



## HORSE SPORT IRELAND

### Pony Jumping High Performance Programme 2019

#### 1. Nature of the Programme

The purpose of this programme is to provide Ireland's Pony Jumping athletes with the best preparation within the allocated resources to represent Team Ireland at European level. This programme aims to make the best athletes better, through the provision of training and financial support, (where funding permits). The Programme, under the expert management of Mr Gary Marshall also seeks to work closely with parents and private coaches to ensure that they are fully involved with the process of trying to win medals. This programme aims to maximise the performance of the athlete and Pony, as a combination, with the ultimate goal of securing podium finishes for Team Ireland Equestrian. In order to do so, it's important that on and off the field all athletes and support personal live the squad values as defined below.

#### 2. The 2019 HP Jumping Squad - THE SEVEN C's

Each Athlete/Pony combination, their personal management team, private coaches, included and involved in the squad are expected to abide and understand **THE SEVEN C's**

**COMING TOGETHER IS A BEGINNING  
KEEPING TOGETHER IS PROGRESS  
WORKING TOGETHER IS SUCCESS**

#### COMMON GOAL

Common focus main goal and all other goals revolve around it  
Everyone understands that this is the direction and destination the team is moving towards. The only way it can be accomplished is through a unified effort.

#### COMMITMENT

Continual commitment to the teams common goal  
Everyone has the responsibility and obligation to give it their best

#### CLEAR COMMUNICATION

Everyone communicates with each other in an open and honest manner

#### CONSTRUCTIVE CONFLICT

Keep conflict under control and often use it constructively to further develop and strengthen the team  
Effectively handle the conflict and do not let it interfere with the teams common goal

#### COHESION

Respect each other and treat each other with respect.  
Team chemistry gelling and working together, performing as a confident and cohesive unit.

#### CARE

Care for each other, as the team becomes one.  
Give and accept support, encouragement from each other like a family

## CONFIDENCE

Believe it can happen, and having belief in your teammates

**GOOD TEAMS BECOME GREAT ONES WHEN THE MEMBERS TRUST EACH OTHER ENOUGH  
TO SURRENDER THE ME FOR THE WE**

**SOME PEOPLE BELIEVE YOU WIN WITH THE FIVE BEST RIDERS BUT I FOUND OUT THAT YOU  
WIN WITH THE FIVE WHO FIT TOGETHER BEST**

2.2 The purpose of the Seven C's is to ensure that the focus continually remains on the team and the collective. Pony athletes, the personal management teams, and private coaches are expected to be committed to working on the following individual targets to ensure an optimum collective team performance:

- Strive for success individually as a Team Ireland Member;
- Personal bests at targeted competitions;
- Taking ownership of their performances;
- Being willing to make change and develop;
- Commitment to team and to drive best team culture;
- Have personal coaches, individual performance plans, personal fitness structures and pony management programmes in place;

### 3. The 2019 HP Jumping Squad - # **THE GOLD STANDARD** what we do all the time and what we hold each other accountable for

<b>NOEXCUSES</b> * We have what it takes to win	<b>COMMUNICATION</b> * We look each other in the eye * We tell the truth
<b>TRUST</b> * We believe in each other	<b>COLLECTIVE RESPONSIBILITY</b> * We are committed to each other * We win and we lose together 3
<b>CARE</b> * We have each other backs * We give aid to a teammate in and out of the ring	<b>RESPECT</b> * We respect each other * We're always on time * We're always prepared
<b>POISE</b> * We remain dignified at all times	<b>FLEXIBILITY</b> * We can handle any situation * We don't complain
<b>ENTHUSIASM</b> * We bring energy every day * This is fun	<b>PERFORMANCE</b> * We're hungry * We have no bad rounds * We learn from our past experiences and then think forward
<b>DEPENDABILITY</b> * We can be counted on	<b>CONFRONT IMMEDIATELY</b> * We let nothing linger
<b>CONFIDENCE</b> * We believe in our own abilities * We believe in each other	<b>PRIDE</b> * We are the best team * We represent the best country

**WE ARE THIS TEAM** \* The time is now-not the past