



# TEAM CANADA SADDLE SEAT EQUITATION

## 2020 ISSEA WORLD CUP

### APPLICATION FORM

As the governing body for Canada's national Saddle Seat team, Saddle Seat Canada is excited to invite applications for the 2020 ISSEA Saddle Seat Equitation WORLD CUP, to be held in **Parys, South Africa, July 19-25, 2020.**

#### **I. EVENT DESCRIPTION AND RIDER ELIGIBILITY:**

The 2020 ISSEA World Cup will consist of a 3-Gaited Competition and 5-Gaited Competition. Canada's participation in either/both of these competition sections, will be considered based on the number and quality of applications submitted for either/both of these sections of the World Cup Competition.

The quality and scores of applications will determine if Canada fields a 3G and/or 5G team and if a Trial is required in either/both sections. Each team will consist of 5-6 riders. ISSEA has a proposal that has not yet been accepted (but might be for this competition), that would see each country have a full 6-member team (6<sup>th</sup> rider would do rail and pattern work) with the top 5 rider scores counted.

Invitational applicants must be:

- ❖ 14 years of age on January 1<sup>st</sup>, 2020
- ❖ must be a Canadian citizen
- ❖ possess a valid Canadian passport
- ❖ possess a current Equestrian Canada Sport License (with Amateur designation if over 18 yrs)
- ❖ possess the applicable provincial equestrian sport organization (PSO) membership (ex. AEF, HCBC, Ontario Equestrian)
- ❖ Current membership with Saddle Seat Canada (membership can be obtained/renewed on SSC website)

Applicants should review all information contained on the Saddle Seat Canada website at [www.saddleseatcanada.com](http://www.saddleseatcanada.com) to familiarize themselves with Saddle Seat Canada policies and procedures. Riders and parents should carefully assess their ability to make this commitment.

Consideration before applying, should include:

- ❖ time and financial commitment
- ❖ availability for Team Canada practices, clinics and events
- ❖ ability to work well under pressure and stress
- ❖ ability to work with a diverse group of riders, coaches, Board of Directors and clinic representatives
- ❖ ability to accept constructive feedback and ability to respect coaching decisions and strategies
- ❖ commitment to financial obligations

**World Cup Applications to be received no later than January 13<sup>th</sup> 2020 and must be mailed with the required payments and attachments as noted on the following pages. APPLICATIONS MUST BE COMPLETE AND RECEIVED BY THE DUE DATE TO BE CONSIDERED.**

Saddle Seat Canada looks forward to an exceptional World Cup Team for 2020! Should you have any questions about the application or the application process, kindly email [admin@saddleseatcanada.com](mailto:admin@saddleseatcanada.com).

## II. SELECTION CRITERIA

Trials will be held to select Canada's World Cup Team should the number and quality of such applications warrant. Initial selection of potential riders for the 2020 World Cup Canadian Team, will be made based on Application score and Video submission score. Video submissions will be judged by Ian Degruy, Allison Deardorff and Carol Roe. The judges' scores will be based on Rail Work and Pattern contained in the application Video. If a rider is applying for 3G and 5G, two separate video submissions must be made – the first on a 3G horse complete with Rail Work and the 3G Pattern included in this application package; the second on a 5G horse complete with Rail Work which will include slow gait and rack and the 5G Pattern included in this application package. Scores will be provided to Saddle Seat Canada for final consideration. Application scores will be based on a perfect score of 100 and includes the following components:

- Show experience – 20 points
- Equitation experience – 20 points
- International show experience – 10 points
- Fitness test scores – 20 points (fitness test and score sheets attached)
- Neatness and organization – 10 points
- Show attire – 10 points
- Overall horsemanship – 10 points

The Average Rail Work Score, Average Pattern Score and the Average Application Score will be combined for an overall Individual Average Score.

## III. TEAM SELECTION AND NOTIFICATION:

- If a Trial is needed to select team members, the date will be a mutually convenient date determined by SSC and applicants invited to attend Trials. Once invited to 2020 SSC World Cup Trial, the horse (3G and/or 5G) used by an athlete in the video application will be the same horse the athlete will offer to be included in the pool of horses to be used at the Trial. Athletes selected to attend a Trial for the 2020 World Cup event will be notified no later than **January 24<sup>th</sup>, 2020**. At completion of the Trial and based on their results at the Trial, athletes will be notified if they have been named to Team Canada.
- If a Trial is deemed unnecessary, **January 24<sup>th</sup>, 2020** will be the date that athletes are notified that they have been named to the Team Canada.
- **Once named to Team Canada, athletes will be invited to sign an acceptance letter. At which time, the required fee of \$2,500.00 per rider will be required. Cash, Cheque or Money Order payable to *Saddle Seat Canada* is to be mailed to: 22128 TWP RD 510 Sherwood Park, AB. T8E 1G8.**
- **Rider fees are designed to cover the ISSEA competition fees as well as accommodation, food and team clothing for the athletes and coaches. Airfare is not covered by the rider fee. Riders can pay for their own airfare or there can be an opportunity for fundraising for airfare. This could be a team effort whereby all team members would participate in order to reap the benefit for lowering the cost of individual airfare.**
- **\*\*Payment must be received 7 days following athletes being named to Team\*\***
- Saddle Seat Canada will officially announce the World Cup Team after all named athletes have returned their acceptance letters and all competition fees have been received.
- If a named athlete declines the invitation to be a member of Team Canada or is not otherwise able to fulfill the obligations of a named team member, the athlete with the next highest application score will be offered a place on the team.
- Athletes named to the team will be required to attend one SSC Team training event or clinic.
- All applicants will receive feedback regarding their Applications.

