



BRITISH
EQUESTRIAN
FEDERATION

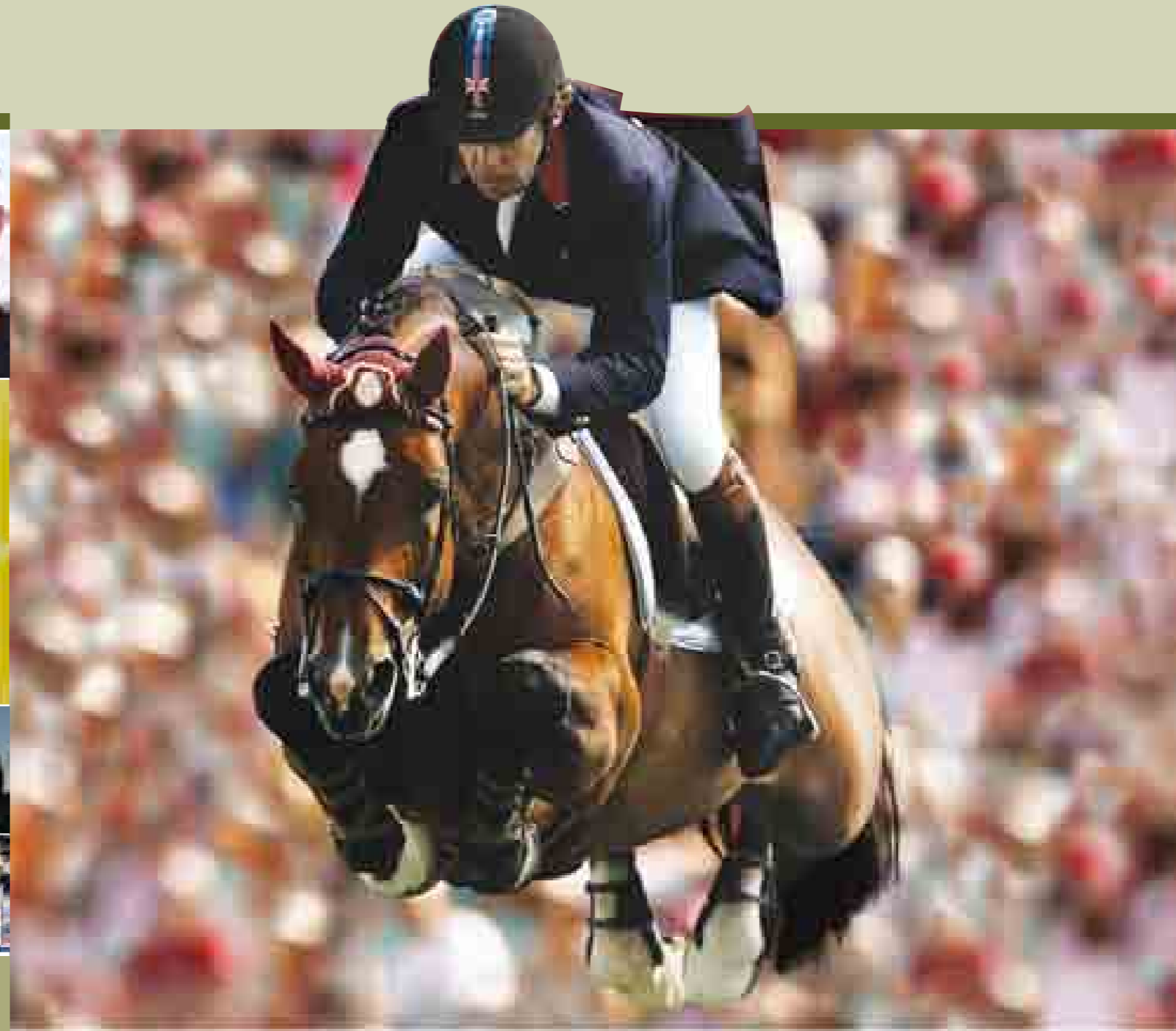


BRITISH
EQUESTRIAN
FEDERATION

THE EQUESTRIAN WORLD CLASS PROGRAMME



Success is a journey **not a destination**



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DIRECTOR'S FOREWORD

THE EQUESTRIAN WORLD CLASS PROGRAMME is funded by UK Sport, who receive their funding through the Department of Culture, Media and Sport (DCMS), primarily from the National Lottery. The Programme is a key portfolio within the British Equestrian Federations (BEF) support of equestrian sport.

The aim of the World Class Programmes across sports (Summer and Winter) is quite simple and that is, through a "no compromise" approach, to win more medals for Great Britain on the international stage. It is that aim that must underpin everything that is done within the World Class Programme and as the Programme develops and evolves all involved must keep that aim at the forefront of their minds. The Programme has been in existence since just before the Sydney Olympic and Paralympic Games and has extended to support, within equestrianism, Dressage, Eventing, Show Jumping and Para-Equestrian Dressage. The Programme is not about "support for all" but is about identifying the most talented riders and horses and working with them to ensure that they reach their maximum potential and deliver their best possible results at World level and Olympic / Paralympic Games. Within equestrianism we face a unique challenge in that we need both a World Class athlete (the rider) and a World Class horse. We therefore have to develop our plan to cope with this multi-dimensional need. No one person within equestrian has an answer to all the challenges we face and therefore all of us within World Class must seek to draw on the experiences, not just of those involved with equestrian sport, but those involved with other sports, business management, and excellence in any field.

The funding we receive, which is not inconsiderable, is dependent on producing results. It is, therefore, a results-driven Programme and if we do not produce those results we will be held to account by UK Sport and ultimately DCMS. It is, in effect, a business and we are funded to produce a product and that product is medals.

For many within equestrian it may appear that the horse is the primary athlete but we refer to the rider as the athlete as it is primarily the rider that is recognised by UK Sport. This, however, does not mean that UK Sport do not recognise the vital need of having World Class horses. Although the funding we receive is generous it will never be sufficient to allow us to purchase, keep and develop World Class horses. We must therefore rely on owners' and/or riders' business acumen and passion in order to ensure that we have a constant and increasing pool of World Class horses with which we can win medals. We are all very aware of the vital role the owners play in the campaign for success on the World stage.

