



**HORSE SPORT**  
**IRELAND**

# Horse Sport Ireland Coaching Programme

Offering a clear and progressive pathway to  
a career as a professional equestrian coach



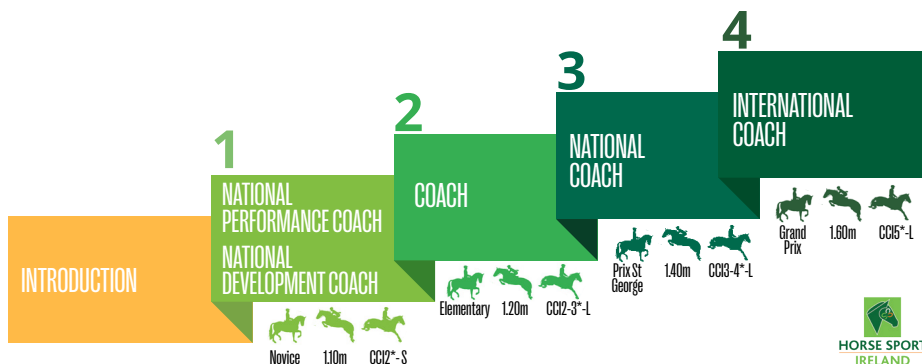
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# HSI Coaching Programme

## HSI COACHING LADDER



# About the Programme

The Horse Sport Ireland (HSI) Coaching Programme offers a clear and progressive pathway to a career as an effective, professional equestrian coach. This dynamic programme educates candidates in modern equestrian coaching techniques, and develops their technical knowledge, skills, and their personal coaching style.

From the Introduction to Coaching course to Level 3, this progressive programme puts the principles of good sportsmanship, safety and equine welfare to the fore. The aim of the programme is to ensure candidates receive a progressive coach education that culminates in a professional and respected equestrian coaching qualification.

HSI coaching courses are currently delivered across four levels and are jointly accredited by Sport Ireland Coaching (SIC). The HSI Coaching Programme was originally developed in 1998 by the Equestrian Federation of Ireland (EFI), now HSI. Since its foundation, the HSI Coaching Programme has become internationally renowned and has been adopted by the Fédération Équestre Internationale (FEI), British Show Jumping Association (BSJA), Horsescotland and the Hungarian Equestrian Federation.

The HSI Coaching Programme is ever evolving and is designed to equip coaches with the ability to develop and improve both horse and rider, from grassroots to high-performance, ensuring the participation and longevity of equestrian sport into the future.



# Sport Ireland Coaching

Sport Ireland Coaching (SIC) has the lead role in the development of coaching on an all-island basis, highlighting the importance of quality coaching in developing our athletes and providing opportunities for participants.

The National Coaching and Training Centre (NCTC) was established in 1994 to cater for both high performance athletes and coach education development.

NCTC was rebranded to Coaching Ireland (CI) in 2007 and again to Sport Ireland Coaching (SIC) in 2016 and aims to ensure athletes and participants receive the best quality coaching throughout their involvement in sport.

The main objectives of SIC are to:

- | Raise the standard, status, and profile of coaching in Ireland to provide athletes and participants with the best quality coaching through their involvement in sport
- | Lead the development of coaching in Ireland through the implementation of a quality coach and tutor education and support programmes
- | Work in partnership with NGBs and the wider sporting sector on an all-island basis





SPORT  
IRELAND  
COACHING

***“Good Coaching  
Makes a  
Difference”***

# HSI Introduction to Coaching

The HSI Introduction to Coaching course is the first initial step on the coaching ladder. It provides candidates with the basic insights to the skills and technical knowledge needed to become a professional equestrian coach. This one-day course covers the principles of best practice in coaching and demonstrates the standards required for modern equestrian coaching.

The course is split into two sections, covering both theory and practical sessions. The theory section includes the foundations of good coaching skills and best practice, and includes group work and discussion. The practical element of the course includes coaching demonstrations in both flat work and show jumping exercises. Participants on this course are given the opportunity to trial their own coaching skills under expert guidance.

Upon completion, candidates receive a certificate of attendance and will have a better understanding of the HSI Coaching Programme, and the requirements needed to become a HSI qualified equestrian coach.