#### **IV. APPLICATION ATTACHMENTS & REQUIREMENTS:**

World Cup Applications must be completed in full and include all required documents and attachments (detailed below) in one envelope. Please mail your application package well in advance of the deadline to ensure it is received by SSC no later than **November 18<sup>th</sup>, 2019**. **Mail completed application packages to:**

**Saddle Seat Canada  
Attention: Rachelle Reichert  
22128 TWP RD 510  
Sherwood Park, AB T8E 1G8**

**1. ATTACHMENTS: all attachments must be included with your Application, in one envelope**

- Application Fee Cheque in the amount of \$100.00 for EACH section applied (3G and 5G)
- Completed Application form, fitness testing and signed Code of Conduct Policy Statement
- A show photo of applicant in Saddle Seat riding attire, on a horse
- A head shot photo of applicant in Saddle Seat attire. SCC also asks that a digital copy of this photo also be emailed to **admin@saddleseatcanada.com**
- Video of applicant (as per Video Test Requirements as stated below) uploaded to YouTube (use private setting) submit YouTube link with application. Complete and separate videos for 3G and 5G as necessary for which team(s) is included in application.
- Copy of applicant's Canadian passport
- Proof of applicant's membership, in good standing, to Equestrian Canada and Provincial equestrian sport organization

**2. VIDEO TEST:**

**A. REQUIREMENTS:**

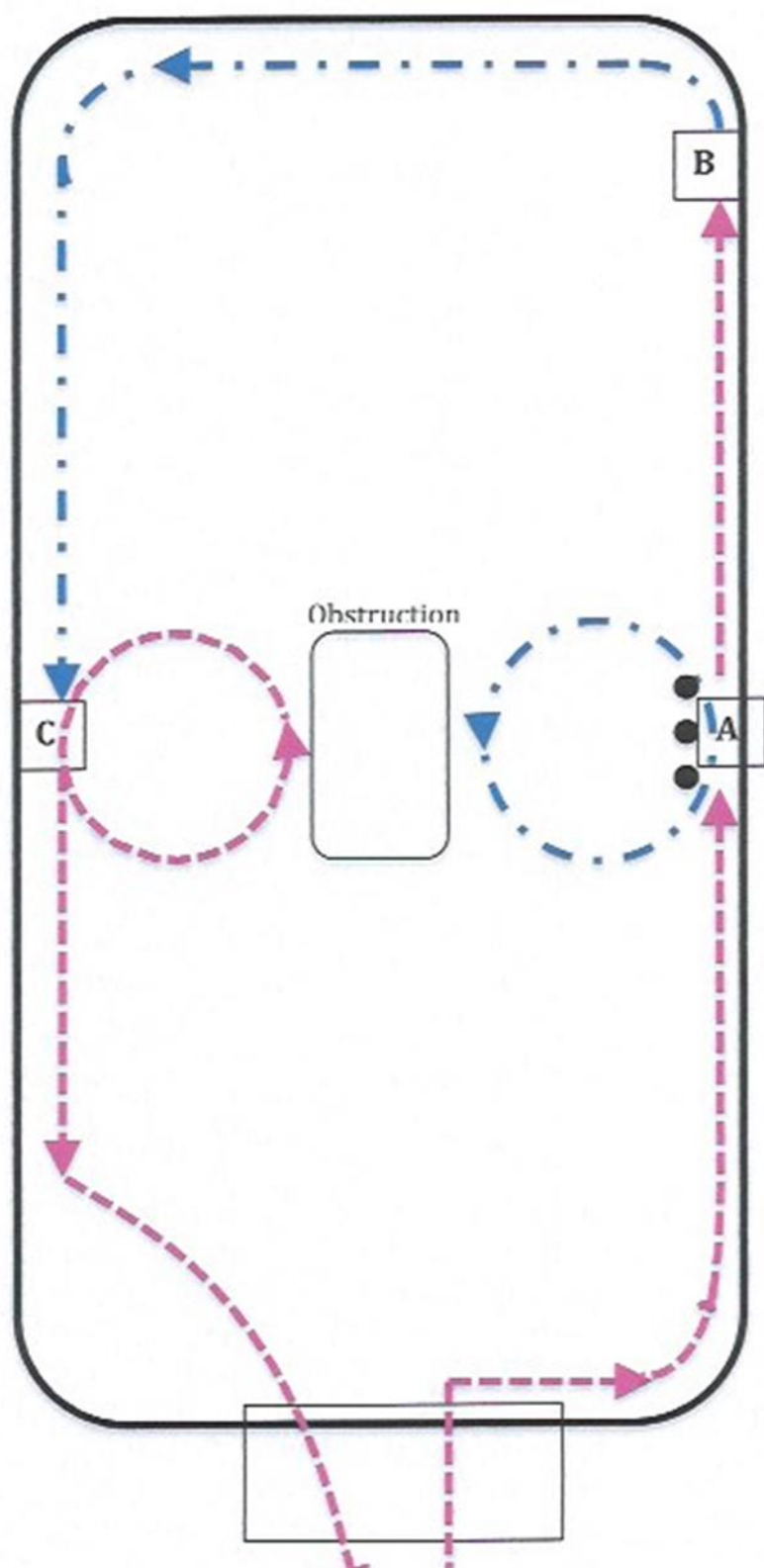
- Video submissions must be unedited from start to finish for each portion of the video. The rail portion shall be unedited from start to finish. The pattern work shall be unedited from start to finish. A break in the video between the rail work and pattern work is permitted.
- Applicants must be wearing Saddle Seat show attire.
- Coaching of the applicant during the video test or reading of the pattern is not permitted.
- Tack for the video will include a cutback saddle, double bridle or snaffle bridle with two reins and a martingale (either running martingale or German martingale with second rein to be used as the curb rein).
- The 3-Gaited &/or 5-Gaited video test must include footage of:
  1. Unedited Rail work (as per below) and subsequent line up whereby the applicant is to direct their horse to go into line after Rail work segment. Video footage will be continuous in this segment in order to include video all around the rider and horse at a halt (as in a horse show line up). 3-Gaited Rail Work to include halt, walk, trot, canter both directions as outlined. 5-Gaited Rail Work to additionally include slow gait and rack both directions as outlined.
  2. A break in the video is permitted at the point whereby the Rail Work and line up has been completed and before continuing with the Pattern work.
  3. Unedited Pattern work will include the rider approaching and executing 3G Pattern or 5G Pattern (attached).