The Programme does not stand alone in this quest and works closely with the three BEF Olympic Member Bodies; British Dressage, British Eventing and British Show Jumping. Their own training and competition programmes work very much hand in hand with the programmes run within World Class. These Member Bodies are the custodians of the individual sports within Great Britain and are as vital to winning medals as is the funding and, I hope, the programme which is referred to as the World Class Programme.

It has been my intention for sometime to produce a booklet that details what we are doing and where we are going. However, it always appears that it is the wrong time because we are about to change things or develop things; but that is perhaps the essence of the World Class Programme in that it must continually change to meet the challenges of the day to day environment and must also continue to develop to try to provide a better service to the riders, horses and owners. Therefore this booklet does not represent the end of a journey but rather a snapshot of where we are and of the direction in which we hope to travel. If we are to continue to travel along this road to success then we need the help and advice of everybody, please do not be slow in offering your advice.

London 2012 has given us a new focus on the horizon and what a fabulous opportunity it will be to showcase British equestrianism at its finest. However we must not lose sight of a little party we have coming up in 2008 and also that the Programme must be robust enough to put in place a system that delivers not only in 2012 but also in 2008, 2016 and beyond: In sport you are only really remembered for your last performance. I hope that you will find this booklet of interest and that it will provoke all to wonder how we can achieve our aim quicker and in a way that delivers sustainable results.

Will Connell
 Performance Director
 10th April 2007

Identify talent, Maximise potential, Deliver success



The World Class Programmes across all sports must focus their attention on three key areas. Firstly, identifying talent; secondly, developing talent and thirdly, producing performance on the World stage. The Equestrian World Class Programme is no different, although of course we need to do this not only with the rider but also with the horse. The World Class Programme therefore fits into three conjoined areas: the Equine Pathway, the Development Programme and the Performance Programme. The one principal that underpins all that the Programme does and which we can never do enough of is **COMMUNICATION**.

The Programme is overseen by the Performance Director, supported by the Development Programme Manager. Each of the four disciplines has a Performance Manager (who is directly responsible for the running of the Performance Programme and Equine Pathway, and oversees the progress of the Development Programme) and a Discipline Co-ordinator (who is responsible for the running of each of the Development Programmes).

THE DEVELOPMENT PROGRAMME

This seeks to identify and develop riders who have shown the potential to reach the World stage. It is primarily, at the early stage (Start), focused on the rider, but as the rider moves up the Pathway it then becomes more combination, horse-rider, focused (Potential).

THE EQUINE PATHWAY

This is a new initiative that was introduced during 2006. The Equine Pathway seeks to identify horses that, regardless of whether they are being ridden by riders on the World Class Programme, show the potential to reach Olympic/Paralympic level. The World Class Programme will seek to work with the riders and owners of these horses in order to assist them to ensure that the horse reaches its maximum potential. Perhaps in some cases this may involve discussing with the owner/rider the possibility of selling the horse at the right time in order to allow the owner/rider of the horse to identify a new horse that has greater potential.

THE PERFORMANCE PROGRAMME

The Performance Programme supports rider-horse combinations that are challenging for team positions. It is essentially the Programme that supports the British Equestrian Team – Team GBR – within the three Olympic and one Paralympic disciplines. The Programme seeks to enhance their performance through coaching, sports science and medicine, and management programmes and is also responsible for all expenses at Senior Championships.

DISCIPLINE PROGRAMMES

Working in conjunction with all of the above are the Discipline Programmes. These include the Pony, Junior and Young Rider teams and individual disciplines' coaching development and coaching programmes.

Talent ID
Development
Success

The one principal that underpins all that the Programme does and which we can never do enough of is **COMMUNICATION**.



WORLD CLASS PROGRAMME SUPPORT

There are areas of support that the World Class Programme is involved with that transcend the whole pathway of Performance, Development and Equine Pathway. These include the following:

a). Coaching

The Programme seeks to provide world class coaching support to riders and horses during squad sessions and at the riders' own yards (working in conjunction with their own coach). The Programme aims to assist with the development of elite level coaches. This initiative works in conjunction with the development of the UK Coaching Certificates and the UK Sport Elite Coaches Programme and seeks to identify and develop coaches who can support the various squads and teams. The Programme is also keen to develop a closer working relationship with riders' own coaches – often referred to (when including the riders' veterinary surgeons, farriers etc) as the "Home Team".

b). Equine Health and Fitness

The aim is to provide support that focuses on prehabilitation rather than rehabilitation; i.e. aim to prevent the injury occurring. The Programme has sought to increase communication with the riders' own vets and farriers and to work with them to ensure that every horse maximises its performance. The monitoring of the horses is vital. The Programme supports vets to attend competitions and also funds veterinary treatment for many of the Performance level horses. Working in partnership with the vets are the farriers, physiotherapists and equine nutritionists (through the support of Spillers). Education is key to the development of the future medal winning riders and their grooms.

c). Human Health & Fitness

Often ignored to some extent, the riders' fitness and health are just as important as the horses'. All riders on the Programme have access to facilities and services provided by the English Institute of Sport (EIS), primarily, and the Scottish/Welsh equivalents. These services and facilities include medical, lifestyle advice, nutrition and physiologists. The Programme employs the support of a human physiotherapist, doctor and sports psychologist and has been involved in research to develop an understanding of what is "fit to ride".

c). Research and Development

The Programme seeks to identify where science can assist the development of performance. That may be working with commercially available equipment or developing procedures and understanding within a specific area. Such systems include the Equinanalysis system (equine gait analysis through the medium of biomechanics) and the Novel Pressure System that measures the pressure distribution between the saddle and the horse and has allowed us to give scientific back up to the art of fitting saddles, as well as better understanding the locomotion of the horse. The Programme is involved with a number of research projects ongoing in the British equine industry.

d). Owners

Across the Programme we recognise the importance of owners in meeting our aim. The Programme seeks to continue to develop communication with owners and ensure that the Programme and owners are working as a partnership in order to develop and deliver performance.

e). Management and Logistical Support

The Programme aims to provide a professional Management Team that is focused on supporting the riders, coaches, vets and other staff key to delivering medals. Included in that Management Team's role is the provision of logistical support to Team GBR for major Championships.

