



2025

OAKHURST SHOW TEAM HANDBOOK

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Tentative 2025 Show Dates:

March:	8 th	Oakhurst Show Team Meeting
May:	4 th 10 th & 11 th 10 th & 11 th 19 th 25 th	Oakhurst Derby Group Schooling Outing at Equilibre! Westar Dressage Show Wesley Clover Parks HT - 110/105, 105, 100, 90, 85, 75, 60 Grandview HT – 115, 110, 100, 90, 87, 75
June:	7 th 8 th 14 th & 15 th 22 nd	Meadowvale Dressage Show Meadowvale Derby Little Bromont HT – CCI 1*, 110, 100, 90, 85, ICE75, ICE70, ICE60, ICE45 Stevens Creek Dressage Show
July:	6 th 12 th & 13 th 12 th & 13 th 20 th 27 th	Meadowvale Schooling Horse Trial Equilibre HT – 115, 110, 105, 100, 90, 85, 75, 60 Westar Farms Dressage Show Stevens Creek HT – 110, 100, 90, 85, 75, 60 Glen Oro HT – CCI2*, CCI1*, 115, 110, 100, 90, 85, 75, 60
August:	2 nd & 3 rd 3 rd 9 th & 10 th 10 th 15 th – 17 th 30 th & 31 st	Robinson Farm Schooling Horse Trials Grandview HT – 110, 100, 90, 85, 75 Westar Farms Dressage Shows Stevens Creek HT – 110, 100, 90, 85, 75, 60 Bromont 3 Day Event – CCI 4*, 3*, 2*, 1*, 110, 100 Equilibre HT – 115, 110, 105, 100, 90, 85, 75, 60
September:	14 th 20 th & 21 st 27 th & 28 th 28 th	Oakhurst Schooling HT – 100, 90, 85, 75, 60 Westar Farms Dressage Shows Eastern Canadian Eventing Championships @ Wesley Clover Parks – CCI2*, CCI1*, 110, 105, 100, 90, 85, 75, 60 Grandview HT – 115, 110, 100, 90, 85, 78

What is Eventing?

Three Day Eventing is the “Iron Man” of equestrian disciplines, in which horse and rider complete three distinct tests of stamina and skill – a dressage test, a cross country course and a stadium jumping course. A successful three-day event horse must be capable of suppleness and relaxation in the dressage test, speed, endurance and jumping ability in the cross-country course and suppleness, obedience, and energy in the Show Jumping test.

At the beginning levels of the sport the competitions are generally abbreviated competitions of the three-day model called “Horse Trials”. They consist of a dressage test, cross-country course and Show Jumping test all completed in one day.

The levels of Horse Trials include:

EV60 (*Grasshopper/Starter*) – maximum height for both XC & SJ is 60cm

EV78 (*Pre-Entry*) – maximum height for both XC & SJ is 75cm

EV85 (*Entry*) – maximum height for both XC & SJ is 85cm

EV90 (*Pre-Training*) – maximum height for both XC & SJ is 91cm

EV100 (*Training*) – maximum height for both XC & SJ is 100cm

EV105 – maximum height for both XC & SJ is 105cm

EV110 (*Preliminary*) – maximum height for both XC & SJ is 110cm

EV115 (*Intermediate*) – maximum height for XC is 115cm
- maximum height for SJ is 120cm

EV120 (*Advanced*) – maximum height for XC is 120cm
- maximum height for SJ is 125cm



Scoring & Rules to Remember

Dressage:

Scoring: The percentage of maximum possible good marks obtainable is calculated by dividing the total good marks received (minus any error of course or test) by the maximum possible good marks obtainable and then multiplied by 100 and rounding the result to two decimal digits. The leader after the dressage is the horse and rider with the lowest penalty points.

Errors of Course: 1st time = 2 points
 2nd time = +4 points
 3rd time = elimination

Did You Know?

- Dressage whips are allowed in the ring for non-Championship divisions.
- Judges can award half marks for movements & collective marks.

Some possible reasons for 'Errors of Test':

- Enter the arena between 45 and 90 seconds of the starting signal.
- Entering the arena before the starting signal has been given.
- Not taking the reins in one hand during the salute.
- Doing a rising trot when a sitting trot is specified or vice versa.

A Few other reasons for Elimination in Dressage:

- Receiving unauthorized assistance
- Performing the test in improper saddlery
- Lameness
- Leaving the ring before the completion of the test
- Resistance
- Fall of Horse and/or rider



Dress:

- Helmet (*black or dark colour*)
- Jacket (*conservative colour– tailcoats permitted at EV115 & EV120 only*)
A jacket is optional for EV100 and below. In such cases, a long or short sleeved shirt of conservative colour with collar with or without neckwear.
- Shirt (*white or light colour - with stock tie and pin or choker and tie*)
- Gloves are mandatory (*dark colour, tan or beige*)
- Breeches (*white, light, or conservative solid colour*)
- Boots (*black or dark brown tall boots*)
- See Ruth for allowed Saddlery

Cross-Country:

Scoring:

1 st refusal or run-out at an obstacle:	20 penalties
2 nd refusal or run-out at same obstacle:	plus 40 penalties
3 rd refusal or run out at the same obstacle:	Elimination
3 rd refusal on the entire course at EV110 and above:	Elimination
4 th refusal on the entire course at EV105 and below:	Elimination
Fall of horse & or Rider:	Elimination & Mandatory Retirement
Activating a frangible obstacle/device:	11 penalties
Over Optimum Time:	0.4 penalties per second

Excessive speed EV100 and below: 0.4 penalty per second under the speed fault time

Willful delay: **15 penalties**

Dangerous Riding: **25 penalties + Red Card and/or elimination**

A few other reasons for Elimination in Cross-Country:

- Deliberately starting before being given the signal
- Jumping or attempting to jump without headgear, or unfastened harness.
- Willful obstruction of an overtaking competitor
- Failure to stop when signaled.
- Unauthorized assistance
- Error of course not rectified.
- Omission of obstacles or mandatory passage
- Retaking an obstacle already jumped
- Jumping an obstacle in the wrong order
- Larking
- Alteration of obstacles
- Jumping practice fences the wrong direction.
- Failure to have a tack check (*if the organizer asks for one*).
- Failure to pass start and finish flags mounted.
- Abuse of horse

Dress:

- Shirt (*any colour*) with suitable short or long sleeves (not sleeveless or cap)
- Protective ASTM approved headgear (*any colour*)
- Breeches or jodhpurs (*any colour*)
- Gloves (*if worn*) may be any colour.
- Boots (*black or dark brown*).
- An approved Body Protector – *any colour*
- Inflatable vests are permitted only if worn over the protective vest.
- See Ruth for allowed Saddlery

Show Jumping:

Scoring:

Knocking down an obstacle:	4 penalties
First refusal or run-out:	4 penalties
Second refusal or run-out in the whole test:	
- at EV105 and below:	8 penalties
- at EV110 and above:	Elimination
Third refusal or run-out in the whole test:	
- at EV105 and below:	Elimination
Fall of horse and/or rider:	Elimination & Mandatory Retirement
Over Optimum Time:	0.4 penalties per second

A few other reasons for Elimination in Show Jumping:

- Not entering the arena when the competitor's number is called.
- Not entering the arena mounted or not leaving the arena mounted.
- Unauthorized assistance.
- Not stopping when the bell is rung.
- Jumping or attempting to jump without headgear, or unfastened harness.
- Jumping or attempting to jump an obstacle before the signal to start.
- A horse resisting for 45 consecutive seconds during the test.
- Failure to pass through the start and finish flags mounted.
- Omission of obstacles in the test.
- Jumping an obstacle in the wrong order.
- Jumping an obstacle in the wrong direction.
- Error of course not rectified.
- Failure to have a tack check (*if the organizer asks for one*).
- Failure to re-take all the elements in a combination where there has been a refusal, run-out or circle in the second or third element.