## **B. VIDEO TEST SEQUENCE: (RAIL WORK AND PATTERN)**

### **3-Gaited and 5-Gaited**

- 1. RAIL Work Test – to be judged out of a perfect score of 100 points as per ISSEA (International Saddle Seat Equitation Association) Judging Guidelines and scored by qualified judges as chosen and requested to do so by Saddle Seat Canada. Segments “a” through “g” and “j” are the same for both 3-Gaited and 5-Gaited. Segments “h” and “i” are unique to 3-Gaited and 5-Gaited respectfully.**
  - a. Start at a HALT, on the left rein, at the end wall of the arena looking down the straight-of-way of the long side of the arena.
  - b. From a HALT move up to a TROT on the correct diagonal.
  - c. HALT at the end of the straight away before the turn of the arena.
  - d. WALK around the end of the arena and HALT at the straight away.
  - e. TROT down the straight away and HALT at the end of the straight away.
  - f. WALK around the end of the arena and HALT at the straight away where you started.
  - g. Continue this same sequence CANTERING on the correct leads down the straight-away, halting at the corners; WALKING around the ends of the arena.
  - h. **3-Gaited:** Once the last HALT at the end of the last CANTER straight away has been completed, PIVOT to reverse. Repeat the TROT SEQUENCE and CANTER SEQUENCE in the same manner on the right rein. Once the last HALT at the end of the last canter sequence has been completed, TROT “into the lineup” in the middle of the arena, HALT and PARK for evaluation.
  - i. **5-Gaited:** Once the HALT at the end of the last CANTER straight away has been completed, pick up the SLOW GAIT and continue through the end of the arena. Accelerate into the RACK at the start of the straight away. Halt at the end of the straight away. Pivot to reverse. Repeat the TROT SEQUENCE, CANTER SEQUENCE, SLOW GAIT/RACK SEQUENCE in the same manner on the right rein. Once the last HALT at the end of the SLOW GAIT/RACK SEQUENCE has been completed, trot into the lineup” in the middle of the arena, halt and park.
  - j. The video should show the rider in the line up from the front view of the rider on the horse, then the side view of the rider and horse, then the back view of the rider on the horse and finally the final side of the rider and the horse.
- 2. Pattern Tests – to be judged out of a perfect score of 100 points as per ISSEA (International Saddle Seat Equitation Association) Judging Guidelines and scored by qualified judges as chosen and requested to do so by Saddle Seat Canada. (scoring grid attached). Please note unique and separate Pattern Tests are required for 3-Gaited and 5-Gaited application videos.**

