



DAWA GOAL PLAN FOR 2015

In order to make progress a rider must set goals, which are realistic and achievable. They should realistically assess where they and their horse are now and what they would like to achieve in the coming year.

It is all very well to plan to ride in the next Olympics, but a more short-term ground plan, by months or for the year, is necessary to gauge progress and to assess and vary the training program. The intention of the workbook is to help you to plan your year's program, starting with a statement of where you are now and where you would like to be by the end of the year. The Club will keep a copy of your program – not for blackmail purposes, but simply to give added incentive to help you in achieving your riding aims for the year.

The aim is for steady progress towards set goals.

Name:

SELF ASSESSMENT

1. Name:.....

2. Horses Name:.....

3. Currently competing at:.....level.

How often:.....

4. Currently training.....times/week

5. Typical weekly training session incorporates:

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6. This year I would like to achieve:

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7. To achieve these goals I need to:

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8. What do you believe The Club will do to help you achieve your goals during this year?

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ASSESSMENT OF RIDER

1. Name:.....

2. My abilities and limitations now:

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3. How would I like to change these during the year.

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4. Name some areas of personal skills you would like to achieve or become more proficient in (eg. Control at the canter, sit to trot, improve position etc.).

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5. To improve these goals I will need to:

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6. How does change of environment affect me? (Eg home, lessons, rallies, competition)

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7. Have I corrected last year's problems/developed any new ones?

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ASSESSMENT OF HORSE

Accepting what he/she is now, in what areas of his/her education would you like to see a major improvement by November of this year (eg. Develop paces, stop disuniting at canter, achieve 50% in a test, develop calmness/concentration at competition).

[Dotted lines for writing]