	EVENTING	SHOW JUMPING	PARA-EQUESTRIAN DRESSAGE	DRESSAGE
2000	Sydney Olympic Games Team Silver Young Rider European Championships Team Bronze Junior European Championships Team Silver	Young Rider European Championships Individual Bronze (Richard Davenport) Team Bronze Junior European Championships Individual Gold (Lee Williams) Team Gold Pony European Championships Team Gold	Sydney Paralympic Games Grade IV Individual Gold and Bronze (Kay Gebbie) Grade II Individual Gold and Silver (Nicola Tustain) Grade I Individual Gold x 2 (Lee Pearson) Team Gold	Young Rider European Championships Team Bronze Pony European Championships Team Silver
2001	Senior European Championships Individual Gold (Pippa Funnell) Team Gold Young Rider European Championships Team Gold	Young Rider European Championships Team Gold Pony European Championships Team Gold	No Championship	Pony European Championships Team Bronze
2002	World Equestrian Games Individual Silver (Jeanette Brakwell) Team Bronze Young Rider European Championships Individual Silver (Zara Phillips) Team Silver Pony European Championships Team Bronze	Young Rider European Championships Individual Silver (James Wingrave) Team Gold Junior European Championships Individual Bronze (Lee Williams) Pony European Championships Individual Gold (Martha Beaumont) Individual Bronze (Louise Pavitt) Team Gold	European Championships Grade III Individual Gold x 2 (Debbie Criddle) Grade II Individual Silver x 2 (Nicola Tustain) Grade I Individual Gold x 2 (Lee Pearson) Individual Silver x 2 (Anne Dunham) Team Gold	Young Rider European Championships Team Bronze Pony European Championships Team Bronze
2003	Senior European Championships Individual Bronze (Pippa Funnell) Team Gold Young Rider European Championships Individual Bronze (Abi Walters) Team Gold Junior European Championships Team Bronze	Junior European Championships Team Silver Pony European Championships Individual Silver (Hannah Paul) Individual Bronze (Sophie Broome) Team Gold	World Championships Grade IV Individual Bronze (Michelle Crunhorn) Grade III Individual Gold x 2 (Debbie Criddle) Grade II Individual Gold x 2 (Nicola Tustain) Grade I Individual Gold x 2 (Anne Dunham) Individual Gold x 1 (Lee Pearson) Team Gold	Senior European Championships Team Bronze Pony European Championships Team Bronze
2004	Athens Olympic Games Individual Gold (Leslie Law) Individual Bronze (Pippa Funnell) Team Bronze Young Rider European Championships Individual Bronze (Izzy Taylor) Team Silver Junior European Championships Team Bronze	Young Rider European Championships Team Gold Junior European Championships Individual Silver (Tim Gredley) Team Gold Pony European Championships Individual Gold (Hannah Paul) Team Gold	Athens Paralympic Games Grade III Individual Gold x 2 (Debbie Criddle) Grade II Individual Bronze x 2 (Nicola Tustain) Grade I Individual Gold x 2 (Lee Pearson) Individual Bronze x 1 (Sophie Christiansen) Team Gold	Young Rider European Championships Team Bronze Pony European Championships Team Bronze
2005	Senior European Championships Individual Gold (Zara Phillips) Team Gold Young Rider European Championships Team Gold Pony European Championships Individual Bronze (Laura Collett) Team Gold	Pony European Championships Individual Gold (Louise Saywell) Team Gold	World Championships Grade III Individual Silver and Individual Bronze (Lee Pearson) Grade II Individual Gold and Individual Bronze (Nicola Tustain) Grade I Individual Gold x 2 (Sophie Christiansen) Team Gold	European Young Rider Championships Team Bronze Pony European Championships Team Bronze
2006	World Equestrian Games Individual Gold (Zara Phillips) Team Silver Young Rider European Championships Individual Gold (Amy Young) Team Gold Junior European Championships Individual Gold (Laura Collett) Team Silver Pony European Championships Individual Silver (Libby Soley) Team Bronze	Young Rider European Championships Individual Gold (Gemma Paternoster) Individual Bronze (Charlotte Platt) Team Silver Junior European Championships Individual Gold (William Whitaker) Team Bronze Pony European Championships Individual Gold (Daniel Neilson) Individual Bronze (Louise Saywell) Team Gold	No Championship	



THE WORLD CLASS PROGRAMME DELIVERS:

- Performance director/managers advice and support
- Programme administration
- Coaches and coach development
- Technical support (performance analysis)
- Sports science and medicine consultants, including physiotherapy & sports psychology
- Squad training
- Rider allowance for training and competition
- Key competition support (vets/coaches in attendance at key competitions)
- Research & Development
- Veterinary support
- Farriery support
- Medical support for riders
- Performance enhancing equipment
- Team clothing
- Championship costs
- Olympic/Paralympic Test Event
- Olympic/Paralympic Games

THE PERFORMANCE PLAN OUTLINES THE VISION OF WINNING GOLD MEDALS at the Olympic and Paralympic Games of 2008 and beyond.

The World Class Performance Programme exists to provide our elite riders with the best preparation to represent the British Equestrian Team at World, European, Olympic and Paralympic level in the four Olympic / Paralympic equestrian disciplines, Eventing, Dressage, Show Jumping and Para-Equestrian Dressage. The Programme seeks to provide a range of services and support but it is the rider that needs to take personal responsibility for buying in to the Programme's aims and decide which services will best help them to maximise their potential. The Programme aims to make the best better.

The Performance Programme for each discipline is managed by a Performance Manager. It is based around the principle of providing a professional management team, veterinary support and education, coaching and competition management. Squad sessions are used to develop team atmosphere and also deliver coaching support. However, coaching and veterinary monitoring is also delivered at competitions and at the rider's home yard (working in partnership with the "home team").

The Programme seeks to ensure that the athletes have access to all support services that might assist with their performance development. This includes the English Institute of Sport (that provides a whole range of medical support services), human physiotherapy (that can be delivered at the riders' yards rather than at EIS centres), the support of a doctor, sports psychologist, fitness advice and nutritional advice. Similar services are also made available for the horse; nutritional advice through Effem Equine (Spillers) and access to the very best veterinary facilities and support, farrier support and also physiotherapy support. Riders receive a means tested allowance direct from UK Sport and they can claim, through the Programme, support for coaching, travel, entry fees and veterinary fees, etc.