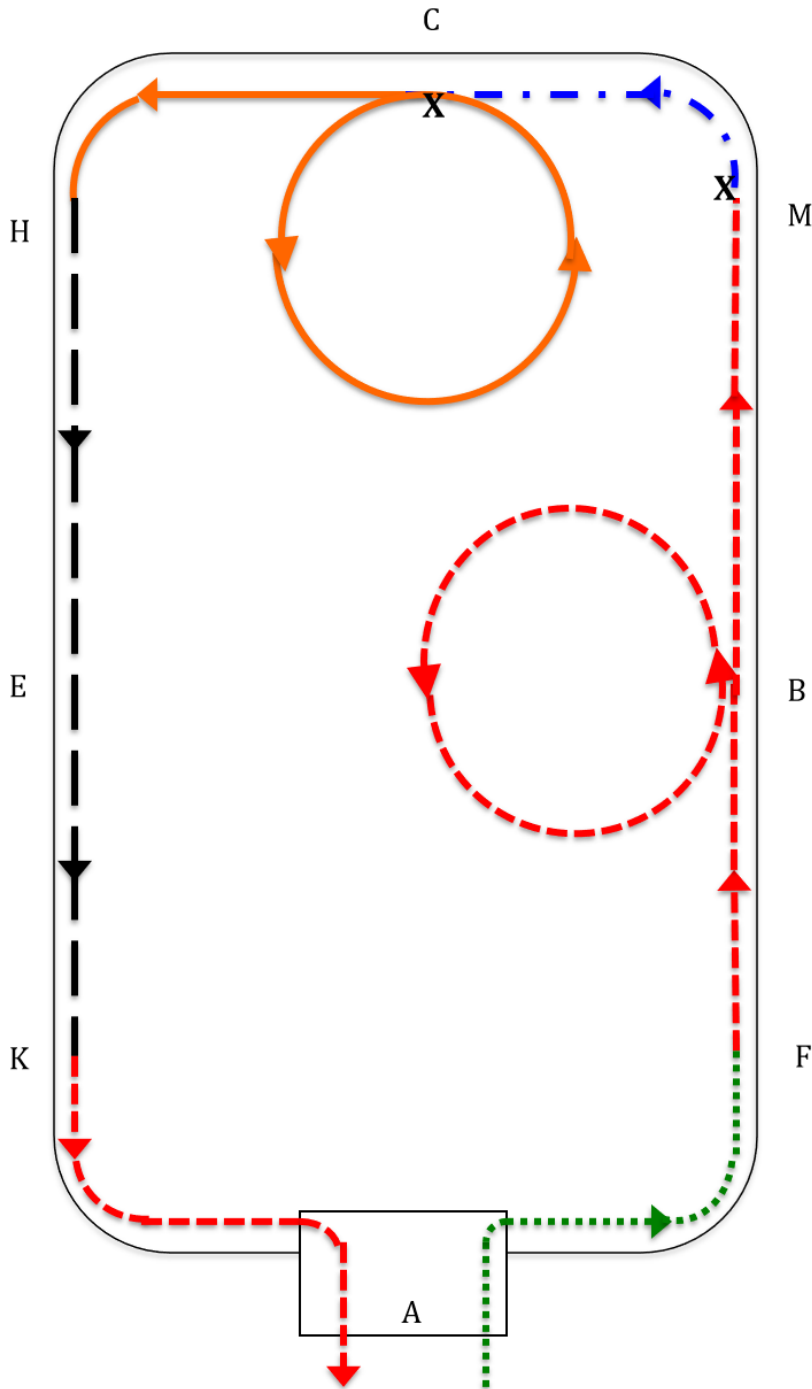
Saddle Seat Canada – Equitation Pattern  
Three-Gaited Workout #3



1.	Enter the ring at the trot and continue against the rail to the midway point of the straightaway. (Point A)	10
2.	Stop at Point A.	10
3.	Back up three steps.	10
4.	Canter a circle to the left. Stop at Point A.	10
5.	Trot on the incorrect diagonal to the end of the straightaway (Point B). Stop at Point B.	10
6.	Canter around the turn down the next straightaway to midway Point C. Stop at Point C.	10
7.	Trot a circle to the left.	10
8.	Continue at the trot against the rail and exit the ring.	10
9.	General horsemanship	10
10.	Overall picture	10
TOTAL:		100

## Saddle Seat Canada Pattern

### Five-Gaited Workout #1



1.	Enter the ring at a walk to the right. At letter F pick up a trot on the right diagonal and trot to the halfway point of the straightaway, letter B.	10
2.	Continue to trot on the right diagonal and execute a circle to the left starting and ending at letter B.	10
3.	Once the circle is complete, change to the left diagonal and continue trotting to the end of the straightaway to letter M. Stop.	10
4.	Canter on the left lead around the turn to the midway point of the turn, letter C. Halt.	10
5.	Slow gait a circle to the left.	10
6.	Continue slow gaiting around the turn to letter H.	10
7.	At the start of the straightaway at letter H, rack down the rail to the end, letter K.	10
8.	At letter K, transition to trot and exit the arena on the correct diagonal.	10
9.	Overall picture	10
10.	Horsemanship	10
	TOTAL	100

### SADDLE SEAT CANADA RAIL WORK SCORE SHEET: 3-GAITED

Rider: \_\_\_\_\_ Date: \_\_\_\_\_

#### Judging Criteria:

Competitors will be judged on the following criteria: The rider's Saddle Seat Equitation and the execution of each of the rail pattern elements for a possible total of eighty (80) points, Horsemanship for a possible total of ten (10) points and Overall Picture for a possible total of ten (10) points. The total possible score is 100 points. A rider who is off pattern or fails to perform a prescribed element will receive a score of zero. The scoring is based upon the ISSEA Judging Guidelines.