Dress:

- Jacket (*conservative colour*)
- Jacket is optional for EV100 and below. In such cases, a long or short sleeved shirt of conservative colour with collar with or without neckwear.
- Shirt with stock and pin
- Gloves if worn are to be dark, tan or beige.
- Breeches (*light colour or white*).
- Boots (*black or dark brown*).
- See Ruth for allowed Saddlery.

The winner of the event is the competitor with the lowest score after all three phases have been completed.

Association Memberships

Please check to ensure that you understand the membership requirements for competing at Equestrian Canada sanctioned Horse Trials in 2025.

At **EV90 and below** you need:

- **Ontario Equestrian**
- **Ontario Eventing Association**
- **Equestrian Canada Bronze Sport License or Higher**

At **EV100 & EV105** you need:

- **Ontario Equestrian**
- **Ontario Eventing Association**
- **Equestrian Canada Silver Sport License or Higher**
- **Equestrian Canada Horse Recording with 2025 Activation**

At **EV110 and above** you need:

- **Ontario Equestrian**
- **Ontario Eventing Association**
- **Equestrian Canada Gold Sport License or Higher**
- **Equestrian Canada Horse Recording with 2025 Activation**

At **all FEI** competitions you need:

- **Ontario Equestrian**
- **Ontario Eventing Association**
- **Equestrian Canada Platinum Sport License**
- **FEI Recognized EC National Passport or FEI Passport with 2025 Activation**

Horse Owners: Must have the same level (or higher) Equestrian Canada sport license that the rider and horse are competing at. If a horse is competing at the Gold level, then the owner must have a Gold sport license to match.



Don't Forget: It is your responsibility to obtain the memberships that you require prior to competing, please allow sufficient time before your first competition. Membership applications can be found online. Check below for the links:

Ontario Equestrian (*OE = Provincial Sport Organization*)



&

Ontario Eventing Association (*OEA = Provincial Horse Trials Association*)



These memberships can be done together at: <https://ontarioequestrian.ca/membership/>

Equestrian Canada (*EC = National Sport Organization*)



This membership can be done at: www.equestrian.ca

Horse Recording & Passports

Horse Recordings

Are required for horses competing at EC Silver & Gold sanctioned competitions.

EC National Passports

Are FEI recognized passports for horses competing at the FEI 1* and 2* levels within Canada.

FEI Passports

Are for horses competing at FEI competitions internationally or at the 3* level and above.

*Please note that both the FEI and EC National Passports must be available to Oakhurst to keep the vaccination information up to date. As well, horses that hold these passports will need to be micro-chipped and both horse and rider will require an FEI registration which is obtained through Equestrian Canada.

**All three types of Horse Registrations require yearly activation.



Minimum Eligibility Requirements

Oakhurst farm, Equestrian Canada and the FEI all use a system of acquiring MER's at competitions as a guideline for changing levels.

A result achieving 'Minimum Eligibility Requirements' is done by completing a competition within minimum parameters of all round performance as follows:

Dressage test:

- Not more than 45 penalty points (55%)

Cross Country Test:

- Clear round at obstacles
- Not more than 30 penalty points for time in the cross country test

Jumping test:

- Not more than 16 penalties at obstacles in the jumping test

As a guideline, to move up a level Oakhurst recommends:

EV90: A rider should have achieved 2 MER's at EV85.

EV100: A horse and rider in combination should have achieved 2 MER's at EV90.

EV105: A horse and rider in combination should have achieved 2 MER's at EV100.

EV110: A horse and rider in combination should have achieved 4 MER's at EV100.

EV115: A horse and rider in combination should have achieved 4 MER's at EV110.

For MER's needed for CCI competitions please see Ruth directly

Reverse Qualifications

A reverse qualification is the obligation for a horse to show restored competence at a lower level after a number of unsuccessful attempts at a certain level.

A reverse qualification is triggered by two consecutive cross-country eliminations or a total of three cross country eliminations within a 12-month rolling time period.

National & ESD Dressage Show Levels

For Provincially sanctioned Dressage shows, only an Ontario Equestrian (PTSO) membership is required.

Equestrian Canada Gold, Silver or Bronze level competitions need a corresponding level of Sport License to compete as well as a Horse recording above Bronze level.

Optional awards based memberships can also be purchased for Dressage competitors:



- Ottawa Area Dressage Group: ottawadressage.ca
- Canadian Dressage Owners and Riders Association CADORA: cadora.ca



Meaningful competition guidelines for National level dressage:

Meaningful Competition Experience

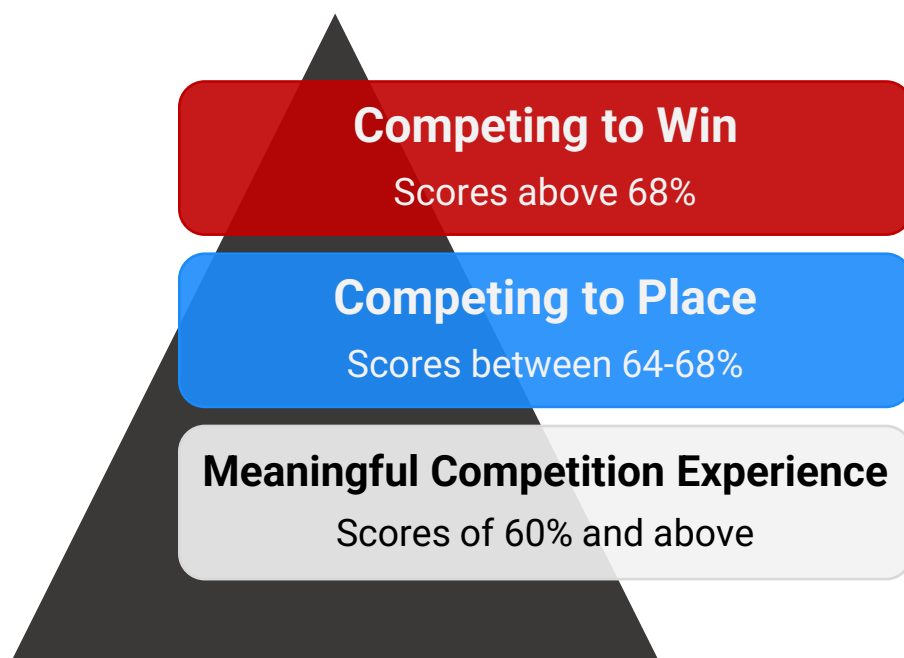
If the athlete is consistently scoring below 60% then the level of competition should be reevaluated

Competing to Place

If the athlete is consistently scoring between 64-68% they could possibly advance to the next level, but only if the new technical requirements are confirmed in training.