## Entry Requirements

The course is suitable for anyone with an interest in coaching, including parents, riders and producers. Candidates must be over 16 years of age. Previous equestrian experience is recommended.



For more information on the Introduction to Coaching course, including upcoming course dates, please scan the QR code.



# HSI Level 1 Coach

The HSI Level 1 Coach course provides candidates with a clear and progressive educational pathway towards qualification as a professional equestrian coach.

*Split into two separate options, the National Development Coach (NDC) and the National Performance Coach (NPC), the Level 1 Coach course provides candidates with the technical knowledge and skills required to coach at their respective levels; instilling the importance of equine welfare, good horsemanship, and rider development as the foundations to the course.*

Both the NDC and NPC options use modern systematic training methods that allow horses to be produced in a classically correct manner, with emphasis on the horse's way of going, the correct use of the training scale and rider position.

The course covers the three main disciplines of dressage, show jumping and eventing as well as additional subjects for candidates' personal and professional development.

Run over eight contact days, the course also includes supervised coaching practice, coaching demonstrations, comprehensive theory modules, a pre assessment phase and a formal practical coaching assessment in dressage, show jumping and cross country.

Delivered by an expert team of of equestrian professionals, the Level 1 Coach course provides the opportunity for candidates to expand and improve their technical knowledge and practice their coaching skills under the guidance of leading industry experts.





## National Development Coach (NDC)

The NDC qualification is suitable for candidates who wish to become high performing coaches at grassroots level. It is aimed towards those who wish to expand and improve their technical knowledge, develop their coaching skills, and achieve a reputable and professional qualification at this level.

The NDC qualification is particularly suitable for those who may be taking their first step into professional equestrian coaching or for Irish Pony Club and Riding Club coaches.

Following a period of development, NDC candidates have the option to be assessed at NPC level and continue their progression through the HSI Coaching Programme.

## National Performance Coach (NPC)

The NPC qualification caters for aspiring high-performance coaches who have previous coaching experience and can provide evidence that demonstrates they are currently working with riders of the relevant competition standard.

The course provides candidates with with a framework of progressive exercises to develop horses and riders across all three disciplines. Following a period of development, candidates with an NPC qualification can then progress to Level 2.

### Entry Requirements:

Participants must be 18 years old prior to course start date. Please note, applicants should have sufficient equestrian experience and must provide evidence of their experience and / or equestrian qualifications.



If you are interested in the HSI Level 1 Coach course and wish to receive a copy of the entry requirements, please contact the Coaching and Education Department by emailing [coaching@horsesportireland.ie](mailto:coaching@horsesportireland.ie) or scan the QR code for more information and upcoming course dates.

It is recommended that Level 1 coaches work under the guidance of a HSI Level 2 or 3 Coach to further their professional development.

# HSI Level 2 Coach

The HSI Level 2 Coach course provides coaches with the necessary skills and technical knowledge to work as an independent equestrian coach up to elementary level dressage, 1.20m show jumping and CCI3\* eventing. This course is a progression from the HSI Level 1 Coach course.

*The Level 2 course is suitable for coaches who wish to pursue a professional career in high performance coaching at national and international level.*

This course offers coach candidates an opportunity to further develop their coaching skills through a series of progressive and inspiring contact days.

The Level 2 Coach course is delivered by a team of leading industry experts in dressage, show jumping and eventing.

Each day includes a combination of classroom-based theory sessions and arena-based practical coaching sessions, giving candidates the opportunity to coach riders and horses working at and above Level 2 standard.

Throughout the course candidates will be empowered to develop their own coaching style within the framework of the HSI Coaching Programme. Individual feedback is continuously provided for the duration of the course, enabling optimal personal development for each coach candidate.



Coach candidates completing the Level 2 Coach course are encouraged to work with higher-level coaches, observing and shadowing sessions and attending relevant competition days. Some of these opportunities will be offered as part of the course, however, additional learning opportunities are supported outside of the prescribed course contact days.

The course concludes with a final assessment which covers all three disciplines, and is assessed by a team of independent, external assessors.

It is recommended that coaches who are considering completing the Level 2 Coach course are working with riders of the required standard, or with riders who are actively working towards this level.