1. Element Trot, Halt, Walk, Halt Score (10) \_\_\_\_\_
2. Element Trot, Halt, Walk, Halt Score (10) \_\_\_\_\_
3. Element Canter, Halt, Walk, Halt Score (10) \_\_\_\_\_
4. Element Canter, Halt, Walk, Halt Score (10) \_\_\_\_\_
5. Element Reverse, Trot, Halt, Walk, Halt Score (10) \_\_\_\_\_
6. Element Trot, Halt, Walk, Halt Score (10) \_\_\_\_\_
7. Element Canter, Halt, Walk, Halt Score (10) \_\_\_\_\_
8. Element Canter, Halt, Walk, Halt Score (10) \_\_\_\_\_
9. Horsemanship Score (10) \_\_\_\_\_
10. Overall Picture Score (10) \_\_\_\_\_
- Total Score: Score (100) \_\_\_\_\_

Evaluator Name: \_\_\_\_\_

Evaluator Signature: \_\_\_\_\_

### SADDLE SEAT CANADA RAIL WORK SCORE SHEET: 5-GAITED

Rider: \_\_\_\_\_ Date: \_\_\_\_\_

#### Judging Criteria:

Competitors will be judged on the following criteria: The rider's Saddle Seat Equitation and the execution of each of the rail pattern elements for a possible total of eighty (80) points, Horsemanship for a possible total of ten (10) points and Overall Picture for a possible total of ten (10) points. The total possible score is 100 points. A rider who is off pattern or fails to perform a prescribed element will receive a score of zero. The scoring is based upon the ISSEA Judging Guidelines.

1. Element Trot, Halt, Walk, Halt Score (8) \_\_\_\_\_
2. Element Trot, Halt, Walk, Halt Score (8) \_\_\_\_\_
3. Element Canter, Halt, Walk, Halt Score (8) \_\_\_\_\_
4. Element Canter, Halt, Walk, Halt Score (8) \_\_\_\_\_
5. Element Slow Gait, Rack, Halt Score (8) \_\_\_\_\_
6. Element Reverse, Trot, Halt, Walk, Halt Score (8) \_\_\_\_\_
7. Element Trot, Halt, Walk, Halt Score (8) \_\_\_\_\_
8. Element Canter, Halt, Walk, Halt Score (8) \_\_\_\_\_
9. Element Canter, Halt, Walk, Halt Score (8) \_\_\_\_\_
10. Element Slow Gait, Rack, Halt Score (8) \_\_\_\_\_
11. Horsemanship Score (10) \_\_\_\_\_
12. Overall Picture Score (10) \_\_\_\_\_
- Total Score: Score (100) \_\_\_\_\_

Evaluator Name: \_\_\_\_\_

Evaluator Signature: \_\_\_\_\_

## SADDLE SEAT CANADA PATTERN SCORE SHEET

Class #: \_\_\_\_\_ Judge: \_\_\_\_\_ # of Entries \_\_\_\_ Pattern: \_\_\_\_\_ Date: \_\_\_\_\_ Rider Name or #: \_\_\_\_\_

### Judging Criteria:

Competitors will be judged on the following criteria: The rider's Saddle Seat Equitation and the execution of each of the pattern elements for a possible total of eighty (80) points, Horsemanship for a possible total of ten (10) points and Overall Picture for a possible total of ten (10) points. The total possible score is 100 points.

A rider who is off pattern or fails to perform a prescribed element will receive a score of zero. The scoring is based upon the ISSEA Judging Guidelines.

1. Element \_\_\_\_\_ Score (10) \_\_\_\_\_
  2. Element \_\_\_\_\_ Score (10) \_\_\_\_\_
  3. Element \_\_\_\_\_ Score (10) \_\_\_\_\_
  4. Element \_\_\_\_\_ Score (10) \_\_\_\_\_
  5. Element \_\_\_\_\_ Score (10) \_\_\_\_\_
  6. Element \_\_\_\_\_ Score (10) \_\_\_\_\_
  7. Element \_\_\_\_\_ Score (10) \_\_\_\_\_
  8. Element \_\_\_\_\_ Score (10) \_\_\_\_\_
  9. Horsemanship Score (10) \_\_\_\_\_
  10. Overall Picture Score (10) \_\_\_\_\_
- Total Score: Score (100) \_\_\_\_\_

Evaluator Name: \_\_\_\_\_ Date: \_\_\_\_\_

Evaluator Signature: \_\_\_\_\_



## Keep Fit Riding Regime Fit Rider=Happy Horse

2-3 times per week

### Warm Up



### **Lateral Band Walk**

30 seconds/8 Second Rest x 10

- put resistant band above knees
- semi squat in riding position
- side step, alternating steps to the left then to the right
- challenge by lowering the band to your ankles

### Cardio



**Resting Heart Rate:** Beats per minute resting

**Maximum Heart Rate (MHR):**  $220 - \text{Your Age} = \text{MHR}$

**Target Heart Rate (THR):**  $\text{MHR} \times \text{approx } \%70 - \%80$

-exercising at your THR will maximize your workout without over stressing your heart.

eg.  $220 - 30 \text{ years} = 190\text{bpm} \times .70 = 133\text{bpm}$  (THR)



### **Treadmill**

Goal is to run 1 Mile under 10 minutes keeping your THR and bringing your HR back to normal in approximately 2 minutes.

Challenge by adding incline or distance.