Competing to Win

If the athlete is consistently scoring above 68% then they are ready to advance to the next level, but only if the new technical requirements are met in training.



WHAT TO EXPECT WHEN SHOWING

A Guide to the Processes and expectations of showing with the Oakhurst

Overnight Shows

- **Coach Overnight Fees:** All riders attending overnight horse shows will be billed an overnight fee of \$50 per night to help offset the cost of coach accommodation. If there are fewer than 4 riders attending an overnight show, then the expenses will be an even split between the riders attending.
- **Feed:** If you board at Oakhurst, you are welcome to fill a haynet for travel or take a bale for the road. Your regular grain and supplements should be packed in Ziplock bags and fed to your horse as though we were at home.
- **Mucking:** While at overnight shows, riders should make sure that stalls are cleaned throughout the day and turned over once more in the evening. Horses should have 2 water buckets which are refilled and cleaned throughout the day to ensure optimal hydration.
- **Hand Walks:** All horses must be out of their stalls for a hand walk before 8:00 every morning to make sure that they can stretch their legs. Multiple hand walks, for at least 15-20 minutes, throughout the day are extremely important, as the horses do not get turn-out while at shows and are living in a small box the entire day.

General Showing considerations:

- **Trailer:** Rates are based on a 2 horse minimum load and are found in the following pages of the Handbook. Oakhurst trailering will accommodate one equipment trunk per horse.
- **Presentation of You and Your Horse:** When we are at horse shows, it is important that when your horse is out "in public", whether you are hand-walking, hacking, or showing, they are looking fresh and fine! This means they should be well-groomed, free of shavings in their manes and tails, clean socks and tails, no stains (especially greys), etc. Additionally, numbers must be always worn at shows, whether riding, walking, or grazing. When you are mounted, helmets and proper riding attire must be always worn. Please no spaghetti strap tank tops or tube tops at the horse shows. Your turnout should always reflect horse show standards.
- **Cancellations:** If you are unable to attend a show due to unforeseen circumstances, and cannot give adequate notice, a fee to Oakhurst Farm of \$100 per show will apply. We sincerely apologize that something beyond your control has come up and you are unable to attend, and therefore we need to apply this fee in order to cover costs already incurred.
- Please remember that you are representing Oakhurst Farm, and that our Code of Conduct applies while at horse shows. We are always striving to act in the best interest of our horses and our team members.
- If you have any questions, comments, or concerns, please reach out to your trainer. It is our goal to make each show fun, stress-free, enjoyable, and successful for each team member!

PLEASE NOTE: HST will be charged on all fees.

Trailer

If you have questions about your horse's shipping attire, please talk to Ruth & Mark.

If horses are wrapped with stable bandages for the trip home after a show, they should also wear front bell boots as protection.

If trailering on an Oakhurst trailer, horses should travel in a leather or breakaway halter, and you must provide a lead shank.

Horses must not be left unattended at any time and should only be tied when loaded on the trailer or supervised beside the trailer.

Before the show, arrive at Oakhurst in plenty of time to wrap your horse and prepare to load (all tack and equipment should be packed the day before).

After the show, return to Oakhurst to help unload your horse, clean out the trailer, and unload your tack and equipment.

Oakhurst trailering will accommodate ONE equipment trunk per horse.

Approximate trailering costs:

Bromont	\$460	Grandview	\$470
Meadowvale	\$110	Robinson Farm	\$410
Wesley Clover	\$135	Stevens Creek	\$135
Equilibre	\$470	Quantum	\$135

For Events that are over 1000km distance, rates will be determined based on the number of horses trailered.



Overnight shows

If preparing for an overnight show, please make sure that you have essentials such as 2 full sized water buckets and one feed bucket, as well as tools for hanging buckets and stall guards. Check with an Oakhurst rep. about how grain is being packed (*individual bags or bulk*), as well as the packing of mucking equipment, hay and shavings. Show stabling **MUST** be left clean and tidy.

Code of Conduct and Expectations

As well as tips and tricks learned by the Oakhurst team over the past 30+ years.

Be on Time!

At each phase a competitor will be given reasonable warning before the time that they are due to start, but it is the competitor's responsibility to ensure that they are ready to start on time.

Warm-up ring etiquette

Pass horses left hand to left hand.

Keep your distance & keep your eyes up, most accidents can be avoided by being alert.

Warm-up jumps must be jumped in the correct direction (under penalty of elimination), with the white flag on your left and the red flag on your right.

Only "call the jump" if there is the possibility of someone else getting in your way.

Warm your horse up – try not to exhaust them.

Tack Checks

Are mandatory before Dressage and are recommended at Cross Country and Show Jumping at horse trials in Canada.

Get your tack check early enough to make any changes if needed.

If using horse boots

Closed front for cross-country.

Open front for show jumping.

Remember that for dressage nothing is permitted on a horse's legs.

If using studs please be sure you have practiced putting them in and have conditioned with them before show day. Horses wearing studs should also be booted.

Saddle Pads

For Dressage – square white

For Cross Country – either a fitted pad or a no slip pad (any colour)

For Show Jumping – square or fitted

Protective Vests

A body protector is mandatory for the cross-country test.

One may also be worn for the warmup and during other tests.

Body protectors must meet or exceed, (and be labelled) ASTM F1937-04 (2017), BETA Level 3 body protector, standard or European standard EN 13158-2018.

An inflatable vest may be worn:

Only when worn over an approved body protector vest during the warmup for and for the Cross Country test.

As a standalone item of dress for the warm-ups for and during the dressage and jumping tests only if it has been approved for use without a body protector vest by the manufacturer.

Bonnets

Bonnets are permitted for all phases of an Event.

If a bonnet is used for Dressage, the competitor must be prepared to remove it for inspection after the test.

Ear plugs are NOT allowed.

Bonnets may NOT be attached to the noseband.

Rulebooks are available from Equestrian Canada... www.equestrian.ca

Know your dressage test... www.equestrian.ca

Turnout matters

Braided for dressage.

Use as close to the same colour wool as your horse's mane.

Braid on the 'off' side if you can - No braiding tape

If you braid the day before the show, be prepared to redo anything that has been rubbed overnight.

Braiding the day of the competition ensures better looking braids, but be sure you will have the time.

Tails should be banged no shorter than the bottom of the horse's fetlock, pulled or clipped at the top, instead of braided.

All tack must be spotless.

If you have trouble getting your bit clean, try boiling it for a few minutes.

If using hoof polish remember:

It stains (the wash stall is a safe place to apply it).

Only very dark horses should have black polish.

Grays and chestnuts should have clear polish.

Trimming and Clipping

Feathers at the back of the fetlock should be trimmed.

Bridle path should ideally be no longer than 1.5 inches.

Ear hairs should be trimmed level with the outside edges of the ear only.

If you are unsure about trimming, please ask for assistance

Jewelry

All jewelry should be kept simple and safe.

Small earrings, necklaces tucked inside clothing, large rings removed, and other body piercings removed or secured for cross country.

A belt should be worn for all phases.

Rider's hair: should not be a distraction (especially to the judge) - Use a hairnet, hair-bag, clips, glue, or whatever it takes to make it stay in place.



