



## Horse and Youth Athlete

### Young Rider Performance Pathway Assessment Form

Athlete's Name:	Email:
Horse/Pony Name:	Current Level of Competition:
Aiming For:	Date of Assessment:

A Youth is defined as under 21 years of age. The following areas must be taken into consideration before the High Performance Manager/Coach can invite a combination onto the High Performance Pathway. Athletes must achieve a minimum of 65% in total for the 3 disciplines to be considered for the Youth Performance Pathway

#### **Dressage**

- Observe the combination riding a dressage test at their appropriate level
- And/or observe the combination riding agreed movements to demonstrate ability

#### **Cross Country**

- Observe the combination riding at cross country speed, in a safe cross-country position, in a field or cross-country training area, over different terrain, not in an all-weather arena.
- Observe the combination jump a variety of fences to the EI110 or EI115 standard, including combinations comprising 2 or more elements, ditches and water fences and fences requiring accuracy.

#### **Is the rider:**

- In control
- Able to adjust and prepare the horse to jump different types of fences
- Fit enough to complete a 4000m cross country course @ 550M/min or @520M/min

#### **Is the horse:**

- Fit enough to complete a 4000m cross country course @550M/min or @520M/min
- Confident enough to jump different types of cross- country fences as above

#### **Show Jumping**

- Observe the combination riding at 350m/m show jumping, in a safe jumping position, on grass or a surface.
- Observe the combination jump a variety of fences to the EI110 or EI115 standard, including combinations of 2 or 3 elements, related distances and bending lines on both reins.

#### **Is the rider:**

- In control
- Able to adjust and prepare the horse to ride the lines

Please grade using the grid below to assess the current level of competency/performance.

Skills Identified	Weak  Strong				
<b>Rider – Dressage</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Dressage ability					
Correctness of Independent Seat					
Correctness of dressage position					
Technical knowledge of dressage					
Ringcraft					
Fitness to compete					
<b>Horse – Dressage</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Horse suitability					
Quality of horse’s way of going					
Temperament for competition					
Fitness to compete					
<b>Total</b>					

Skills Identified	Weak  Strong				
<b>Rider – Cross Country</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Cross country ability					
Correctness of Independent Seat					
Correctness of XC jumping position					
Ability to control speed/pace					
Technical knowledge of approach for different types of XC fences					
Fitness to compete					
<b>Horse – Cross Country</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Horse Adjustability and control for XC					
Quality of horse’s technique jumping					
Confidence XC					
Fitness to compete					
<b>Total</b>					

Skills Identified	Weak  Strong				
<b>Rider – Show Jumping</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Show Jumping ability					

Correctness of Independent Seat					
Correctness of SJ jumping position					
Ability to control speed/pace					
Technical knowledge of approach for different types of SJ fences					
Fitness to compete					
<b>Horse – Show Jumping</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Horse Adjustability and control for SJ					
Quality of horse's technique jumping					
Confidence SJ					
Fitness to compete					
<b>Total out of 150</b>					

**FURTHER TRAINING**

Please write down any areas of training that need to be worked on by the combination to further improve their competency and performance and confirm the rider has been made aware of these recommendations:


**SIGNED:** .....

**SIGNED:** .....

**POSITION:** .....  
(HP Manager/Coach)

**PARENT/GUARDIAN**.....

**DATE:** .....