### **OR Marching**



12 Rounds@ 8 Seconds/2 Second Rest x 4 (4 sets)

- keep back straight and lift knees to waist height
- march as fast as you can for the 8 secs staying at your THR(check HR after each set of 12)

-Challenge, add weights to ankles and or arms

1

## Core

### **Stir The Pot**

**15 Sec each direction x 3 Reps**



- plank position with elbows on the ball (elbows should be directly under armpits)
- engage core muscles and do not drop hips
- keep feet shoulder width apart
- circle your elbows to your left for 15 seconds then without stopping (keep body still) circle to the right for 15 more seconds, rest for 10 seconds and repeat 3X

### **Pelvic Bridge**

**10 Sec hold(5 sec rest) x  
10 Reps**



- strengthens core, back, glutes, thighs & hamstrings (posting trot!)
- relax upper body & back while drawing in your abs and pelvic floor muscles, press hands & forearms into the floor & slowly push your pelvis up.
- keep your back straight.

### **Curl Up**

**3 Sec Hold x 10, 4 Sets**



- alternative to the basic curl up for preventing lower back injuries
- one leg straight with other leg flexed
- hands under back to support spine
- lift elbows as you tighten abs to lift head and shoulders up, hold for 3 Sec repeating for 10X
- do 4 sets of 10, alternating legs

## Strengthening

### Plank

10 Sec hold, 7 Sec rest X 10

- plank works almost every main muscle!
- get into push up position
- bend elbows & rest weight on forearms
- your body should form a straight line from your shoulders to ankles
- engage your core by stiffening abdominal wall (don't drop hips, or have bum too high)
- don't drop knees
- hold for 10 sec, rest 5 sec & repeat 10X



### Ball Squat

20 squats, 45 sec Rest  
X 4 Sets

- with ball on wall, position the small of your back on ball & lean against it in riding position
- pull shoulder blades down & back, lean into ball as you shift your weight into your heels
- push upwards into standing position as ball rolls down
- challenge, add wrist weights



### Knee Push Ups

15 push ups, 45 sec rest  
X 4 Sets

- lie on floor with hands slightly wider than shoulder width
- bend knees & raise body up off floor by extending arms almost straight
- lower body by bending arms, keeping body straight, engage core by stiffening abdominal wall
- Challenge, work off toes instead of knees



3



# Stretching



## **Reclining Twist**

- extend opposite arm out
- bend both knees up and then twist both knees opposite to the extended arm



## **Hamstrings/Calf**

- lying flat on back with one leg straight on floor, bend your other knee up and gently straighten leg using a belt around your foot
- hold for approx 45 secs ea
- bend other knee to make easier



## **Quad**

- pull heel toward buttocks until stretch is felt in front of thigh
- hold 45 Secs each leg



## **Hip, Internal Rotators**

- Gently pull foot & knee toward shoulder, rotating @ hip
- hold 45 Sec each leg

## **Child's Pose**

- in kneeling position, drop butt towards heels as you stretch the rest of your body down & forward
- shoulders & neck relaxed



## **Groin/Neck**

- sit with heels as close to groin
- gently push elbows down on knees for groin 45 Sec hold
- hold feet, extend arms, pushing shoulders forward till you feel stretch in shoulders and neck 45 Sec hold



4

# SADDLE SEAT CANADA RIDER FITNESS – TEST AND FITNESS SCORE SHEET

**Rider Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Target Heart Rate:** \_\_\_\_\_/bpm

Please be aware that your fitness levels are being tested at your own risk. If there are any exercises that you do not feel comfortable doing, please notify the person conducting the testing. Only push yourself to where you feel comfortable. You have been given these exercises prior to this testing and have been asked to train yourself at least 3 times a week doing these exercises to prepare for this testing. Please understand that getting full scores on these tests requires a substantial amount of practice and training prior to this testing.

I acknowledge that I am doing these exercises at my own risk and take full responsibility of what my capabilities are in doing the following tests. I understand that if I push myself beyond my fitness capabilities there could be risk of injury and I will stay within my capabilities. I understand that Saddle Seat Canada is not liable for any injuries that may incur during this testing and I have the right to decline any exercises I do not feel comfortable doing by making my decision not to participate to the fitness evaluator.

\_\_\_\_\_  
*Signature of Athlete being Tested or Signature of Athlete's Guardian (if under 18)*

Please refer to the Saddle Seat Canada "Keep Fit Rider Regime" for information on how to correctly perform the exercises.

## **Warm Up:**

Lateral Band Walk: 30secs side stepping/8secs rest x10, alternate left to right

## **Cardio: Mile Run OR Marching**

**Mile Run:** Time=\_\_\_\_\_ Heart Rate=\_\_\_\_\_bpm

9:00Min =40

9:15Min=38

9:30Min =36

9:45Min=34

10:00Min=32

10:15Min=30

10:30Min=28

10:45Min=26

11:00Min=24

11:15Min=22

11:30Min=20

11:45Min=18

12:00Min=16

12:15Min=14

12:30Min=12

12:45Min=10

13:00Min=8

13:15Min=6

13:30Min=4

13:45Min=2

14:00Min=0 Minus 1 Point for every 1 Beat off the required THR

**Score\_\_\_\_ /40**

**OR**

## **Marching**

2 Minutes Marching, Do 4 sets

Set 1 /10

Set 2 /10

Set 3 /10

Set 4 /10

Minus 1 Point for every 1 Beat off the required THR

**Score\_\_\_\_ /40**

**Stir the Pot**

Execute the Stir the Pot exercise changing directions of the circular arm movement often and see how long you can hold form and continue to stir the pot. Time will be stopped if you lose your form, you stop the circular movements, you come off the ball or are ready to stop.