Sportsmanship

Politeness is our reputation – let's keep it that way.

Although Eventing is an individual sport when you compete with Oakhurst you are part of the team. Try to remember that we're all on the same team, if someone comes out ahead in the results then it was their day, it may be yours next time.

Your horse is an animal, not a machine.

Remember to treat your horse like the star that they are. 99% of the time mistakes are human error, not horse error!

No use of the crop in front of the saddle. 2 hits maximum at any disobedience.

Oakhurst students are expected to use proper language and to avoid the use of offensive or profane language.

As a competitor it is easy to get caught up in the heat of the moment, remember that the people that are helping you are on your side (parents, grooms, siblings). They are at your competition to see you do your best, enjoy having them there.

Ribbon presentations are for more than just the competitors. Sponsors, spectators, and others all enjoy watching riders get their ribbons. Be dressed appropriately (i.e., breeches, boots, blouse and show jacket or Oakhurst clothing).

Cross-Country course walks

Cross-country course walks are meant for the competitors. This does not mean that parents, grooms, and siblings are not welcome to join us. However, please do not distract the competitors from doing their job. This is their opportunity to see the course from their coaches' point of view.

After a competitor has walked the course with their coach it is important for them to walk it a second time alone. The second walk will give them the opportunity to reflect on what was discussed at every obstacle.

If a competitor wishes to walk a third or fourth time, they should be strongly encouraged to do so.



Horse Fitness

In this handbook are copies of LSD (Long Slow Distance) workouts and Interval Training workouts, as well as conditioning principles. Remember that these are guidelines, use your own good judgment, not all horses are the same.

Horses competing **EV100 and above** should be doing LSD, Strength Training, and Interval Training.

Horses competing **below EV100** should focus mainly on LSD with the option to Strength Train to focus on technical skill development.

Horses competing at **EV85** should make LSD their major fitness work.

As a rule of thumb, beyond the first month of lay off time, each additional month off requires a month's reconditioning, (2 months off requires 1-month reconditioning).

Daily workouts should always follow this basic pattern:

Warm Up - Work Out - Warm Down - Cool Out

Cold hosing or icing and then wrap (depending on the horse) after Interval Training.

Interval Training should be performed in cross-country tack (cross-country boots, bridle, saddle, martingale, studs, etc...)

Strength Training: Incorporates a rest set with suppling exercises. Example: 6 reps + 5 minutes suppling exercises at walk and trot followed by another set of 6 reps and so on.

At each event make it a priority to find out your horse's temperature, pulse and respiration after cross-country and 10 minutes later. Keep a record of their vital statistics at each event so that we can continually monitor your horse's fitness level.

Fitness is your responsibility! Please be aware that your horse's fitness will be continually assessed throughout the season, and unfit horses will not be allowed to compete.

Rider Fitness

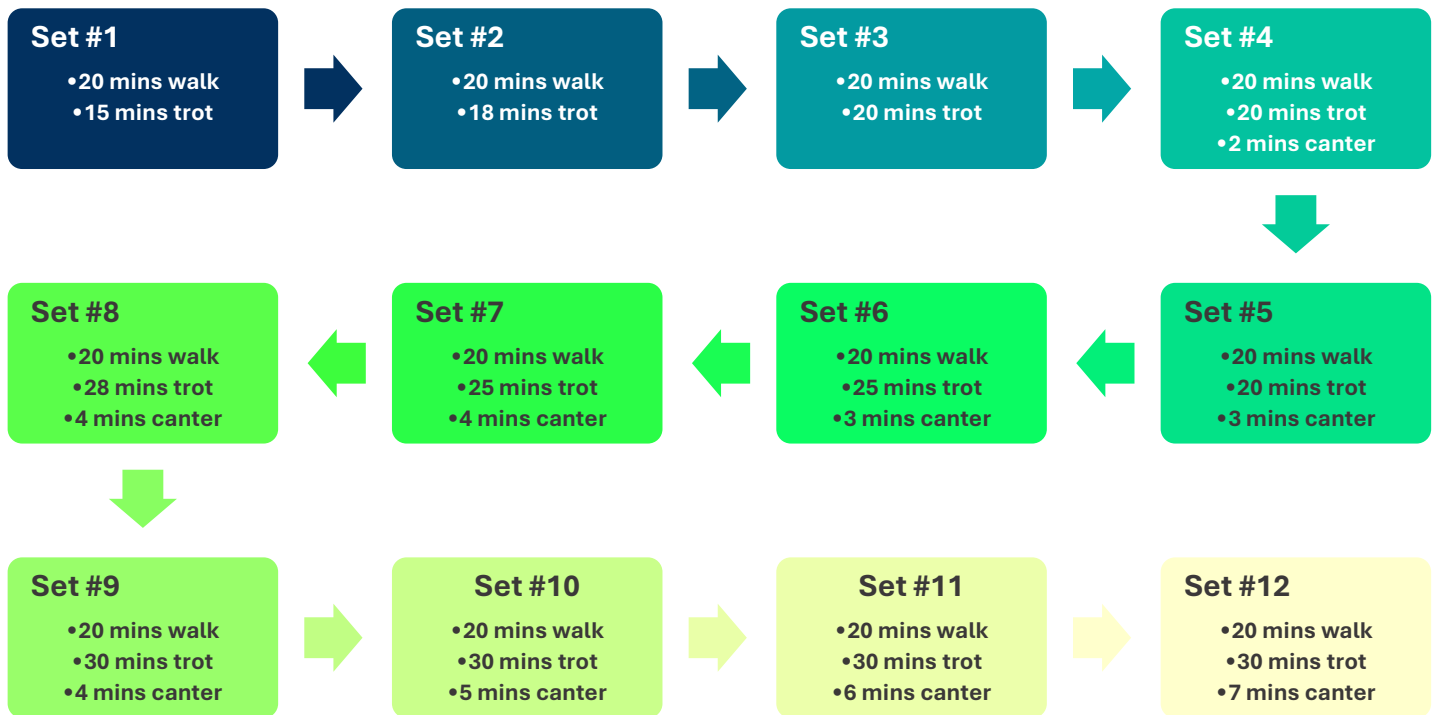
Your fitness plays a major role in your results.

The greater your fitness, the more energy you can put towards fine-tuning your performance, instead of merely surviving it.

The off-season is the time to improve your fitness, not mid-season!

If you have concerns about your fitness, please don't hesitate to talk to us as we can recommend an athletic therapist who has a background in Eventing.

Long Slow Distance - LSD



The walk should be brisk but relaxed.
The trot should be slow, relaxed, and either rising or half seat.
The canter should be slow, relaxed, and half seat.



Strength Training

- Strength training is directed toward increasing the power or endurance of the muscle groups that are important for the performance of a specific sport.
- For the Event horse the use of jumping grids offers a multitude of benefits including improvements in muscular strength, athletic ability, motor control, and mental agility
- Changing the number, height and type of fences and adjusting the distances between them to improve both jumping technique and muscular strength. Execution: Warm up as for a usual gymnastic workout, building the grid gradually.
- Once the grid is built to the desired heights, widths, and distances you may begin the first set of repetitions.
- An Interval Training format is used in which jumping through the grid is the work, and returning to the start at a walk or trot is the rest interval. Perform 4 - 6 repetitions, followed by 5 minutes of suppling exercises at walk and trot, and then 4- 6 more repetitions through the grid. Add sets as needed.
- This work is best done with an instructor on the ground to assist you throughout your workout, if the horse begins to appear or feel fatigued, end the workout and proceed to your warm down (stretching exercises at walk) and cool out.

