



**HORSE SPORT**  
**IRELAND**

## **HORSE SPORT IRELAND** **High Performance Dressage Programme**

### ***What is the High Performance Programme?***

The purpose of the Horse Sport Ireland Youth Dressage High Performance programme is to provide Ireland's youth dressage athletes with the best preparation within the allocated resources to represent Team Ireland at International and Championship level.

The programme seeks to identify talented youth athletes and work with them, their person(s) responsible and personal management team to ensure that all are fully involved with the process of improving combinations for the overall benefit of the athlete and success of the programme. By providing a High Performance structure the programme enables the long term development of a robust pathway which promotes participation, achieves results and assists the conversion of our top young athletes up through the FEI youth levels and on to senior level.

### ***Who do I contact for information?***

Anne Marie Dunphy is the Youth Dressage High Performance Manager – [info@equiproconsulting.ie](mailto:info@equiproconsulting.ie) and Susann Tschoerner is the High Performance Executive - Dressage and Para Dressage - [stschoerner@horsesportireland.ie](mailto:stschoerner@horsesportireland.ie)

### ***What squad should I be on?***

**Athletes are selected for High Performance squads in each age category under the following criteria:**

**HIGH PERFORMANCE A SQUAD** - combinations currently competing at FEI level or have achieved the HSI National to International Pathway Criteria.

**HIGH PERFORMANCE DEVELOPMENT A SQUAD** - combinations training/competing nationally at their relevant level, working towards FEI level.

**HIGH PERFORMANCE DEVELOPMENT B SQUAD** - athletes competing at affiliated shows, engaging with National Affiliate training in their regions and showing potential for future development.

### ***National to International Pathway Qualification Criteria:***

This criteria sets out the qualification process for athletes to transition from national to international level. It should be noted that this criteria is a minimum requirement. As such, athletes are strongly advised to ensure their scores and level of experience at the relevant level is sufficient to uphold the required standard at international level.

[https://www.horsesportireland.ie/wp-content/uploads/2025/04/National-to-International-Pathway-Qualification-Criteria\\_youth-updated\\_.pdf](https://www.horsesportireland.ie/wp-content/uploads/2025/04/National-to-International-Pathway-Qualification-Criteria_youth-updated_.pdf)

### ***What activities are available to me on the programme?***

Athletes are offered training and mentoring at regular intervals throughout the year at performance contact days, competition preparation/test riding opportunities, competition observation days, online team meetings and Anti Doping training. Own coaches are always invited to attend and discuss training, development and IAPP's.

### ***What do I need to do?***

All athletes named on the High Performance programme squads are required to devise an Individual Athlete Performance Plan (IAPP) which, for guidance, should include, but is not limited to, the following:

- \* Short, medium and long term training schedule - *Specific, Measurable, Agreed, Realistic, Time based, Evaluated, Reviewed. (SMARTER)*
- \* Short, medium and long term competition schedule - national and international (please note CDI entries will not be approved unless documented in the IAPP and agreed with the HPM).
- \* Management of non riding skill development resources/ coaches - physical fitness, sport psychology, nutrition, lifestyle management, etc.
- \* Equine management strategy - veterinary, farriery, dentistry, physio, etc.

Athletes are required to keep the Youth Dressage High Performance Manager updated on training progress, competition results and any changes to the IAPP. It should be noted that athletes are encouraged to discuss their Individual Athlete Performance Plan (IAPP) with the Youth Dressage High Performance Manager at the start and throughout the season. For the avoidance of doubt, it is not the responsibility of the Youth Dressage High Performance Manager to formulate particular plans for youth athletes, but to provide technical guidance. It is only the youth athlete, their persons responsible and/or their personal management team who are in a position to make an informed decision on their IAPP based on the combinations requisite competency and skill at that time.

Athletes can be moved to a different squad depending on performance training indicators, results and commitment to the programme. Athletes can be removed from the programme if it is deemed their commitment is not sufficient to maintain progress. This is to ensure places on the programme are utilized appropriately. However, before any such decision is taken the athlete will be invited to submit any mitigating factors for consideration before a final decision is made.

Athletes are required to keep the HPM informed of any changes to the soundness/health status of their horses/ponies named on squads. The HPM may ask for the horse/pony to be assessed by the team vet where an opinion is required prior to specific events.

***What codes should I be aware of?***

All athletes must sign up to the following:

HSI Athlete Code of Conduct

HSI Social Media Policy

HSI Equine and Human Anti Doping Rules

FEI Code of Conduct for the Welfare of the Horse

Ends.

Updated 30/04/2025