### Entry Requirements:

Coach candidates must be over 21 years of age, have access to horses and riders at the required level and have successfully completed the HSI Level 1 NPC Coach course, or the BHS or IGEQ equivalent.



If you are interested in the Level 2 Coach course and wish to receive a copy of the entry requirements, please contact the Coaching and Education Department by emailing [coaching@horsesportireland.ie](mailto:coaching@horsesportireland.ie) or for further information please scan the QR code.



# HSI Level 3 National Coach

The HSI Level 3 National Coach course provides candidates with the tools to train high-performing riders to compete at the highest level of national and international competition, up to Prix St George dressage, 1.40 show jumping and CCI4\*-L eventing.

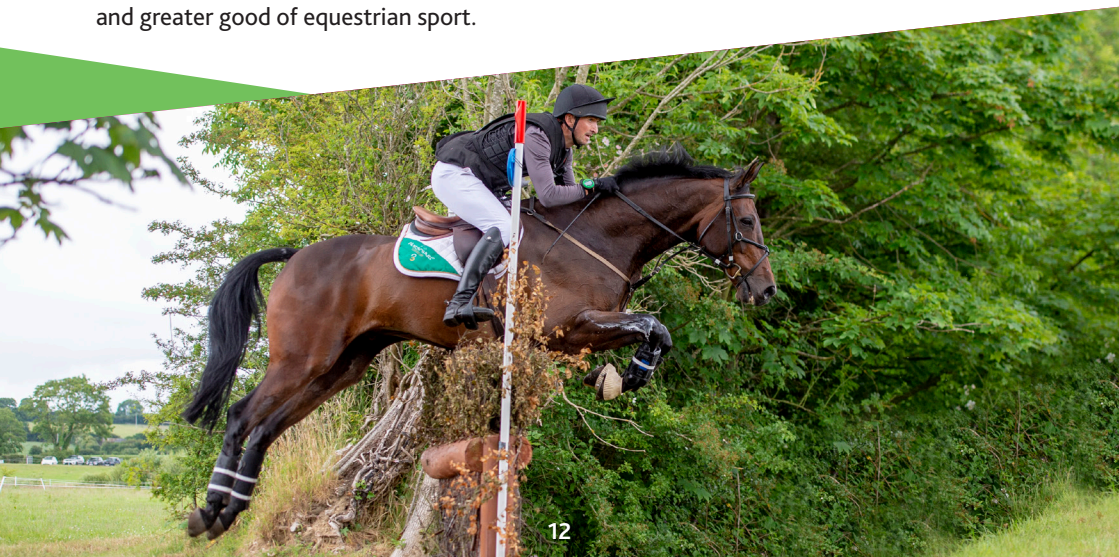
*The Level 3 Coach course is currently the only course within the HSI Coaching Programme that is discipline specific, culminating in individual qualifications in the main disciplines of dressage, show jumping and eventing.*

By completing the course for each individual discipline, Level 3 National Coaches may hold more than one Level 3 qualification.

The course combines comprehensive classroom-based theory modules with practical coaching sessions to equip candidates with the technical knowledge and skills required for high-performance competition.

The practical coaching days are discipline specific and are delivered in various locations to accommodate the needs of each discipline. Practical coaching sessions are delivered by a top-class team of world renowned equestrian professionals.

The ability to self-assess and reflect on one's coaching style and ability are central to the Level 3 Coach course. Candidates are encouraged to consider the role and the impact that high level coaches have on the industry and how they can contribute to the development and greater good of equestrian sport.





## Entry Requirements:

Coach candidates for the Level 3 National Coach course must be 21 years old prior to the course start date and hold a HSI Level 2 Coach qualification or equivalent.

Candidates must be working with horses and riders of the required standard. Please note, demo horses and riders used for the assessment phase must be performing at the required level for the final assessment.

If you are interested in the Level 3 National Coach course, please contact the Coaching and Education Department by emailing [coaching@horsesportireland.ie](mailto:coaching@horsesportireland.ie) or for further information please scan the QR code.