Interval Training

1	5 min @ 220 + 3 min walk	X3
	3 min @ 350 + 3 min walk	X3

2	5 min @ 220 + 3 min walk	X3
	3 min @ 400 + 3 min walk	X3

3	5 min @ 220 + 3 min walk	X3
	4 min @ 450 + 3 min walk	X3

4	5 min @ 220 + 3 min walk	X3
	6 min @ 450 + 3 min walk	X3

5	5 min @ 220 + 3 min walk	X3
	5 min @ 400 + 3 min walk	
	5 min @ 400 < 450 + 3 min walk	
	5 min @ 400 < 450	

6	5 min @ 220 + 3 min walk	X3
	6 min @ 400 + 3 min walk	
	5 min @ 450 + 3 min walk	
	4 min @ 500	

7	5 min @ 220 + 3 min walk	X3
	6 min @ 400 < 450 + 3 min walk	
	5 min @ 400 < 450 (hold at 450 for 2 mins)	
	4 min @ 400 < 520 (hold at 520 for 1 min)	

8	5 min @ 220 + 3 min walk	X3
	6 min @ 400 < 520 (hold at 520 for 1 min)	
	3 min walk	
	6 min @ 400 < 600 (hold at 600 for 1 min)	

Other Conditioning Tidbits:

If I could write something in stone for you it would be this: If you want your horse to stand up to hard work, then attaining fitness must be a gradual process.

There are no shortcuts.

Numbers to remember:

Resting Temperature:	100.5 F or 38 C
Resting Heart Rate:	36 – 42 beats per minute
Resting Respiration:	8 – 12 breaths per minute

Approximate Heart Rates for Different Levels of Exercise

Rest	36 – 42
Standing under tack	40 – 65
Walking	60 – 80
Slow trot/jog	90 – 110
Fast trot	140 – 160
Canter	120 – 170
Gallop	160 – 200

Sample Work Weeks

As we figure out a weekly schedule for our horse, we need to bear in mind that to repair muscle tissue we would not put two fitness workouts on adjacent days.

Outside of Show Season:

Sunday	– Interval Training
Monday	– Walk Hack
Tuesday	– Day Off
Wednesday	– LSD
Thursday	– Lesson
Friday	– Strength Training
Saturday	– Light to Medium work

During Show Season:

Sunday	– Show
Monday	– Walk Hack
Tuesday	– Day Off
Wednesday	– LSD
Thursday	– Lesson
Friday	– Light School
Saturday	– Light to Medium work

The most crucial days of the week are the walk hack day and LSD, as they will help maintain your horses' soundness as their workload increases.

Walk hack = 1 to 2 HOURS of good brisk walking.

Goal Setting

Goal setting is a central component of performance planning. Goals provide clarity to athletes about what is being achieved and by when, which informs decision-making and training priorities. Sport performance is a complex process with many variables to manage over months and years. Goal setting can be overwhelming.

To effectively set goals, break the outcome goal into bite-size pieces with a series of process goals (represented by lines) and performance goals (the circles).

Continuing to set and achieve process and performance goals moves athletes closer to reaching their outcome goal. An outcome goal should be supported by many performances and process goals in multiple domains, including physical, mental, technical, and tactical.



IS MY GOAL S.M.A.R.T.?

Goal:

Specific: What EXACTLY do you want to achieve?	Measurable: How will you know when you've achieved it?	Attainable: Is it something you have control over?	Relevant: Why is this applicable to your life?	Time-Based: When do you want to achieve your goal?
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samanthamcclure.com

Some basic Do's

DO maintain your horse's health:

- Wash stable bandages in a mild detergent to help your horse's legs stay as clean as possible.
- Wash legs regularly with either antibacterial soap or betadine scrub for nicks and mud fever – and dry after washing.
- Protect your horse's legs (*boots for dressage, brushing boots for jumping, etc*).
- Know your horse's legs – one of the reasons we groom is to become familiar with every bump and lump our horse has, so if new ones appear we can recognize and treat them.
- If you can't follow your fitness schedule for whatever reason (*work, school, etc*) let your coach know so that they can adjust what's asked of your horse in lesson situations.
- Use the 'little and often' rule when it comes to jumping. The old horseman's saying that applies is: "your horse only has so many big jumps in him, why would you use them at home?". Technique over many fences is more important than merely surviving one big fence; technique is best taught over small fences. Use your common sense, if you jumped in your lesson, do you need to jump again?
- Groom after work to help cool muscles slowly and massage tired or sore muscles.

DO use caution in the products you use on your horse:

- Don't poultice over cuts or suspected nicks.
- Harsh shampoos can dry the skin.
- Don't bandage over a heating agent (*absorbine, etc*) unless you were intending to blister the skin.



DO take care of your equipment (*and ours if you borrow it*):

- Clean your tack within a day or two of showing to remove salt and mud.
- Check the stitching on your tack regularly.
- Clean saddle pads with mild detergents (some horses have sensitive skin).
- We don't mind lending equipment as long as it is returned in the same state (or cleaner!) in a timely fashion.

DO communicate:

- We are all in this together with a focus of making horse and rider as effective and successful as possible.
- None of us are mind readers, if you have questions, ASK them! We are here to help, and the welfare of the horses in the barn is our priority.

DO be respectful of each other:

- If there is a lesson plan set up in the ring and you need to move it please reset it.
- Keeping the barn tidy makes everyone's experience more enjoyable, sweep up after yourself, remove dirty bandages from your stall door, put away your equipment.
- Be courteous of each other when you ride, remember that everyone is working toward a common cause to be better at their sport, no matter their current level.

DO use your common sense

DO have fun



Worksheet Annex

Target Score 2025



What's your target score for 2025?

Dressage _____ penalties

Cross Country Jump penalties: _____ Time penalties: _____

Show Jumping Jump penalties: _____ Time penalties: _____

What was your best score from 2024?

Dressage _____ penalties

Cross Country Jump penalties: _____ Time penalties: _____

Show Jumping Jump penalties: _____ Time penalties: _____

What's the Gap? For each phase identify if your best score from 2024 was + or – your identified target score.

Dressage _____ penalties

Cross Country Jump penalties: _____ Time penalties: _____

Show Jumping Jump penalties: _____ Time penalties: _____

With your identified **Target** and **Gap**, briefly outline what you can do to meet your 2025 target:

Dressage

Cross Country

Show Jumping

The Yearly Training Plan

A yearly training plan in equestrian sport is a comprehensive and structured outline that guides the training and development of both horse and rider over the course of a year. This plan is essential for achieving peak performance and ensuring the health and well-being of the equine athlete. Below are the key components and objectives of a yearly training plan in equestrian sport.