The funding support allows a "no-compromise" approach to Championships; if it is felt that a certain aspect will provide a performance advantage at a competition we will ensure that it is in place. This includes a central logistical and management back-up that has the financial freedom to visit Championship venues before the competitions start and to ensure that a robust logistical plan is put in place for the British teams. The Championship Teams are fully funded by the Programme.

In parallel with what is delivered to the riders and horses we are also continually looking to up-skill grooms, who are vital to the success of horse/ rider combinations, work closer with riders' "home" vets and coaches, and generally increase communication outside the environment of World Class.

In return, what we expect from riders is open communication and buy-in to the target of winning medals on the World stage.

Selection for the Performance programme is on an annual basis with a 6 monthly review together with a continuous assessment of performance, which provides an indication of potential medal success within an Olympiad, including World and European Championships. Selection is based on results combined with potential to deliver.

Eventing
Dressage
Show Jumping
Para-Equestrian Dressage

It has already been highlighted that the average age of a rider at their peak is considerably higher than in the majority of other sports.

THE WORLD CLASS DEVELOPMENT PROGRAMME WAS ESTABLISHED IN 2002, and underpins the World Class Performance Programme, by providing two key parts: World Class Start, designed to support talent identification and nurturing of that talent; World Class Potential, designed to assist in the development of that talent.

The philosophy behind the Development Programme is that training achieves excellence and correct training is the foundation to success. The Programme provides an established training pathway and is structured in such a way to facilitate rider improvement that will see them progress from World Class Start through to World Class Potential and onto the Olympic and Paralympic Performance Programmes and includes the following elements:

- **Competition experience including international exposure**
- **Coaching, advice and competitive support**
- **Equine sports science; soft tissue therapy, veterinary advice and education, equine nutrition, farriery advice and education**
- **Human sports science; fitness, nutrition, sports psychology, medical backup**
- **A comprehensive support network nationally and from around the world**
- **Performance analysis to enhance technique and improve performance**
- **Developing teamwork and team spirit through innovative squad sessions**
- **Lifestyle, business and communication advice**
- **The Programme seeks to promote the concept of developing riders basing themselves with established and successful senior riders.**

The riders are reviewed on a 6 monthly basis, with targets and objectives being set and funding to assist with achieving these aims agreed. Selection is on a two yearly basis but this does not mean that a rider cannot be taken onto the Programme during the 2 year cycle or removed.

The Start and Potential Programmes are proving a successful blueprint for training future riders to move onto the Performance Programme. However, to increase GBR's medal chances further, a more detailed Rider Performance Pathway is being developed that will profile the characteristics of a potential equestrian Olympic medallist, which will enable the Programme to provide a structured career path from an early age to the medal rostrum.

The Development Programme provides significant funding to support the BE/BD and BSJA Pony, Junior and Young Rider Championship Teams in addition to the funding provided to support the riders on the Programme.

THE WORLD CLASS PROGRAMMES EXPECT:

- Communication
- Commitment
- Open mindedness
- Organisation
- Willing to contribute
- Personal fulfilment
- Planning
- Dedication
- Professionalism
- Focus
- Exchange of ideas for the benefit of all

World Class Start

Designed to support talent identification and nurturing of that talent.

World Class Potential

Designed to assist in the development of that talent.





The World Class Programme is introducing an Equine Pathway (in partnership with the BEF Olympic Member Bodies) to sit alongside the human development pathway in order to identify and support world class horses.

The World Class Programme has a very clearly defined riding development pathway through the Development Programme (Start and Potential) up to the Performance level. This Pathway has proved successful in that several riders have progressed along the Pathway and have represented GB at Championship level.

Establishing an Equine Pathway will enhance GBR's chances at the 2012 Olympics and beyond. The purpose of the Pathway is to identify horses that have the potential to develop into medal winning horses (a speculative process when the horse is young). The Programme will then work with and support the riders and the owners of the horses in order to help them maximise the horses' potential. It is also hoped that the Programme will encourage owners to keep their horses with British riders.

Selection for the Pathway varies between disciplines and is still (2006/2007) in the experimental stage. Horses will either be identified through results linked to different age groups or through viewing of the horses. The development of the horses will be monitored against a pre-determined (but flexible) pathway with the aim to have the horses qualified to compete and challenge for medals at the 2012 Olympics. The emphasis for Para-Equestrian Dressage will be on identifying the "right" horse(s) for each of the riders on the World Class Programme.

Challenging for medals at the 2012 Olympics

The pathway will keep a detailed record of each individual horse and there will be regular assessments of their development.

Within this pre-determined Pathway there is flexibility, as not all horses begin to fulfil their potential at the same age. Therefore horses that might not have shown sufficient results to date, but are still looked upon as promising for 2012, will be considered for inclusion on the Equine Pathway.

The Pathway is run on a rolling basis as horses may be taken off for various reasons and other horses might be included at a later stage of their development. At the outset there will be a comprehensive list of horses, which will be narrowed down as we move closer to 2012. If funding remains and the Pathway is a success then it will be rolled out to identify horses for 2014, 2016 and beyond.

Support will be provided in order to assist the horse to maximise its potential and on an individual basis in conjunction with discussions with the owner/ rider. The Equine Pathway aims to provide support to potential world class horses through:

- **Monitoring horses' development through observation and communication with the owner/rider**
- **Veterinary/farriery monitoring and advice**
- **Coaching advice and support**
- **Competition planning**
- **Support to the rider (physio etc), if not already on the World Class Programme.**

A detailed record of each horse's progress will be maintained and regular updates will be made through competition result analysis, training reviews and veterinary assessments.

The owners of the horses on the Pathway will have access to advice from all of the World Class Programme staff and it is hoped that the Pathway will assist with the development of a "feel good factor" based on a combined determination to put GBR riders on the medal rostrum in 2012 and beyond.

BACKGROUND

The World Class Programmes, comprising Development (Start and Potential) and Performance, offer exceptional opportunities for Great Britain's most talented riders, including expert training from coaches, veterinary sports science and medicine support, and funding towards international competitions.

PROGRAMME MISSION

To optimise GBR podium success on the world stage for the Olympic and Paralympic disciplines, through the identification and development of potential world class riders, and potential world class rider/horse combinations.