# HSI Freelance Coach Insurance

HSI offer a comprehensive, competitively priced Freelance Coach Insurance policy. Specially designed for coaches, this policy is open to those with a relevant HSI Level 1 coaching qualification or above.

All professional coaches have a responsibility to ensure that they have the correct insurance cover in place while freelance coaching. Unfortunately, due to the unpredictable nature of horses, accidents can occur. Whether these are minor or more serious accidents, it is essential to have insurance cover in place to protect your riders as well as you, your family, and your assets.

All coaches who wish to avail of the policy must hold a valid First Aid, valid Safeguarding 1 and valid Garda Vetting and / or Access NI completed through HSI.

This is a group insurance policy that runs from the date of payment until December 31st each year. The policy includes personal accident and public liability insurance for coaches while engaging in freelance coaching in Ireland, the UK and the EEA. A worldwide cover extension is available upon request, for an additional fee.

For further information on the policy available for this year please scan the QR code.



# Continuous Professional Development (CPD)

The CPD Programme is a vital element of the HSI Coaching Programme. It ensures HSI accredited coaches meet their professional obligation to deliver top quality coaching to their riders.

Participation in this programme helps coaches develop their technical skills, coaching styles and expands their knowledge base. The CPD Programme also gives riders confidence in the level of training they are receiving, knowing that their coach is part of an assured professional development programme.

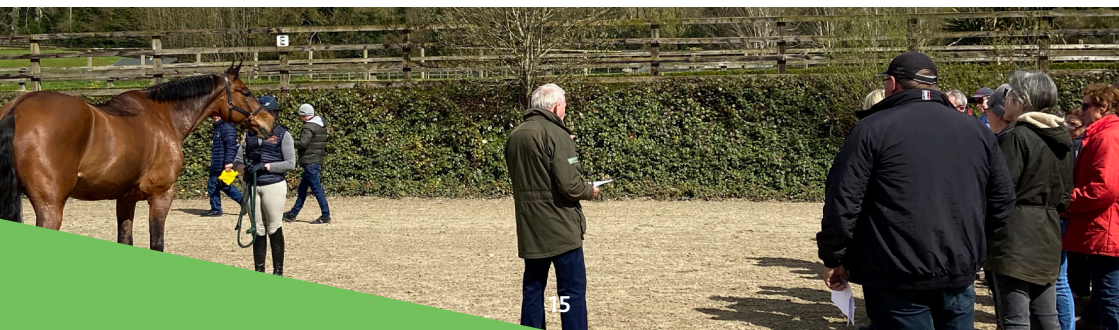
The accreditation year runs from 1st December to 30th November.

## HSI Coaching CPD Events

HSI Coaching run a variety of in-person and online events over the course of the year. This hybrid model of in-person and online events offer HSI coaches the opportunity to learn from the comfort of their own home and to attend in-person, practical demonstrations. All HSI Coaching CPD events are delivered by leading industry experts and offer a unique opportunity for coaches to expand their knowledge on a range of topics.

Webinars and in-person events to date have included industry experts from all aspects of equestrian sport, including:

- | Niamh Fitzpatrick (Sports Psychologist)
- | Tom Holden (International Course Designer)
- | Joanne Hurley (GAIN Equine Nutrition)
- | John Killingbeck (Expert Veterinary Surgeon)
- | Comdt. John Ledingham (Leading Show Jumping Coach)
- | Dr Russell MacKechnie Guire (Rider Biomechanics)
- | Joe O'Connor (Rider Fitness)
- | Haydn Price (Master Farrier)



HSI events are open to all, and may be of particular interest to riders, horse owners and breeders. Please note that some events may have restricted capacity and booking may be on a first come first served basis.

To find details of upcoming webinars and events please visit the HSI website. Details are also available on HSI social media channels.

## Online CPD Opportunities

### JIGSAW

#### One Good Coach

Developed in partnership with Jigsaw, the National Centre for Youth Mental Health, this free online E-Learning course is available for everyone and is highly recommended for all HSI accredited coaches. The course has been specifically developed to help coaches upskill on how to promote and to support young people's mental health through the delivery of equestrian sport.



#### Sport Ireland Athlete Anti-Doping

The Sport Ireland Athlete Anti-Doping E-Learning programme is a recommended resource for all HSI accredited coaches. The course is available for free and can be completed in full online.





