

Courses for National Coaches According to the FEI Coach Education Programme Level 1 Vaulting Course for National Coaches

Arendal (NOR): 03-06 october 2024
FEI Tutor: Lasse Kristensen (DEN)

The Norwegian National Federation hosted Level 1 Course for Vaulting Coaches 03-06 october 2024 at "Arendal og Grimstad Rideklubb" (AGR)



The FEI tutor was Lasse Kristensen (DEN), he was a really good tutor and all the participants felt like they had learnt a lot about coaching, lunging and the role of the coach. Lasse was very good at setting up the teaching in such a way that you got through the syllabus, while at the same time immersing yourself a little extra in what the participants requested. They were a nice mix of training and lunging.

There were 11 participants, 10 observers and 9 horses (we were able to squeeze in three extra horses on Saturday at the request of the participants)

The variation among participants/observers were huge, regarding how much they knew about vaulting from before. Everything from riding instructors who have hardly encountered vaulting and parents who have just started lunging to active athletes and lungers at 2* level. Several had some experience in training athletes from before. Nevertheless, the course embraced all levels well, and most were left with useful knowledge they can take with them further.



The horses were everything from 5-year-olds who were introduced to vaulters to horses that have competed internationally. Several of the horses were relatively inexperienced, some of them had challenges that Lasse showed how to correct. All participants got to lunge, and the wide range in education/challenges among the horses were very educational.

The participants were also given the task of teaching each other on both barrel and horse, and everyone who was able to it got a few laps on horseback. There were also physical sessions where we worked on exercises on the ground that the athletes should master before they start competing in walk and canter. Very instructive to try, both for yourself, and to correct each other.



There was a good atmosphere among the participants, who came from Southern and Western Norway (we missed Eastern Norway). It helps to bring the community together across the regions. And we got to know a little better those who hasn't been around so much before.

Finally, Lasse is probably very right when he says that if you are going to raise the level of the sport in a new place, it is important to educate the coaches. It is nice to send good instructors to train the athletes, but they only help one by one. If you get the level of a coach up, it can help many athletes. And the same applies to lungers/horses, which are the entire basis for the athletes to get the good results.



Best regards

Marie Hatlevoll (OC) and Ingvild Lillefjære (NF)