

Long-Term Equine Development at a Glance

Stage	Active Start	FUNDamentals	Learn to Train	Train to Train	Learn to Compete	Train to Compete	Learn to Win	Train to Win	Active for Life			
Chronological age Years in Equine Cumulative Years	0-6 years	6-9 years 0-3 years 2+ years	8-12 years 1-4 years 3+ years	11-15 years 2-4 years 4+ years	14-18 years 2-4 years 5+ years	16-21 years 2-4 years 6+ years	19-25 years 4+ years 8+ years	23 years plus 4+ years 10+ years	Enter at any age Ongoing Ongoing			
Equine Sport	Riding			Disciplines								
				Para-Dressage				Paralympic Games, FEI World Equestrian Games				
				Dressage				Olympic Games, FEI World Equestrian Games, Pan American Games				
				Reining				FEI World Equestrian Games				
				Jumping				Olympic Games, FEI World Equestrian Games, Pan American Games				
				Eventing				Olympic Games, FEI World Equestrian Games, Pan American Games				
				Endurance				FEI World Equestrian Games				
				Vaulting			Vaulting			FEI World Equestrian Games		
				Driving				Driving			FEI World Equestrian Games	
								Para-Driving			Paralympic Games, FEI World Equestrian Games	
Skill Development												
	Develop basic movement skills, with exposure to equine environment. Little to no riding.	Horse familiarization. Horse and barn safety. Introduction to riding, with exposure to English, Western, Vaulting and Driving.	Develop foundation riding skills in multiple disciplines. Introduction to fun, local, competitions. Encourage participation in other sports.	Focus on 2 disciplines (complementary). Develop physical capacity of equestrian. Continued skill improvement, and understanding of horse behaviour.	Select primary discipline and develop competition skills. Greater emphasis on physical and psychological preparation and horse management.	Develop ability to ride multiple horses at competitive level. Greater responsibility for horse preparation for competition. Manage travel and environment.	Ability to ride multiple horses in competition-on demand and under pressure. International travel with horses. World class riding skills.	Ability to peak for major competitions. World leading riding skills, supported by exceptional fitness, psychological readiness and support team.	To meet the personal riding, health, fitness and social needs of the participants.			
Programs												
	Horse Day and First Involvement	Rider 1-2, Petit Trot	Rider 3-4	Rider 5-6	Rider 7-8, and P-TSO AD Program	Rider 9-10, and P-TSO AD Program	NSO AD Program. To be developed	NSO AD Program.	All levels of riding/vaulting & driving			
Instruction/Coaching												
	Instructor			Competition Coach		Competition Specialist		HP 1 Coach	Athlete choice			
Training per week												
	30-60 min.	Up to 100 min.	2 guided sessions	3 guided sessions	3-5 guided sessions	3-5 guided sessions	30-90 min/day	30-90 min/day	Athlete choice			
Competition							multiple horses, guided training as needed					
	InHouse/Fun days		InHouse - P-TSO	P-TSO/NSO	JR. YR/NSO	YR/Start International	PanAM	FEI	Athlete choice			
Training to Competition Ratio												
		90/10%		80/20%	70/30%	60/40%	60/40%	60/40%	Athlete choice			
Equestrian Canada Athletes												
							Long-List Athletes	Short List Athletes				