



MILLFIELD

DISCOVER BRILLIANCE



MILLFIELD EQUESTRIAN COACHING PROGRAMME

Millfield Equestrian Pathway

The Millfield Equestrian Pathway is designed to support riders in achieving their sporting aspirations, whether they are learning for fun or wish to progress to the highest levels within the sport. The primary aim is to support every rider in enjoying their sport and developing a sporting habit that promotes their physical and mental well-being.

The pathway can be divided into three phases:

- Journey into equestrian sport
- Development of the foundation skills required for future performance
- The campaign and delivery of consistent performance in competition

Riders can enter at any point of the pathway dependent on their level of expertise and skill. Millfield equestrian offers 3 different coaching programmes that support the rider through this transition.

Within these programmes, riders will have access to a wide range of performance practitioners including international coaches, human and equine sports science and medicine practitioners such as farriers, saddlers, vets, physiotherapists, biomechanics and performance psychology.

As a rider on the Equestrian Pathway, you will have access to different coaching skills and experience. The accredited Millfield coaches will form the core coaching delivery and will be supported by discipline specific trainers where

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appropriate. Regular clinics and training opportunities will be offered.

The Millfield Mix Schools Programme.

The aim of this programme is for riders to have fun and to develop the basic skills to enable them to safely enjoy their sport. Students will receive 3 hours of equestrian training per week with a mixture of ridden coaching, horse care and management, and rider strength and conditioning. The programme includes the use of a Millfield school horse (subject to availability and suitability) and is designed for the entry level rider.

The Team Millfield Development Programme.

The aim of this programme is to grow the foundation skills and develop the technical ability to progress to a higher level. Most riders on the Development Programme will bring their own horse to train. There is a commitment to riding at least 6 days per week with 5 hours of specialist training. Training activities are structured to be progressive, allowing riders to develop skills at a rate that is appropriate to each individual. Riders will be responsible for producing a development plan with the coaching team that maps out their long-term goals for their time at Millfield and the training requirements for each term. Training will include semi-private and group lessons, an off-horse education programme including: horse care and management, specialist trips and tours, strength and conditioning and performance psychology. Opportunities are available to riders to gain competitive experience as part of their development to include, in house, regional and interschools competitions in their chosen discipline.

The Meyers Programme is our premier programme for riders aspiring to the highest levels of training and competition in their specific discipline. Riders who meet minimum eligibility requirements *, will engage in a bespoke flexible training programme tailored to suit their individual performance goals. Riders will receive up to 7 hours of training per week with access to all activities provided on the Development Programme but with a greater emphasis on one-to-one

coaching, additional clinics, and competition support. Riders will have the ability to receive specialist coaching during the academic day and flexibility of schedules to fit in with demands of competition. Riders will receive guidance on youth development pathways within equestrian sport and their transition into the equestrian industry.

Home Riders Programme. For those day and boarding students whose horse is kept at home, this programme provides up to 2 hours of training per week with Millfield coaches and the opportunity to attend clinics, educational trips, and tours at an extra cost.

An off-site riding programme will be available for recreational riders.

*To be eligible for the Meyers Programme, riders must demonstrate a consistent level of performance at National level in their chosen discipline.

For further information, please email Mel Wilder, Head of Equestrian Sports via wilder.m@millfieldschool.com or alternatively email stables@millfieldschool.com



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