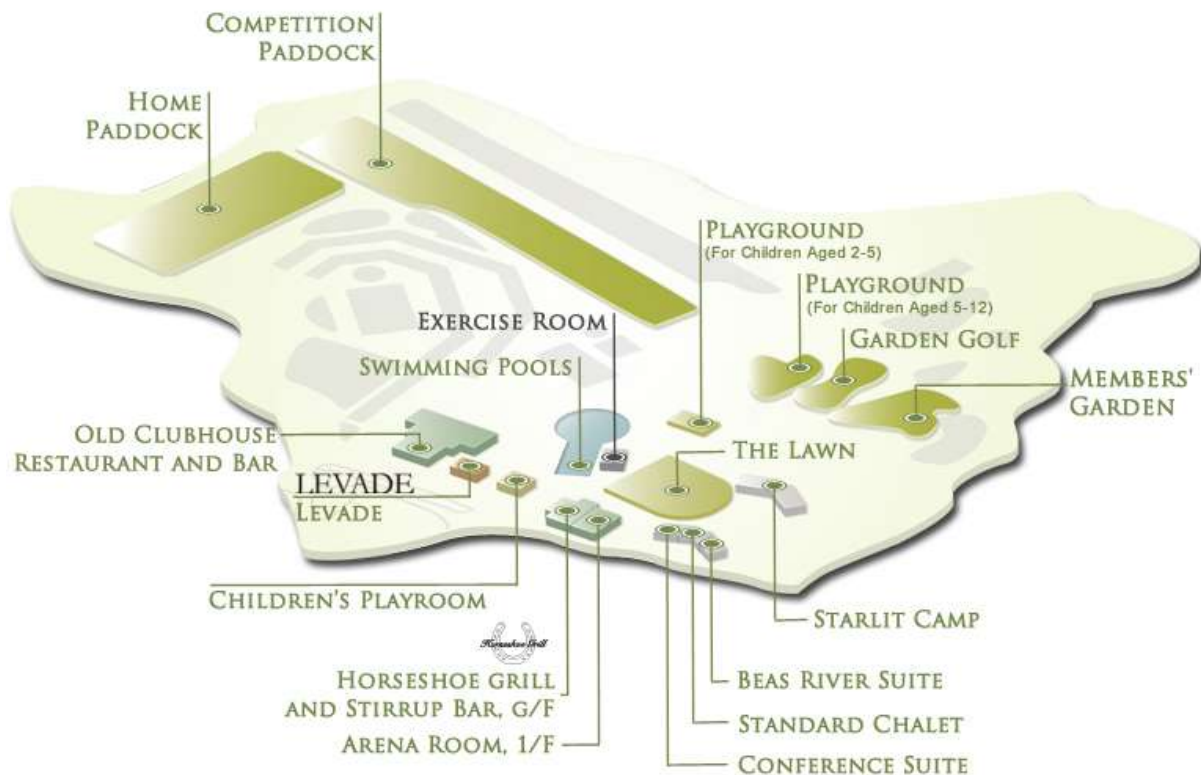
BREC is under a private club – Beas River Country Club (BRCC) which is exclusive for members of the HKJC. You are gently reminded not to go into other facilities without permission as well as to switch off the ringing tone of your mobile phone to comply with the rules of the venue.

Enquiries: 2966 1990

Website: campaign.hkjc.com/en/Equestrian/beas-river-equestrian-centre-intro.aspx

Address: Beas River Country Club, Sheung Shui, New Territories, HK

Transport: 10 minutes by taxi to BREC ‘**Jockey Club, Kam Tsin Road**’ to Sheung Shui MTR station



Meals

Old Clubhouse Restaurant and Bar

Lunch and coffee are provided by the HKEF. Since all the service and facilities are restricted to HKJC members, a debit card of HK\$500 can be issued for purchasing items at the restaurant or the gift shop at self-expense.