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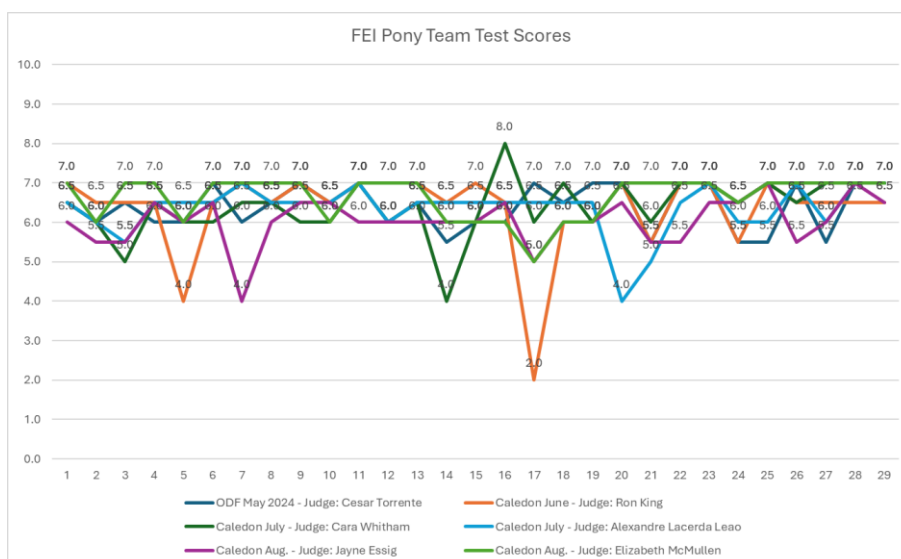
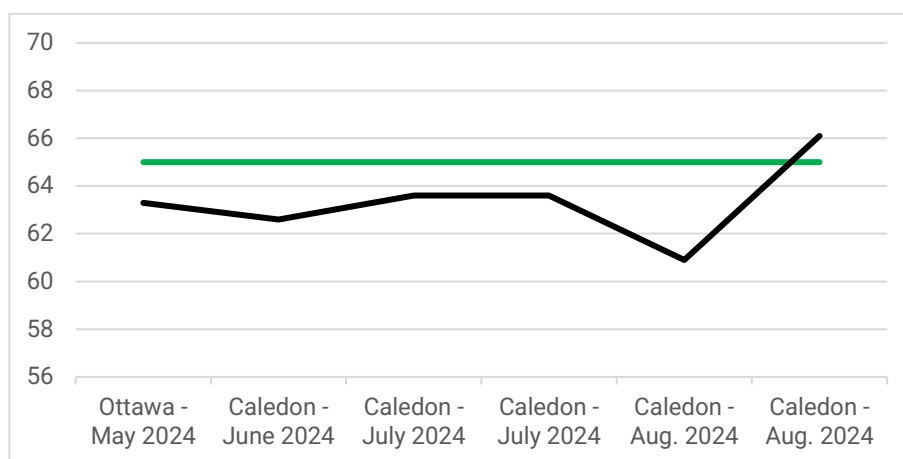
The Gap Analysis

A gap analysis is a tool used to assess the difference (or "gap") between an athlete's current performance level and their desired or target performance level. It's essentially a systematic process for identifying areas where improvement is needed to meet specific performance goals.

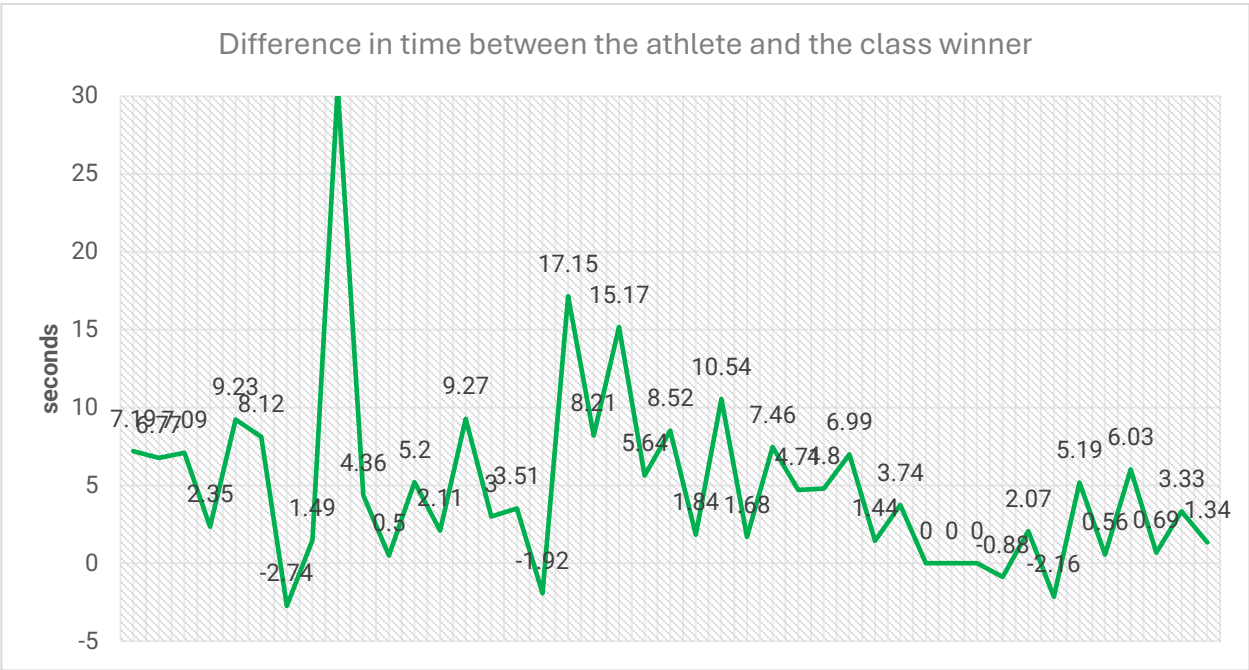
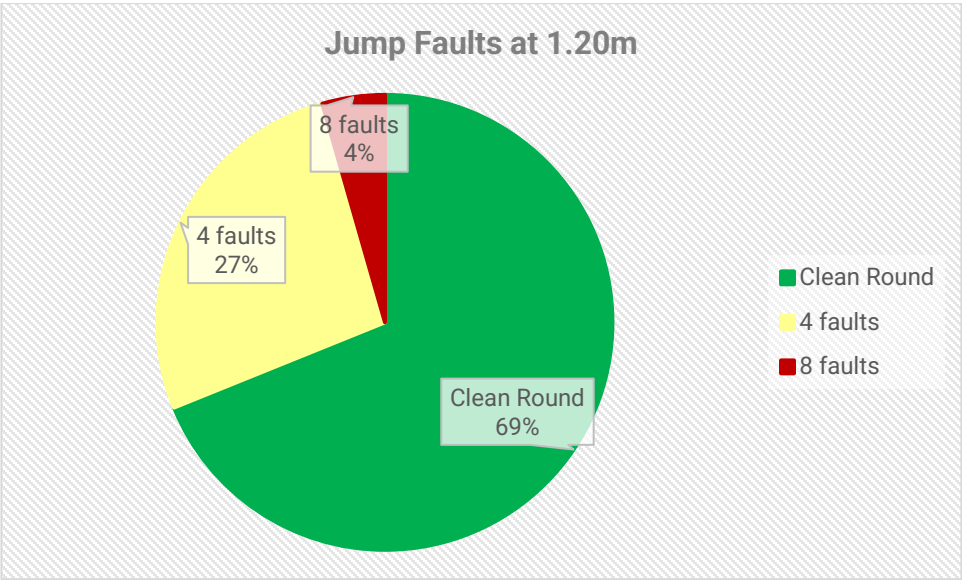
Benefits of a Gap Analysis in Equestrian Sport:

- **Tailored Training Plans:** A gap analysis allows both the rider and horse to have their training specifically targeted to areas that need improvement.
- **Enhanced Performance:** Identifying and addressing gaps can directly lead to better performances, especially in decisive competitions where every detail counts.
- **Injury Prevention:** Recognizing physical limitations and addressing them early can prevent long-term injuries for both the rider and the horse.
- **Building Rider-Horse Communication:** The analysis emphasizes strengthening the partnership between the rider and the horse, which is vital for overall performance success.
- **Mental Readiness:** Understanding gaps in mental preparation allows for more effective strategies for handling pressure and competing at the highest level.

