

WHAT WE OFFER

The National SJI Committee is constantly reviewing, expanding and adding to its portfolio of Training

Branch / Regional Training is organised by Branch or Regional Training Representatives.

SJI National Young Rider Bursary Clinic
This Clinic is held over a 3/4 day period each year. Regional Assessments, normally held in March; selects 21 Athletes aged 16 - 23 to participate in this prestigious all expenses paid Bursary

SJI National Training Development Squad
This is our latest initiative. Regional Assessments held in Autumn selects 20 Pony and 20 Horse Athletes from each Region to participate in Development Training once a month with Top SJI Coaches who monitor Athletes' Competitive progress throughout the year.

Details of organised training are published monthly through the SJI Bulletin, SJI Website and local SJI Facebook Accounts

Personal Requirements
Sometimes Athletes may need or require some additional training or personal training. Please contact your Regional Representative who should be able to either point you in the right direction or arrange Training Sessions for you

TRAINING PROGRAM

Showjumping Ireland
Beech House,
Millennium Park
Osberstown,
Naas, Co. Kildare.

Phone: 045 852230
Fax: 045 852296
Email: info@sji.ie



Further Information:

SJI Bulletin

Web; www.sji.ie/Training

Regional Representatives,
Regional Clinics;
SJI Accredited Coaches
Other Information

MACKEY 5 BAR



SJI NATIONAL TRAINING PROGRAM

Proudly Sponsored by:



SJI National Training Program - The Mackey 5 Bar

What is it all about?



Ian Fearon

- The SJI / Mackey 5 Bar Training is a program giving a structure wherein Athletes can acquire the skills to polish their riding and competition skills.
- The Program has been divided into 5 levels of Riding Standards

- The series of progressive BARS will provide riders with a structured training plan. This Training Syllabus is focussed on improving Horsemanship and the performance and results in all Show Jumping Competitions
- **Bar 1** Is an introductory level. It is awarded on completion of National, Regional , Branch or Private Training at that level by an SJI Accredited Coach when Athlete has attained BAR 1 Standard of Riding & Knowledge
- **Bar 2 - Bar 5** Are progressively of a higher Standard, Knowledge and Understanding of Riding, Competition and Horsemanship. On Completion of each Level, Athletes when signed-off by their Coaches, go forward for Regional Assessments (BAR 2 & BAR 3) and National Assessments (BAR 4 & BAR 5)

Who We Are

The National Training Program is Run and Administered by The National Training Committee of Showjumping Ireland.

Regional Representatives are elected each year from the Four Provinces to sit on the Training Committee and the Chair of the Training Committee is elected from SJI Executive Committee.

Syllabus formulation, Expert advice and guidance is provided by **National Training Steering Group**, which is headed by The Chairman SJI Training; Ian Fearon and Gisela Holstein



Gisela Holstein

All our Coaches are **SJI Accredited** Coaches are qualified **HSI** "Level 1," "Level 2" or "Level 3" Coaches who have further upskilled through SJI Seminars to train and assess Athletes in the Mackey 5 Bar Program

The Mackey 5 BAR Log Book

The 2015 Edition of the Mackey 5 BAR Log Book is now available for purchase from all Regional Representatives.

Athletes in conjunction with their Coaches progress through the Log Book, filling out and answering questions during their training sessions. Coaches will "sign-off" those sections of the relevant BAR when an Athlete has mastered that skill / standard

Only when **ALL** sections of the relevant BAR has been completed and "signed-off" by the Coaches can The Appropriate Coach sign the final sheet for that BAR., Log Books are then presented to Regional Representative, BAR 1, can then be awarded Bar 1 Certification and in all other BAR's Athletes can be put forward for Regional or National Assessment.

Full details of the current **Protocols** for Assessment / Certification are published at the front of the Mackey Book