Salads 沙律	OLD CLUBHOUSE	Hot Kitchen Specials 西式美食	
N Hearty Delight Salad with Balsamic Dressing 健怡輕盈沙律配意大利黑醋汁 Additional \$22 with Roasted Chicken Breasts 可加\$22元正配以燒雞胸	\$75	Grilled N.Z. Rack of Lamb with Herb Crust, Lamb Jus Mashed Potatoes and Seasonal Vegetables 香草扒紐西蘭羊架配羊肉汁伴薯蓉及時蔬	\$268
Classical Caesar Salad 凱撒沙律	\$73	N Crispy Salmon Fillet with Vermouth Sauce Barley Risotto 香煎三文魚柳配苦艾汁伴薏米粟飯	\$138
N Smoked Norwegian Salmon with Pickled Beetroot and Caper Sour Cream 煙燻三文魚伴醃紅菜頭及酸瓜樽忌廉	\$98	N Surf and Turf Roasted Spring Chicken (Half) and Tiger Prawn with Lemon Butter Sauce Roasted New Potatoes and Cauliflower Gratin 海鮮雙拼 焗春雞(半隻)伴老虎蝦配檸檬牛油汁伴燒新薯及芝士焗西蘭花	\$158
Soups 湯		Grilled U.S. Beef Striploin Steakhouse Chips and Seasonal Vegetables Choice of Black Pepper Sauce or Gravy 扒美國西冷扒伴粗薯條及蔬菜 配黑椒汁或醬汁	\$260
N Chicken Soup with Fresh Palm Toddy, Figs and Sea Conch 雪耳海蔴椰花菜海蜆羹雞湯	\$38	Fish 'n' Chips with Tartar Sauce 炸魚薯條配他他汁	\$88
Seafood Chowder with Crackers 海鮮焗打邊爐	\$48	Create your own Pasta 自選意粉	\$70
Sandwiches, Hot Dog, Burger and Pizza 三文治、熱狗、漢堡包及薄餅		<i>Pasta 意大利麵條</i>	
N Charcoal Grilled Pork Neck Submarine with Caramelized Red Onions, Lettuce and Tomato Relish 炭燒豬頸肉潛艇伴甜紅洋蔥、生菜配蕃薯醬	\$88	Spaghetti 意大利粉 / Penne 直條通粉 / Fettuccine 寬條麵 / Angel Hair 天使麵	
☑ Roasted Mediterranean Vegetable Panini with Mozzarella Cheese and Pesto N 香草芝士燒地中海蔬菜意大利包	\$72	<i>Ingredients 配菜</i>	
Chicken Quesadilla with Gruyere Cheese and Chilli Tomato Salsa 芝士雞肉夾餅伴香脆蕃薯莎莎	\$108	Ham 火腿 / Chicken 雞肉 / Bacon 煙肉 / Mushrooms 白菌 / Olives 橄欖 / Bell Peppers 燈籠椒 / Onions 洋葱 / Asparagus 蘆筍	
Wagyu Beef Burger with Fried Egg, Bacon, Lettuce, Tomato and Emmental Cheese 和牛免治漢堡 伴煎蛋、煙肉、生菜、蕃茄及芝士	\$142	<i>Sauce 醬汁</i>	
Beas River Country Club Sandwich with your choice of White or Whole Wheat Bread 雙魚河會所公司三文治 可選擇白麵包或全麥包	\$72	Tomato 番茄汁 / Carbonara 雞蛋煙肉汁 / Pesto 香草汁	
Jumbo Hot Dog 珍寶熱狗	\$50	☑ Vegetable Lasagna 雜菜千層麵	\$78
N Cajun Chicken Pizza Cajun Chicken, Avocado, Semi-dried Tomatoes, Portobello Mushrooms, Olives and Mascarpone Cheese 香辣雞肉牛油果大蘑菇薄餅 (附送焗肉、牛油果、半乾蕃茄、大蘑菇、橄欖及淡芝士)	\$118	Spaghetti Bolognese 肉醬意粉	\$68
All Sandwiches, Hot Dog and Burgers are served with Mesclun Salad and French Fries 各款三文治、熱狗及漢堡包均伴以沙律及薯條			
☛ Spicy Dishes 辛辣菜式			
☑ Vegetarian Dishes 素食			
	Local & Asian Delights 本地風味		
	☛ Singaporean Laksa 星加坡喇沙撈越		
	Hainan Chicken Rice Fragrant Rice, Chicken Broth and Traditional Condiments 海南雞飯		
	Bento Box Cod Fish Teriyaki Japanese Rice and Miso Soup 日式便當 照燒鱈魚柳伴日本青苗及麵豉湯	\$140	
	N Beef Brisket Curry "Hong Kong" Style served with Steamed Rice 港式燻腩牛腩伴香苗	\$88	
	☛ Seafood "Bibimbop" N King Prawns, Scallops, Liverw, Spiced Fish Fillet, Bean Sprouts and Mushrooms in Kimchi Broth served with Rice and Kimchi 韓式海鮮石鍋飯 (大蝦、扇貝、青口、柱魚、魚卵、豆腐、蔬菜及蒜苗)	\$178	
	Stir-fried Tiger Prawns with Jade Cucumber, Cashews and Celery served with Steamed Rice 翠玉瓜西芹銀果炒虎蝦伴香苗	\$124	
	N Pan-fried Beef Fillet with Onions "Cantonese" Style served with Steamed Rice 洋葱爆牛柳伴香苗	\$138	
	☛ Braised Chicken with Pickled Chilli in Clay Pot N served with Steamed Rice 香麻雞子骨雞煲伴香苗	\$128	
	☑ Braised Lotus Roots with Bean Sheet Sticks and Black Mushrooms N in Fermented Red Bean Curd Sauce served with Steamed Rice 兩乳枝竹花菇豉汁蓮藕伴香苗	\$88	
	Beef Brisket Noodles in Soup 牛腩麵	\$55	
	N Stir-fried Instant Noodles with Lemongrass Pork Chop 香茅豬扒炒出前一丁公仔麵	\$58	
	Shrimp and Barbecued Pork Char Kway Teow 鮮蝦叉燒炒貴刁	\$72	
	N Japanese Barbecued Pork Ramen in Soup (Sweet Corn, Narutomaki, Menma, Shiitake Mushrooms, Egg) 日式叉燒湯拉麵 (日式叉燒、粟米粒、鳴門卷、竹筍、鮮冬菇及雞蛋)	\$78	
	Hong Kong Style Gratinated Pork Chop Rice 港式焗豬扒飯	\$88	