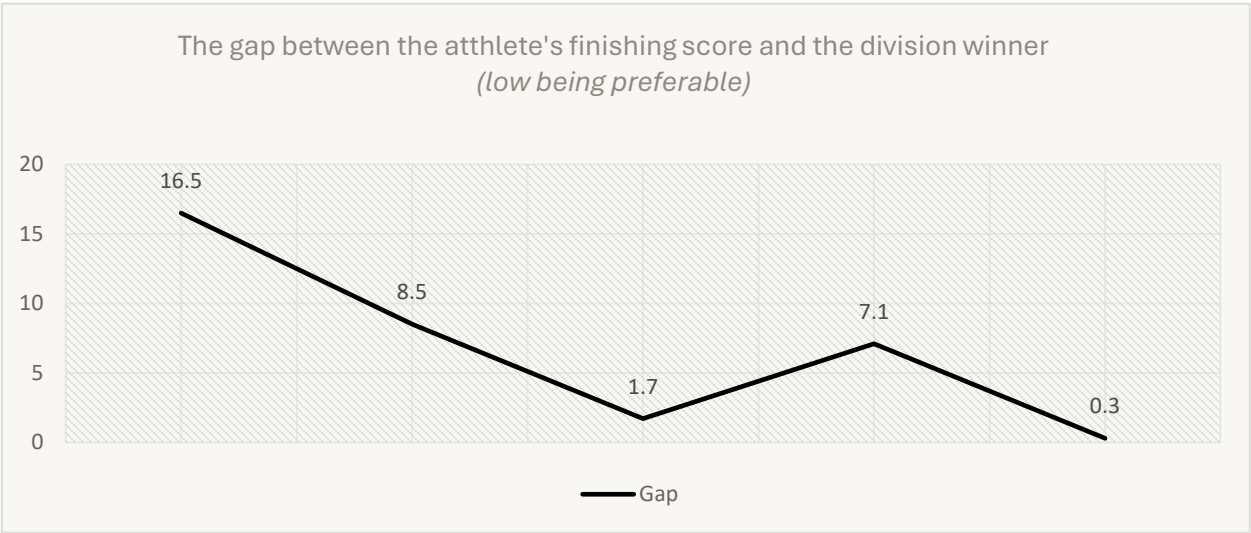
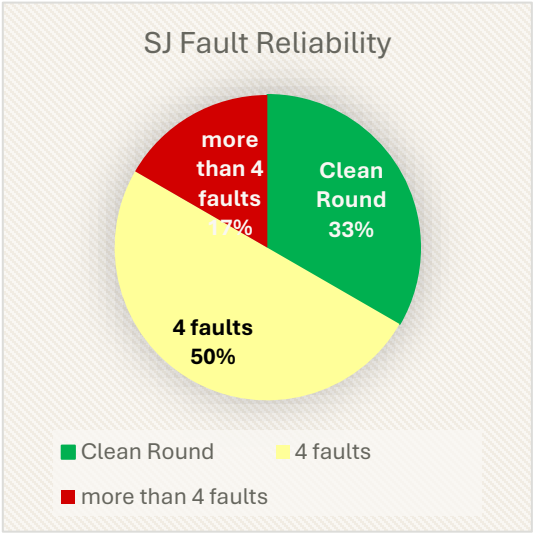
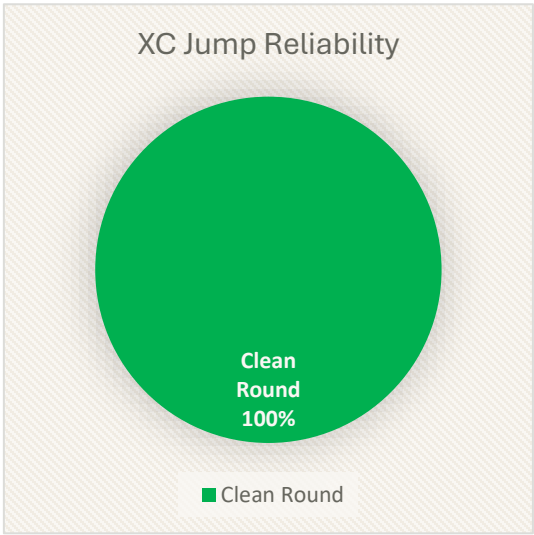
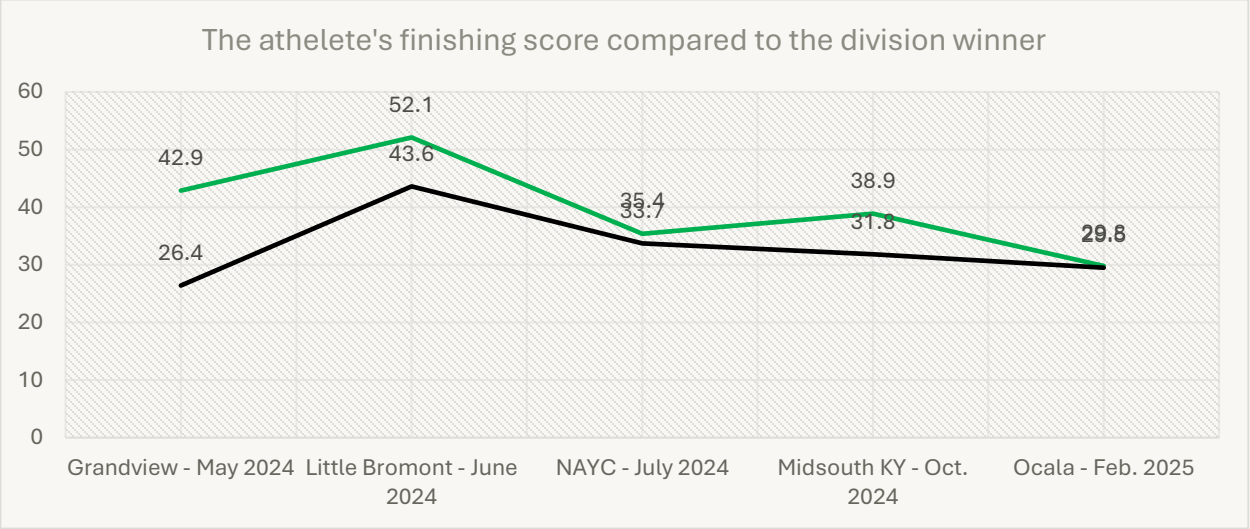
Dressage



Jumping



Eventing





The Individual Athlete Performance Plan (IAPP)

An Individual Athlete Performance Plan (IAPP) in equestrian sport prioritizes training goals for short, mid, and long terms. Supported by a gap analysis and action plan, it monitors performance across Technical, Tactical, Physical, Psycho-social, and Health/Well Being categories. Each criterion is prioritized by the athlete and coach.

