

# REGION F JUNIOR ACADEMY



## Supported By:

Mandy McGlynn  
Region F Committee  
Parents  
Friends





# REGION F JUNIOR ACADEMY

## RIDER

Name

Date of Birth

Address

Tel

Mobile

email

BSJA number

Past and Current Trainers

Ambitions

Best things you have done so far



# REGION F JUNIOR ACADEMY

## PONY

Name

Date of Birth

Sex

Height

Breeding (if known)

BSJA number

When did you get your pony?

Best thing you like about your pony

Winnings to Date & Best Win to Date



# REGION F JUNIOR ACADEMY

## PERSONAL DEVELOPMENT PLAN (PDP)

*(This is homework to be done over the year!)*

### Things to focus on

What do you and your pony find difficult?

What do you and your coach feel you should concentrate on?

Month One

Month Two

Month Three

Month Four



**Month Five**

**Month Six**

**Month Seven**

**Month Eight**

**Month Nine**

**Month Ten**

**Month Eleven**

**Month Twelve**



# REGION F JUNIOR ACADEMY

## PONY CARE & DEVELOPMENT

**Regular Management** *(keep a record)*

**Shoeing**

**Worming**

**Clipping**

**Veterinary** *(checks/injections/teeth etc)*

**Physiotherapy**



**Daily Stable Management** (*mucking out, grooming, tack cleaning, bringing in, inspection*)

**Weekly Exercise Programme**



# REGION F JUNIOR ACADEMY

## TRAINING

Date

Venue

Accredited Coach

Topics covered

Your comments on how you thought the session went

Best tips learnt today

*Homework!*



# REGION F JUNIOR ACADEMY

## SHOWS

Date

Venue

Classes entered

Was your Coach there to help you?

What advice did they give you?

Results

Good points

Bad points

How did your last training session help you?