If you have any food allergies, please inform our staff
如閣下有任何食物敏感，請通知我們的員工。

On Arrival

Airport pick-up can be arranged by the HKEF at your own cost. Please provide your flight itinerary on or before 12 August 2015 (Wednesday).

To BREC: 60 minutes by taxi
To Sheung Shui station: 80 minutes by MTR Airport Express

To facilitate your arrival, please provide your flight itinerary via email to info@hkef.org.

Hong Kong International Airport
Phone: 2181 8888
Website: www.hongkongairport.com

Accommodation

Hotel booking are on participants' own responsibilities and costs. The HKEF may arrange booking for our official hotel **Chalets** upon your request on or before 12 August 2015 (Wednesday).

Official Hotel – Chalets



Chalets are located inside the BRCC, Sheung Shui. Check-in can be done in the following periods at LEVADE (gift shop and reception counter), or else at the Security Office near the main gate.

Mon to Fri: From 2:00pm to 8:00pm
Sat, Sun and Public holidays: From 2:00pm to 9:00pm

Room rate: USD116 per night
Enquiries: 2966 1823
Address: Beas River Country Club, Sheung Shui, New Territories, HK

Other Hotels



Regal Riverside Hotel

Room rate: USD90 per night
Enquiries: +852 2649 7878
Website: www.regalhotel.com/Regal-Riverside-Hotel
Address: 34-36 Tai Chung Kiu Road, Shatin, Hong Kong

Hotel Airport shuttle bus: Round trip ticket booking available online
To BREC: 24 minutes by taxi
To Sheung Shui station: 16-min walk plus 25-min ride on MTR from Sha Tin station



Royal Park Hotel Hong Kong

Room rate: USD110 per night
Phone: 2601 2111
Website: www.royalpark.com.hk
Address: 8 Pak Hok Ting Street, Shatin, Hong Kong

Hotel Airport shuttle bus: Round trip ticket available
To BREC: 27 mins by taxi
To Sheung Shui station: 6-min walk plus 25-min ride on MTR from Sha Tin station

About Hong Kong

Weather	The city is hot and rainy in August. It is about 25-31°C but you may bring a light jacket for air-conditioning indoors.
Communications	A 5-day or 8-day pass ‘Discover Hong Kong Tourist SIM Card’ for both mobile data and calls can be brought in convenience stores at 5/F of the Airport Arrival Hall.
Currency	HK\$10 = USD1.29
Voltage	220-240 volts AC (50HZ)
Emergency call service:	999

Information pack

- FEI Coaching System Level 1 – Fact sheet
- FEI Coaching System Level 1 – Workbook
- FEI Coaching System Level 1 – Syllabus
- FEI pen
- HKEF note book
- HKEF pin
- HKEF passport badge
- Debit card for Beas River Country Club (upon request)
- Travel Guidebook published by Hong Kong Tourism Board