Suggested Timetable Level 2 Vaulting course:

D 4	DI	TIMETABLE
Day 1	Place	TIMETABLE Description of Conches
09.00-09.30 09.30-10.15	Meeting room	Registration of Coaches – Pre-Course Questionnaire
10.15-10.30		Theory Level 2 – Lunging Coffee Break
	Arona	
10.30-12.30 12.30-13.30	Arena	Lunging Demonstration Lunch
	Mastina vasn	Skill development – Horse & Rider
13.30-14.00 14.00-15.00	Meeting room	Theory Compulsory excercises 1 to 4 (Vault On to Mill)
	Arona	
15.00-17.00 17.00-17.15	Arena	A progression of Vaulting exercises - Compulsory (1 to 4) Coffee Break
17.15-18.00	Meeting room	Summary & Session Evaluation / End of the day
Day 2	Meeting 100m	Summary & Session Evaluation / End of the day
	Meeting room	Pre-Course Questionnaire Review
09.15-10.30	Piccing room	Theory Compulsory excercises 5 to 8 (Scissors to Landing)
10.30-10.45		Coffee Break
10.45-12.45	Arena	A progression of Vaulting exercises - Compulsory (5 to 8)
12.45-13.30	rticila	Lunch
	Meeting room	Mental Fitness
14.30-15.15		Theory Freestyle
-	Arena	A progression of Vaulting exercises - Freestyle
17.15-17.30		Coffee Break
	Meeting room	Summary of the day's Session
17.45-18.00		Session Evaluation - Assignments / End of day
Day 3		, , ,
	Meeting room	Mid-Course Questionnaire
10.00-10.15		Coffee Break
10.15-13.15	Arena	Coaching practice - 6 Coaches @ 30 minutes each
13.15-14.00		Lunch
14.00-14.30	Meeting room	Role of the Coach
14.30-17.30	Arena	Coaching practice - 6 Coaches @ 30 minutes each
17.30-17-45		Coffee Break
	Meeting room	Review of Coaching practice & Assignments / End of day
Day 4		
09.00-09.30	Meeting room	Mid-Course Questionnaire Review
09.00-09.30 09.30-10.00	Meeting room	Motivtations and Needs
09.00-09.30 09.30-10.00 10.00-10.15		Motivtations and Needs Coffee Break
09.00-09.30 09.30-10.00 10.00-10.15 10.15-13.15	Meeting room Arena	Motivitations and Needs Coffee Break Coaching practice - 6 Coaches @ 30 minutes each
09.00-09.30 09.30-10.00 10.00-10.15 10.15-13.15 13.15-14.00	Arena	Motivtations and Needs Coffee Break Coaching practice - 6 Coaches @ 30 minutes each Lunch
09.00-09.30 09.30-10.00 10.00-10.15 10.15-13.15 13.15-14.00 14.00-15.00	Arena Meeting room	Motivtations and Needs Coffee Break Coaching practice - 6 Coaches @ 30 minutes each Lunch Physical Fitness - Athlete & Horse
09.00-09.30 09.30-10.00 10.00-10.15 10.15-13.15 13.15-14.00 14.00-15.00 15.00-16.30	Arena	Motivitations and Needs Coffee Break Coaching practice - 6 Coaches @ 30 minutes each Lunch Physical Fitness - Athlete & Horse Coaching practice - 3 Coaches @ 30 minutes each
09.00-09.30 09.30-10.00 10.00-10.15 10.15-13.15 13.15-14.00 14.00-15.00 15.00-16.30 16.30-16.45	Arena Meeting room	Motivitations and Needs Coffee Break Coaching practice - 6 Coaches @ 30 minutes each Lunch Physical Fitness - Athlete & Horse Coaching practice - 3 Coaches @ 30 minutes each Coffee Break
09.00-09.30 09.30-10.00 10.00-10.15 10.15-13.15 13.15-14.00 14.00-15.00 15.00-16.30 16.30-16.45 16.45-18.15	Arena Meeting room Arena	Motivitations and Needs Coffee Break Coaching practice - 6 Coaches @ 30 minutes each Lunch Physical Fitness - Athlete & Horse Coaching practice - 3 Coaches @ 30 minutes each Coffee Break Coaching practice - 3 Coaches @ 30 minutes each
09.00-09.30 09.30-10.00 10.00-10.15 10.15-13.15 13.15-14.00 14.00-15.00 15.00-16.30 16.30-16.45 16.45-18.15 18.15-18.45	Arena Meeting room	Motivitations and Needs Coffee Break Coaching practice - 6 Coaches @ 30 minutes each Lunch Physical Fitness - Athlete & Horse Coaching practice - 3 Coaches @ 30 minutes each Coffee Break
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