# List of Active Accredited Coaches

HSI are proud to list all active accredited coaches on the HSI website. All coaches who are listed as an active accredited coach hold the following:

- | Valid First Aid (First Aid Responder or BHS Equine Specific)
- | Valid Safeguarding 1 (Sport Ireland)
- | Valid Garda Vetting and / or Access NI completed through HSI



To begin your search, scan the QR code and click on your county. You will then discover a full list of coaches available, detailing their coaching qualification, location and contact details.

## Contact Details

Whether you have completed a HSI Coaching course or if you are an aspiring future coach, the HSI Coaching and Education Department are here to help you. Feel free to contact us via phone or email.



Phone: +353 (0)45 854 533



Email: [coaching@horsesportireland.ie](mailto:coaching@horsesportireland.ie)

Scan the QR code for the Coaching Resources page available on the HSI website which contains a number of useful links and documents.





***“As a coach you have the ability to change people’s lives.***

***Your responsibility is to do that for the better. That role should never be taken lightly.”***

**Corinne Bracken**

**HSI Level 3 Show Jumping Coach**

**UKCC Level 4 Coach, AASE Programme Manager and High Performance Manager for Hong Kong**

# HSI Coaching Conferences

The HSI Coaching Conference features only the most knowledgeable, experienced and internationally renowned equestrian experts, catering for all those involved in the equine industry. Attracting large audiences of coaches, producers and breeders from home and abroad, each conference carries a unique theme, focusing on the most up to date and modern training techniques and coaching skills for the successful production of horses and riders.

Almost 2000 people have attended the last four HSI Coaching Conferences. Attendees can expect expert panel discussions, practical demonstrations and the opportunity to participate in live Q & A sessions with internationally renowned guest speakers, making the HSI Coaching Conference one of the most popular events in the Irish equestrian calendar.

Past conferences have included a variety of excellent presenters, including:

- | Ferdi Eilberg, Internationally renowned Dressage Coach
- | Dr Gerd Heuschmann, Author, Professional Rider and International Lecturer
- | Dr Emmeline Hill, Specialist in Equine Exercise Genomics
- | Gisela Holstein, Internationally renowned Dressage Coach
- | Heike Holstein, Four-time Irish Olympic Dressage Rider
- | John Killingbeck MRCVS, FEI Veterinary Delegate
- | Cian O'Connor, Olympic Show Jumping and European Medallist
- | David O'Connor, multiple Olympic Medallist in Eventing
- | Joe O'Connor, Rider Fitness and Nutrition Expert
- | Haydn Price, Consultant Farrier to the Hong Kong Jockey Club Elite Performance Programme
- | Judy Reynolds, Irish Olympic Dressage Rider
- | Michel Robert, International Show Jumping legend
- | Andy Thomas, High-Performance Human Science and Sports Medicine Advisor to the USEF and Director of Eventphysio Ltd
- | Billy Twomey, International Show Jumper
- | Jacques Verkerk, Former KWPN Stallion Inspector
- | Richard Waygood MBE, British Senior Eventing High-Performance Manager

# Testimonials



*"As a professional dressage coach working in several areas of the equestrian industry I have found that the pathway through the HSI Coaching programme has given me a broad perspective of the needs of athletes of all levels, from amateur to high performance and across all the disciplines. The ongoing support and regular CPD seminars provide opportunities to constantly improve my coaching skills and keep up to date with the training and competition requirements of all aspects of the sport."*

**Anne Marie Dunphy, High Performance Youth Dressage Manager,  
HSI Coach Developer, Level 3 Dressage Coach**



*"This course has completely changed how I get feedback from my clients which in turn lets me know how much they truly understand the subject we are working on."*

**Aidan Tector, Level 1 NPC Coach**



*"Participating in HSI Level 1 Coaching Pathway has updated and refreshed my coaching skills in a big way. I enjoyed all of the content delivered by top class coaches & the Coach Developers were there to help at every turn. I feel confident that I can go out into the equestrian sector now and share new found knowledge in a safe and interesting manner."*

**Anne-Marie Galligan, Level 1 NDC Coach**





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**For more information contact:**



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