OBJECTIVE OF SELECTION POLICY

The specific aim of the Selection Policy is to select talented riders/ combinations to deliver medal winning performances on the world stage for Great Britain now and in the future.

PERFORMANCE PROGRAMME

Selection on to the World Class Performance Programme is based on horse and rider profiling, achieved through analysing past and present results, strengths and weaknesses, suitability for a particular Championship and the rider's perceived potential to contribute to team or individual success at forthcoming major Championships. The squad is selected following consultation between the Discipline Selectors, Performance Managers and the Performance Director. Programme membership is reviewed on a 6 month basis and it is the rider that is formally recognised on to the Programme by UK Sport.

THE DEVELOPMENT PROGRAMME (START AND POTENTIAL PROGRAMMES) – TIME SCALES

Formal/open selection takes place every two years. Selected riders can remain on the programme provided certain criteria are met. Riders are under constant review in terms of their development and performance (which includes two internal and one external review, which they must attend).

SELECTION PROCESS

The Start and Potential Selection Policy is formulated in agreement and consultation with the respective Discipline Coordinators, Development Manager, Performance Managers, Performance Director and other key discipline personnel.

THE PROCESS INVOLVES THREE KEY STAGES:

Stage 1: Application (includes a CV and reports from coaches); details are published on the BEF and Member Body websites

Stage 2: Viewing Competition

Stage 3: Viewing Trial

Stage 4: Selection Trial

Riders are aged between 14 and 30 and are expected to reach minimum criteria in the preceding or current calendar year in order to be eligible for "viewing". Selection through to each stage will be made on merit. A rider's financial circumstances will not influence this.

Selection through to each stage will be made on merit

Riders are under constant review in terms of their development and performance.





Dressage was developed to aid horse and rider in mounted combat, and in the seventeenth and eighteenth centuries it became a fashionable activity for the nobility, using displays like those still seen today at the famous Spanish Riding School in Vienna.

In the twentieth century Dressage developed into the modern competitive sport we see today and became popular in countries all over the world from the USA and Canada to Japan and Western Europe.

BRITISH DRESSAGE (BD) was founded in 1998 and now has more than 12,000 members. There are more than 2,000 days of affiliated dressage every year - from Aberdeen to Guernsey, the Isle of Man to the Isle of Wight.

There are no age limits in dressage competitions. Children can compete against adults, and anyone at any age can ride a horse or a pony. Dressage is one of the few sports where men and women, old and young, able bodied and disabled can compete alongside each other.

British Dressage administers all aspects of affiliated dressage from its office at Stoneleigh and is a member of the British Equestrian Federation.

Its aim is to improve the standard of riding, training of horses and horsemanship in Great Britain by promoting, fostering and regulating dressage.

It also manages the representation of Great Britain in international dressage competitions and advises the British Equestrian Federation on all matters related to dressage.



THE BRITISH SHOW JUMPING

ASSOCIATION (BSJA) is the governing body of show jumping in Great Britain, formulating the rules and codes of practice under which all affiliated competitions are held.

The Association's purpose is to improve and maintain standards of British Show Jumping, while encouraging members of all standards and at all levels to enjoy fair competition over safe and attractive courses.

The Association has classes to cater for all levels of ability whether riders simply want to compete occasionally at weekends over courses which can commence from 2'3" in the introductory series or to aim, eventually, for Regional Championships, Amateur Championships or the very top class competitions at the Royal International Horse Show, Horse of the Year Show or Olympia.

The Association manages more than 2,000 shows each year, providing in excess of 2,800 days of show jumping for members of the Association riding registered horses and ponies. These shows are run according to BSJA rules with at least one judge for each competition being a member of the official panel of BSJA judges. Courses are designed and built by BSJA course builders ensuring well run, enjoyable entertainment for competitors, families, owners and spectators.



BRITISH EVENTING (BE) is the governing body for Eventing in Great Britain and regulates the sport as well as organising and scheduling many events throughout the country.

British Eventing has over 10,000 members, of which over 8,000 compete regularly. The sport, both nationally and internationally, has continued to expand through both the numbers of competitors and events being staged. Over 110 events are controlled and regulated by British Eventing annually with over 65,000 cross country rounds at all levels.

The sport has an ideal, good clean image and enjoys a strong demographic profile - Competitors and Owners - AB 63%, C1 37% and Spectators - AB 52% and C1 28%. Men and Women compete on equal terms while the genuine amateur can compete against World and Olympic champions.

Events take place in some of the most spectacular settings in the countryside and offer visitors a unique experience - outdoor activity, action at close quarters, fantastic shopping and something for all members of the family.

Following the decision in 1996 to become independent of the British Horse Society and its charitable umbrella, the sport established itself as an independent company limited by guarantee - British Horse Trials Association Limited. As such it had its own identity and has taken up founder membership of a legally constituted British Equestrian Federation (BEF). On 1 January 2001, the governing body changed its name to British Eventing in line with the world-wide acceptance of Eventing as the official name for the sport.

Current membership categories include; Full, Joint, Syndicate, Life, Associate, Family, Individual and Junior.

2,000
BSJA shows

12,000
BD members

110
BE events

BELOW: William Whitaker & Carnival Path.
Owner: Mr Michael Whitaker

DISCIPLINE INITIATIVES FOR DEVELOPING YOUNG RIDERS

Each discipline has various initiatives for developing its young riders between the ages of 10 and 21 years of age that underpin the World Class Programmes.

Dressage, Eventing and Show Jumping have three levels for riders under 21: Ponies, Juniors and Young Riders, all which have a training programme dedicated towards the European Championships that are staged every year in the three disciplines.

Para-Equestrian Dressage operate a talent spotting scheme for riders aged 10 years and upwards. Each rider performs a dressage test that is aligned with their disability classification and riders with the highest % marks are then invited to attend a Start and Potential viewing day, which is part of the selection process onto the Development Para-Equestrian Dressage Programme.

The age ranges for the three levels are:

- **Pony riders are eligible from the year of their 12th birthday to the year of their 16th birthday in the current Calendar year**
- **A Junior rider is eligible from the beginning of the calendar year of their 14th birthday until the end of the calendar year of their 18th birthday**
- **A Young Rider is eligible from the beginning of the calendar year of their 19th birthday until the end of the calendar year of their 21st birthday**
- **Each Championship team receives sponsorship from a wide range of companies, including World Class (see discipline websites).**

EVENTING

Ponies

The Pony Eventing Programme is responsible for the training and selection of the British team that participate in the Pony European Championships.