2:00min=10points  
1:45min=9 points  
1:30min=8 points  
1:15min=7 points  
1:00min=6 points  
0:50min=5 points  
0:40min=4 points  
0:30min=3 points  
0:20min=2 points  
0:10min=1 point

Score\_\_\_\_/10

**Ball Squat (1min)**

Execute the Ball Squat Exercise and do as many correct squats as possible in 1 minute. Your thighs must be horizontal to the ground as you squat and your weight pushing into your heels (not your toes) for a squat to be counted.

60 squats=10 points  
55 squats=9 points  
50 squats=8 points  
45 squats=7 points  
40 squats=6 points  
35 squats=5 points  
30 squats=4 points  
25 squats=3 points  
20 squats=2 points  
15 squats=1point

Score\_\_\_\_/10

**Knee Push Ups (1min)**

Execute the knee push up exercise and count how many proper knee push ups you can do in 1minute. You must keep your proper form to have the push up count.

50 pushups=10 points  
45 pushups= 9 points  
40 pushups= 8 points  
35 pushups= 7 points  
30 pushups= 6 points  
25 pushups= 5 points  
20 pushups= 4 points  
15 pushups=3 points  
10 pushups=2 points  
5 pushups=1point

Score \_\_\_\_/10

**Pelvic Bridge**

Execute the pelvic bridge exercise and hold the position as long as you can up to 2:30 minutes. Time will stop if you come off the ball, lose form or are ready to stop.

2:30mins=10 points  
2:15mins=9 points  
2:00mins=8 points  
1:45mins=7 points  
1:30mins=6 points  
1:15mins=5 points  
1:00mins=4 points  
0:45mins=3 points  
0:30mins=2 points  
0:15mins=1point

Score\_\_\_\_/10

**Riding Position Ball Balance**

Sit on the yoga ball in riding position with your feet off the ground and hold the position for as long as you can up to 2:30 minutes. Time will stop if you come off the ball, feet touch the ground or you are ready to stop.

2:30mins=10 points

2:15mins=9 points

2:00mins=8 points

1:45mins=7 points

1:30mins=6 points

1:15mins=5 points

1:00mins=4 points

0:45mins=3 points

0:30mins=2 points

0:15mins=1point

Score\_\_\_\_/10

**Plank**

Execute the plank exercise and hold for as long as you can up to 2 minutes. You must hold perfect form. Time will stop if you break form, start excess trembling, lift bum too high, drop knees or are ready to stop.

2:30mins=10 points

2:15mins=9 points

2:00mins=8 points

1:45mins=7 points

1:30mins=6 points

1:15mins=5 points

1:00mins=4 points

0:45mins=3 points

0:30mins=2 points

0:15mins=1point

Score\_\_\_\_/10

**TOTAL SCORE:** \_\_\_\_\_/100

**Evaluator Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Evaluator Signature:** \_\_\_\_\_

**SADDLE SEAT CANADA – 2020 WORLD CUP APPLICATION FORM**

NAME:

SECTION (CIRCLE ONE OR BOTH)

3-GAITED

5-GAITED

ADDRESS:

PHONE #:

DATE OF BIRTH:

EMAIL:

CURRENT COACH'S NAME

& BARN NAME:

CURRENT COACH'S PHONE #:

HORSE'S REGISTERED NAME

HORSE'S BREED REGISTRATION #:

& BREED:

1. Currently, are you working &/or attending school? List your current grade and school name &/or your current employer and job title.

2. How many years have you been riding Saddle Seat Equitation? List the professional coaches that you have worked with during that time and list the dates you trained with each coach.



3. List all equestrian prizes or equestrian titles that you have won within the last 5 years.  
(Include a brief description of the prize or title).

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4. Please list any Equestrian Clinics/ or Invitationals that you have attended:

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5. Are you currently competing in Saddle Seat divisions?

Yes ☐

No ☐

6. Are you currently taking riding lessons and, if so, how often and with what coach?

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7. List the show divisions you competed in (or currently competing in) during the 2019 show season i.e. Equitation, 3-Gaited, Park or 3-Gaited Pleasure divisions, 5-Gaited divisions

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- 8.** List any international shows that you attended in 2018 &/or 2019 and your show results, by class, including your placing in the class and the number of entries.

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- 9.** If you are not showing at all, please detail the reason (sold horse, college, etc.) and outline what you are doing to keep 'riding-fit'. List the last time you showed, the show name, division(s), placing(s) and number of horses in the class(es).

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- 10.** List your personal equestrian strengths.

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- 11.** List your equestrian weaknesses.

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**12.** Why do you think that you should be selected as a member of Team Canada and how do you feel that you can contribute to Team Canada's success?

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**13.** Do you have a current Canadian passport? If so, please attach a copy.

Yes ☐

No ☐

**14.** Please add any other information that relates to your consideration for Team Canada.

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## **REFERENCES**

(Written references must accompany your Application and must be signed by the reference provider.)

1. Please provide at least one written reference letter from a professional coach/instructor that has worked with you. Ensure the reference letter provides details on your saddle seat and equitation abilities, your equestrian successes, your strengths, show abilities and the length of time your reference has worked with you. Ensure the letter includes the coach's/instructor's signature, the coach's/instructor's name, barn name, phone number, email address and current coaching designations, if any.
2. Please provide one written reference (non-horse related and not related to you) from an employer and/or teacher. Ensure the reference letter includes details about your work or school successes, and the timeframe that your reference has worked with you. Ensure the letter includes the reference's name, the reference's signature, and phone and email contact information.