PERFORMANCE FACTORS	Priority (HML)	Goals			IDENTIFIED GAPS	ACTIONS
		Short Term	Mid Term	Long Term		
Technical Skills						
Understanding and effective use of the Training Scale						
Influence & Effectiveness of the aids						
Partnership						
Accuracy & Timing - Dressage						
Accuracy & Timing - Cross Country (Eventing Athletes)						
Accuracy & Timing - Jump (Jump & Eventing Athletes)						
Tactical Assessment						
Decision making						
Reaction Time						
Spatial Awareness						
Motivation						
Goal Setting & Performance Planning						
Jump IQ (Eventing & Jump)						
Physical Skills						
Dynamic Balance						
Muscular Strength						
Muscular endurance						
Functional Movement						
Aerobic Stamina						
Flexibility						
Agility / Coordination						
Physical Resilience						

PERFORMANCE FACTORS	Priority (HML)	Goals			IDENTIFIED GAPS	ACTIONS
		Short Term	Mid Term	Long Term		
Psycho-Social Skills						
Coachability						
Resilience						
Composure						
Confidence						
Communication						
Attention Control						
Stress Management / Emotional Control						
Activation Control						
Record Keeping						
Sportsmanship & Team Building						
Self-Analysis						
Mental Toughness						
Health / Well Being						
Lifestyle						
Recovery						
Education / Work Balance						
Family						
Nutrition						



OAKHURST SHOW TEAM PRE-COMPETITION ROUTINE WORKSHEET

Rider Name: _____

Horse Name: _____

Competition Name: _____

Date: _____

DAY BEFORE:

What tasks relating to tomorrow's competition need to get done today for myself:

What tasks relating to tomorrow's competition need to get done for my horse:

What time do I want to have all the above tasks complete? _____

What food and drinks do I have packed for tomorrow? _____

What's for dinner tonight? _____

What time am I going to go to bed? _____

Why am I competing tomorrow? _____

What is my targeted outcome for tomorrow's competition? _____

What are some ways I can stay positively focused on my goals tomorrow? _____

Who in my support team can I draw on to help remind me of my strengths?



COMPETITION DAY:

What time is my alarm set for? _____

What's for breakfast? _____

My routine 3 – 2 hours before I compete:

My routine 2 – 1 hours before I compete:

My routine 1 hour – start of competition:

Some tools in my toolbox that I am going to use to get to my best performance:

- ☐ Visualize today's competition going well!
- ☐ Remind myself why I chose to compete and be grateful for it.
- ☐ Progressive Relaxation
- ☐ Deep Breathing
- ☐ Positive Self-Talk
- ☐ Communication with my team

Breathe... trust your training and remember, you can't control everything, but you can control how you think, act and feel!





OAKHURST SHOW TEAM POST-COMPETITION ANALYSIS WORKSHEET

Rider Name: _____

Horse Name: _____

Competition Name: _____

Date: _____

What was your performance goal for this competition?

Do you feel you achieved your goal? ☐ Yes ☐ No ☐ Somewhat

Before the competition, did you feel prepared:

- | | | | | | | |
|---------------|--------------------------|-----|--------------------------|----|--------------------------|----------|
| • Physically | <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | <input type="checkbox"/> | Somewhat |
| • Technically | <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | <input type="checkbox"/> | Somewhat |
| • Tactically | <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | <input type="checkbox"/> | Somewhat |
| • Mentally | <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | <input type="checkbox"/> | Somewhat |

Do you have a pre-competition routine? ☐ Yes ☐ No

If yes, did you follow it? ☐ Yes ☐ No ☐ Somewhat

What three words would best describe how you felt immediately before competing?

What are several things you feel you did well today:

Before the competition, did you feel well rested? ☐ Yes ☐ No

During the competition, did you feel well hydrated? ☐ Yes ☐ No

Did you follow a nutrition plan before and during the competition? ☐ Yes ☐ No

What three words would best describe how you felt directly after competing?

What are one or two things you would like to improve about how you performed today:

What were the most rewarding aspect of today's competition experience:

What do you hope to improve on for the next competition:

Who was your support team at today's competition:

Did you have fun? ☐ Yes ☐ No



DAILY COMPETITION Log

WEATHER



DATE ____ / ____ / ____
S M T W T F S

HORSE NAME:

PLACING:

SCORE:

TYPE OF PHASE, COMPETITION OR CLASS:



HOURS OF SLEEP

(Hours)



WATER BALANCE

(Glass)



MOOD



FRUSTRATED TIRE D ANXIOUS HAPPY CONFIDENT

TACK AND EQUIPMENT
USED:

TIME OF PHASE OR CLASS:

RING/FOOTING:

TOTAL FAULTS:

HOW DID THE HORSE FEEL:

ADJUSTMENTS OR CONSIDERATIONS
FOR NEXT PHASE OR COMPETITION:





OAKHURST MENTAL PERFORMANCE CHECKLIST

Training / Pre-competition	Poor		Excellent			Comments
	1	2	3	4	5	
Awareness of personal Ideal Performance State (ie. thoughts, behaviors, activation for peak performance)	1	2	3	4	5	
Pre-performance routines established	1	2	3	4	5	
Pre-performance routines implemented	1	2	3	4	5	
Mental skills practiced in training (eg. breathing techniques, visualization, refocusing strategies, relevant helpful behaviors)	1	2	3	4	5	
Appropriate process, performance and competition goals established	1	2	3	4	5	
Mental performance plans developed	1	2	3	4	5	
During Competition						
Attention modulation (ie. maintained attention to right things at right time, managed distractions, kept focus in present moment)	1	2	3	4	5	
Stress regulation (ie. maintained physical/cognitive activation within optimal moderate range)	1	2	3	4	5	
Productive thinking (ie. managed self-talk/inner dialogue, positive performance expectations)	1	2	3	4	5	
Self-confidence (ie. implemented strategies to sustain self-belief throughout competition having trust in skill level and level of preparation)	1	2	3	4	5	
Behavioral regulation (eg. positive/productive interactions with coach, horse, fans; showing consistent, predictable demeanor)	1	2	3	4	5	
Failing forward (ie. seeing errors as learning opportunity, responding productively to mistakes or unexpected events)	1	2	3	4	5	
Performing in Ideal Performance State (ie. performance feels effortless, natural, enjoyable, in a “flow” state)	1	2	3	4	5	
Mental performance plans implemented (eg. breathing techniques, visualization, focusing strategies, relevant behaviors)	1	2	3	4	5	
Post-Competition						
Performance reflection (eg. conduct <i>Start, Stop, Continue</i> exercise; celebrate small wins; revise strategies as required)	1	2	3	4	5	
Assumed healthy responsibility for the controllable aspects of performance (ie. take ownership and accountability)	1	2	3	4	5	