Juniors

There are two junior eventing programmes that run in parallel:

- **The Junior Squad Trials**
- **The Junior Regional Novice Classes (JRN Programme)**

Junior Squad Trials are open to suitably qualified juniors who are registered with the Chairman of the Junior Selectors.

The JRN Programme is open to all eligible juniors and provides a stepping stone between Ponies, Pony Club and those ready to take part in the full Junior Programme.

YOUNG RIDERS

To be considered for the Young Rider eventing squad, riders will be selected and invited to take part in a series of winter training courses held in February, March, April and May. These riders will be viewed competing at Spring Horse Trials including 3 day events at 2* and 3* level.

SHOW JUMPING

The European Junior and Young Rider Championship teams and a squad of 10 riders at both levels are chosen after the Junior and Young Rider European Trials that take place in the Spring. The selected riders are invited to specific squad training sessions with BSJA accredited coaches.

The European Pony Championship team is chosen after four European Trials and the final trial that takes place in July. In the run up to the European Championships, the selected riders are invited to specific squad training sessions with the Pony European Team Coach.

The BSJA Five Star Performance Awards are available to those riding horses, and is a series of progressive standards that will provide riders with a focus for their training and have been designed to help make a difference to performance in the ring.

A number of Junior Academies for Pony Riders are being piloted within several areas during 2007, with others following in 2008.

DRESSAGE

British Dressage hold viewing days each Autumn for potential Pony and Junior squad members. Riders who are selected from the Viewing days attend Squad Training weekends with the Pony and Junior team trainers that focus on training and test riding sessions.

The British Young Rider Dressage Scheme (BYRDS) is a national training programme for the most talented riders.

LONG TERM ATHLETE/EQUINE DEVELOPMENT

The BEF and Member Bodies are developing Long Term Athlete/Equine Development Plans (LTAD/LTED) that will lead to a better understanding and meeting of the needs (including coaching, facilities, competitions and sports science and medicine) of athletes and horses as they develop. The LTAD/LTED aims to define optimal training and competition progression in order to allow athletes and horses to reach their full potential and increase their lifelong participation in sport.





EQUINE SPORTS SCIENCE (horse health, management and fitness) is a fundamental service that underpins the World Class Programme. The provision of state of the art information and education to our human athletes about nutrition, fitness, strength and conditioning and training methods is all underwritten by evidence based medicine. The ultimate goal of the sports science programme is injury prevention: Unfortunately this cannot always be achieved and injuries do occur. In this case, the sports science programme works in conjunction with the equine athlete's own veterinary surgeon to ensure that there is access to the most appropriate treatment and veterinary expertise. Equine sports science has also been used extensively to develop the strategies for how equine athletes should be prepared for competing at the Olympic Games when they are to be held in challenging climates such as Hong Kong.

In order to compete optimally, horses need to be sound, be able to breathe well, have an efficiently functioning heart and vasculature, and their neurologic systems, which orchestrate the whole body, need to be intact. The role of equine sports medicine is to determine how each of these body systems enables the horse to perform at a maximum level, and, if the horse's performance has decreased, to determine which body system is malfunctioning.

The human athlete is able to apply a multitude of sports enhancing techniques to attain a higher level of performance and move ahead of their competitors. In addition, an ever-increasing array of technologies and treatments are available to aid diagnosis, accelerate rehabilitation and ultimately enhance performance.

Video based gait analysis system

A similar trend is now emerging within equine sport. Individual sports organisations are exploring ways to improve competitiveness, and professional bodies such as the British Equine Veterinary Association (BEVA) is actively promoting the application of Evidenced Based Veterinary Medicine (EBVM). The Programme has trialled various pieces of equipment in the developmental stage and regularly uses heart rate monitors and weight monitoring. The Programme will always seek to use new technology if it fits with the needs of the horses, the riders and the coaches.

A specific area of sports science is biomechanics. This is widely used in human sports with sophisticated analysis programmes employed to monitor everything from footfall in a runner to a golf swing in a golfer. The same principles are used with the Equinanalysis programme. This is a video based gait analysis system that has been developed with leading human biomechanics specialists and addresses the need for objective measurement and documentation of movement. This is invaluable for measuring small changes in gait so that the causes can be addressed before they lead to deterioration in performance. Gait analysis can also assist in lameness diagnosis and the subsequent monitoring of treatment and rehabilitation.

The funding we receive allows access to the very best equine medical facilities in the UK and abroad, ensuring that if our very best horses are subject to injury they can receive the very best care. The Programme funds a number of Veterinary Surgeons who support the Teams, attend Squad Sessions and many competitions, visit riders' home yards and are available to give advice on health, fitness, competition planning and FEI Equine Anti Doping and Medication Rules.

The Programme receives generous support from Effem Equine (Spillers) in the area of equine nutrition and Merial Animal Health Ltd in the area of gastroscopy. Research and Development is led by the Programme's Director of Equine Sports Science and Medicine (SSM) in conjunction with the BEF's Veterinary Advisory Panel and Scientific Advisory Group.

HUMAN SPORTS SCIENCE looks at the science underpinning how the body responds and adapts to physical activity, and includes the study of nutrition, exercise physiology, sports psychology, training methods and fitness assessment.

As a sport, equestrianism focuses heavily on the welfare of the horse and, with it, the preventative measures that are taken to keep them in the best possible condition. Riders and their horses form a unique sporting partnership with the 'athletic' ability of the horse being well documented.

The World Class Programme works with a number of experts in sports science but also benefits from the expertise of the English Institute of Sport (EIS). The Director of Human Sports Science Medicine, who is also a doctor, co-ordinates the human sports science programme and is able to draw in other experts from any field necessary.

One such programme is Performance Lifestyle, which assists the riders in developing the necessary skills to effectively manage their day-to-day lives and some of the pressures associated with being a top competition rider. The EIS has effectively integrated its Performance Lifestyle programme into the World Class Performance and Development Programmes across all the disciplines - Dressage, Eventing, Show Jumping and Para-Equestrian Dressage.