## **Saddle Seat Canada Code of Conduct Policy Statement**

- ❖ SSC is committed to providing an environment in which all individuals are treated with respect. Members of SSC shall refrain from comments or behavior that is disrespectful, offensive, abusive, racist or sexist. In particular, behavior that constitutes harassment or abuse will not be tolerated by SSC.
- ❖ During the course of all SSC activities and events, members must avoid behavior that brings the team into disrepute including but not limited to abusive use of alcohol and non-medical use of drugs.
- ❖ Members shall not use illicit drugs/narcotics or performance enhancing drugs or methods, and shall agree to submit to random drug testing as requested.
- ❖ Members shall at all times adhere to SSC operational policies and procedures, to rules governing SSC events and activities, and to rules governing any events in which the member participates on behalf of SSC.
- ❖ Members shall not engage in any activity or behavior which interferes with a competition or with any rider's preparation for a competition, or which endangers the safety of others.
- ❖ Failure to comply with this Code of Conduct may result in disciplinary action in accordance with the Discipline policy of SSC. Such action may result in the member losing the privileges that come with membership in SSC, including the opportunity to participate in World Cup or Invitational activities.
- ❖ As a member of Team Canada and a member, alternate member, coach or manager of the Saddle Seat Canada team, I acknowledge my obligation to uphold and adhere to the highest standards of horsemanship, sportsmanship and citizenship whenever I am representing my country whether as a team member, alternate member, coach or manager.
- ❖ As a horseman, I will place my horse's welfare above all other considerations.
- ❖ As a sportsman, I will know and will comply with all the pertinent rules of Equine Canada, Saddle Seat Canada, the International Saddle Seat Equitation Association (ISSEA), and honor the principles of fair play inherent in them. I will place the best interests of the Team above my own, and accept the decisions of Saddle Seat Canada Board made in the Team's best interest.
- ❖ As a citizen, I will respect the laws of my own country as well as those of foreign countries in which I may compete. I acknowledge that I also serve as an Ambassador for my sport, Saddle Seat Canada and my country. I will endeavor at all times to reflect credit on them through my conduct.

I understand and accept that serious or repeated transgressions of this code may be grounds for immediate elimination from the team and competition. In the event that I were to be dismissed from the team, I and/or my parents/legal guardians will be responsible for reimbursing Saddle Seat Canada for any expenses incurred to date on my behalf including, but not limited to: travel expenses, such as airfare, and other taxes and deposits as well as equipment, clothing and official gear. Similarly, I will be responsible for reimbursing Saddle Seat Canada for any additional expenses incurred as a result of replacing me with an alternate rider.

Any infraction that results in dismissal while on route to, or in the course of the official International Saddle Seat World Cup or Invitational Event or on any related tour preceding the competition, shall result in my being barred from the competition in any or all remaining and future events or attendance at any remaining official functions. I and/or my parents/guardians will solely be responsible for securing and paying my return travel to Canada.

I understand that my official term as a member of Team Canada and a representative of Canada continues from the date of my selection to the team through to such time as our next team is chosen. Up until that time, I understand that I may be requested to attend training, fundraising or public relations appearances on behalf of the Team. Therefore, I commit to exemplary behavior during my full term as an SSC team member.

I acknowledge that it shall be the sole right and responsibility of the Board of Saddle Seat Canada to adjudicate matters pertaining to violations of this code of conduct.

My signature below confirms that I have read, understand and agree to the terms of this Application, Video Submission, References, Saddle Seat Code of Conduct and Saddle Seat Policy and Procedures as outline in the online Manual.

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SIGNATURE OF APPLICANT/RIDER

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DATE

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PRINTED NAME OF APPLICANT

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PARENT OR GUARDIAN  
SIGNATURE IF APPLICANT IS  
UNDER 18

### **Saddle Seat Canada Application Check List:**

- ✓ **Completed application form with all questions answered and signed appropriately**
- ✓ **\$100 Application Fee per Team Section 3G &/or 5G (cheque or money order payable to Saddle Seat Canada)**
- ✓ **Fitness test score sheets signed by the scorer (parent/guardian/instructor) including their contact info (phone and email)**
- ✓ **Code of Conduct Policy Statement Signed**
- ✓ **Copy of your Canadian Passport**
- ✓ **Copy of current Equestrian Canada Sport License**
- ✓ **Copy of current Equestrian Provincial Sport Organization membership**
- ✓ **Copy of or proof of payment for current Saddle Seat Canada Membership**
- ✓ **Head shot picture of applicant in show riding attire submitted digitally to [admin@saddleseatcanada.com](mailto:admin@saddleseatcanada.com) and a hard copy to be submitted with application**
- ✓ **Riding picture of applicant in show riding attire riding a Saddle Seat horse (preferably a show picture in pleasure equitation suit and derby) – hard copy to be submitted with application**
- ✓ **You Tube Video link (for each section 3G &/or 5G) submitted and link included in application**
- ✓ **Coach/Instructor reference letter**
- ✓ **Non-horse related reference letter**