As more riders realise they have a responsibility to look after themselves, the EIS is able to accommodate their needs with Performance Lifestyle home visits combined with a once a month or six weekly physiotherapy and strength and conditioning 'MOTs'. The introduction of a mobile physiotherapy unit that can deliver physiotherapy support at an athletes home and squad training sessions has been enormously beneficial. The unit is also available for use by World Class riders at competitions, in particular, at three-day events.

Sports psychology is another facet of sport science that can have a real impact on an athlete's sporting performance.

Broadly speaking, there are three factors that influence a rider's sporting ability; fitness, technical expertise and mental skills. Although many riders will spend a lot of time on their fitness and technical expertise, the mental skills required for competing at the highest level are often neglected.

Riders can suffer from an array of inhibiting thoughts and these can have a significant effect on their performance. Although most would acknowledge that the main problem is "in their head", few actually do anything about this aspect of their sport, therefore they find themselves performing badly because they are not using their minds in a positive way, which leaves them expecting things to go wrong rather than achieving success.

Sports psychology can benefit a rider as it teaches them a variety of mental skills, and how to use their minds when approaching a competition and actually competing. These mental skills will involve setting goals, enhancing self-belief, maintaining a positive attitude and how to deal with and respond to committing errors and failure. Through the use of sports psychology, it is possible to make a significant impact on a rider's performance levels, thereby increasing the chances of successful long-term competition performances.

Sports nutrition also has a valuable role to play in keeping athletes healthy and preventing fatigue and illness associated with inadequate dietary intake and under-fuelling. As riders begin to understand that they are elite athletes and their own performance can be improved through better hydration, glycogen reserves, or even changing their body composition, it is essential for them to have access to sports dieticians to help them make the all important changes to what they eat and drink for better performance.

The support provided by the Programme, EIS (and the Scottish/Welsh equivalents) and the Medical Insurance provided through the BOA/UK Sport, means that riders should no longer be "putting up with a niggling injury" but, as with all athletes, should take personal responsibility for their health and fitness. The Programme also provides comprehensive advice on current human doping regulations.

Introduction of a mobile physiotherapy support unit



The unit is also available for use by World Class riders at competitions, in particular, at three-day events.





VISION

Our vision, the four mores, is defined in the words:

“More People – More Horses – More Places – More Medals”

The British Equestrian Federation will develop its concept of More People, More Horses, More Places and More Medals aiming to become the most successful international equestrian federation by 2012.

MISSION

Working as a cohesive, unified, progressive and modern organisation of independent member bodies, the Federation works together for the collective good of horse sports in general, as well as for individual disciplines/organisations.

The British Equestrian Federation will:

- *Speak with one voice to government, the FEI and riders/participants*
- *Maximise the potential of equestrianism by attracting, engaging and retaining participants and members, increasing participation in all age groups in all areas of equestrian sporting and recreational activity for the able bodied and disabled through enhanced partnerships*
- *Facilitate the financial success, stability and development, administration and regulation of equestrian sport and recreation*
- *Provide leadership and vision in steering the future direction of equestrianism in the UK*
- *Through the development of a broadly-based sustainable performance pathway, support elite performers to the medal podium and underpin this mission with substantially increased strength in depth by supporting talented riders and horses from grass roots (riders) and breeding (horses) to World and Olympic levels*
- *Host major events to underpin Great Britain's position as the most successful equestrian nation and to showcase our facilities, breeding industry, coaching profession and elite performance.*

Cohesive
Unified
Progressive and Modern

The Federation works together for the collective good of horse sports in general.



2010 will see the Alltech FEI World Equestrian Games take place at the Lexington Horse Park, Kentucky, USA. This is a fabulous venue situated in the heart of American "equine territory". The logistics will be a challenge taking 8 teams (eventing, jumping, dressage, para-equestrian dressage, driving, endurance, vaulting and reining) but planning has already started.

FOR THE WORLD CLASS PROGRAMME, THE "ROAD TO LONDON 2012" is very much via Beijing 2008. The Development Programme is focused on 2012 and beyond but the Performance Programme must deliver in 2008.

London 2012 is a fantastic opportunity for sport in Great Britain and is the catalyst that has released more financial support for elite sport. There are, however two key points to remember:

1. *Ultimately, the success of London 2012 will be judged by the British public on the basis of how many British athletes stand on the podium. The pressure is on sport to deliver and it is the World Class Programmes that have to be the vehicle by which sport delivers*
2. *London 2012 will bring unique pressures for Team GB. Public expectation and media pressure are two challenges. Having home advantage is a potential boost to performance but all must not forget that it is still an Olympic/Paralympic Games run under the auspices of the IOC and IPC. Accreditation and security restrictions will be the same for Team GB in London as they were in Athens, Sydney and will be in Beijing. The Games are nothing like Burghley, Badminton or Hickstead.*

In 2008, the Equestrian Venue will be in Hong Kong, some 3 hours flight from the hub of the Games in Beijing. Whilst this may separate Equestrian from the core "Olympic/Paralympic experience" this should not be a barrier to riders delivering medal winning performances in 2008.

The facilities in 2008 are being built by the Hong Kong Jockey Club and will be outstanding. In partnership with the BOA and BPA, strategies are being developed to ensure that the Equestrian Teams receive the support they require. The Lottery funding has allowed visits to Hong Kong to take place and will fund horses to travel to Hong Kong for the Test Event in 2007. Working in partnership with experts in the relevant fields, strategies are being devised to cope with the challenges provided by the predicted weather conditions.



We must
deliver in 2008

The facilities in 2008 are being built by the Hong Kong Jockey Club and will be outstanding.



TEAM GBR and the WORLD CLASS PROGRAMMES receive generous support from a range of sponsors and supporters, details of which are available on the following websites:

- Team GBR – www.equestrianteamGBR.co.uk
- British Equestrian Federation – www.bef.co.uk
- British Dressage – www.britishdressage.co.uk
- British Eventing – www.britisheventing.com
- British Show Jumping Association – www.bsja.co.uk

UK Sport (UKS), The British Olympic Association (BOA) and The British Paralympic Association (BPA) are largely responsible for delivering the Nation's success at the summer and winter Olympics and Paralympics.



- Delivering World Class Performance
- Increasing Worldwide Impact
- Ensuring World Class Standards

UK Sport (UKS) is the principal agency allocating funds to the British Equestrian

Federation World Class Programmes. The primary UKS goal is to support and deliver UK success at the Olympics and Paralympics, through investing in the National Governing Bodies of Sport to support athletes capable of delivering medal-winning performances.

By channelling its expertise effectively, UK Sport is leading the drive for success, particularly in Beijing, at the London 2012 Games and beyond. It is doing this by providing long-term investment and support to UK athletes and sports via their partners, using the disciplines of modern business and with a commitment to world-class service delivery. Underpinning this approach is an ambitious research, development and monitoring programme; innovation in the areas of sports science, technology and analysis is vital if the UK's athletes are to win at the highest level.

As the performance arm of British sport and the organisation charged with stringently policing doping in British sport, UK Sport has a responsibility to strive for excellence and ethical standards in everything it does. Having the anti-doping unit immersed in the latest developments in performance sport is essential if cheats are to be beaten and the world's best testing programmes and techniques are to be developed.

Sport is global and UK Sport operates on the world stage and by working with partners, UK Sport will seek to prioritise and attract international sporting events to the UK between now and 2012 for both Olympic and Paralympic sports. Through its International Development Programme and various partnerships it is also actively engaged in promoting sport in 13 countries. UK Sport is leading the way in providing a vision for how the nation can harness the power of sport to change lives across the globe.



The role of British Olympic Association (BOA) is to lead and prepare our Nation's finest athletes at the summer, winter and youth Olympic Games. Recognised by the International Olympic Committee (IOC), they are also responsible for developing and protecting the Olympic Movement throughout the UK.

The BOA provides the pivot around which Team GB revolves prior to, and during the Games. In conjunction with the Olympic Governing Bodies, the BOA selects Team GB from the best sportsmen and women who will go on to compete in the 28 summer and 7 winter Olympic sports at the greatest sporting competition in the world.

Staging the 2012 Olympic Games in London will significantly change Olympic sport in Britain and the BOA in particular. The BOA's goal is to work with the Olympic Governing Bodies and take Team GB to 4th place in the London 2012 medal table.

The BOA is not funded or controlled by government, and has no political interests and completely depend upon commercial sponsorship and fund-raising income. The BOA is the strong, independent voice for British Olympic Sport.



The British Paralympic Association (BPA) is the National Paralympic Committee (NPC) for Great Britain and Northern Ireland, as required by the International Paralympic Committee (IPC). As such, it is responsible for British participation in summer and winter Paralympic Games, providing support services

to all those competing as members of the GB Paralympic Team, and for promoting the Paralympic Movement and safeguarding Paralympic values throughout the UK.

The BPA's main task is to secure Paralympic athletes' success in the Paralympic Games. The BPA is responsible for ratifying selection, preparation, management and performance of the GB Paralympic Team at Paralympic Games. Whilst the BPA exists to fulfil its role as the NPC for GB, providing a central focus for all activities related to the Paralympic Games, British Paralympic Performance Services Ltd (BPPS Ltd) exists to provide centrally co-ordinated disability-specific performance services to a range of stakeholders. These include the BPA itself, the National Governing Bodies of Paralympic sports, the Sports Councils and the Home Country Sports Institutes (HCSIs). BPPS Ltd is a wholly owned subsidiary of the BPA.

The BPA is a registered charity and is funded through commercial sponsorship, charitable donations and exchequer funding. The Earl of Wessex has been a BPA Patron since November 2003 and visited the Paralympic Games in Barcelona in 1992 and Athens 2004.

Independent Fund-raising Sponsorship



THE OWNERS ARE A VITAL PART OF THE TEAM THAT WILL DELIVER MEDALS ON THE WORLD STAGE:

- They are part of the planning process for targeting Championships and must be communicated with effectively
- New owners must be encouraged to come into the sport and existing owners encouraged to keep the best horses with the best British riders
- Owners are encouraged to be involved and to be part of the development of their horses and riders. Their contribution to equestrian sport must always be acknowledged
- Assistance is provided through coaching, veterinary and farriery support in addition to all Championship costs for the riders and horses being met by the Programme

- The Programme will seek to provide support to owners at all Championships in the form of information, hospitality and (where possible) accommodation
- It is hoped that the owners feel that they can have contact with the Performance Managers, coaches and Veterinary Surgeons for advice on the progress and potential of their horses. Owners have, between them, a wealth of talent and experience and it is hoped that they will be willing to offer advice to the Programme, especially in the areas of educating developing riders in business planning, communication and technological advances.

Owner's contribution to equestrian sport must always be acknowledged





THE BRITISH EQUESTRIAN FEDERATION is committed to the principle of drug free sport. In the case of equestrianism two parallel systems, one for riders and another for horses, work in tandem to ensure that the principles of the World Anti-Doping Agency (WADA) Code are upheld in the sport.

A wide ranging programme of doping control both in and out of competition is effected under the auspices of the FEI (The International Federation for Equestrian Sports) and in conjunction with UK Sport, and elite riders within the registered testing pool are subject to the UK Sport Whereabouts System.

Responsible drug-free principles

The presence of a prohibited substance in either horse or rider constitutes a doping violation regardless of any lack of intent.

Riders are responsible for any prohibited substances found in either their own or their horses' systems. The presence of a prohibited substance in either horse or rider constitutes a doping violation regardless of any lack of intent to enhance performance or of the absence of fault or negligence in management: effectively there is "strict liability" for any prohibited substance found. The British Equestrian Federation is conscious of the practical implications of this dual strict liability system on riders and works hard to ensure that riders are properly educated and supported.

All riders who participate in the World Class programme are fully briefed on the dual strict liability system and their responsibility to ensure that both they and their horses remain drug free. Extensive support is given, including advice on equine welfare, management, treatment and feeding, assistance with therapeutic use applications for both horse and rider, access to detailed technical advice on both equine and human medication from the BEF Director of Equine Sports Science and Medicine and the BEF Director of Human Sports Science and Medicine, and training on the on-line Whereabouts System.

The following websites contain more information on the use of banned and permitted drugs for both horse and human athletes:

FEI Equine and Doping Medication Rules – www.horsesport.org

UK Sport Anti Doping Website – www.100percentme.co.uk

Global Drug Information Database – www.didglobal.com



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