

# NEGS JUMP SQUADS

*NEGS Jumping Squads meet weekly for training with our Senior Eventing Instructors, Anyka Overton and Rachelle Hirst. Training in a supportive team environment allows individual athletes to develop advanced skills and knowledge culminating in competitions at State, National and International Level with other like-minded students. Squad lessons are motivating, uniting, inspiring and strive for success.*

## PROGRAM LEARNING OUTCOMES INCLUDE:

- Group Lesson weekly in your training height
- Nutrition
- Horse Fitness
- Goal Setting
- Priority Access to specialist coaching clinics

## CROSS COUNTRY

XC80 Squad meets on Thursdays from 4-5pm jumping 60cm to 80cm with **Rachelle Hirst**

XC100 Squad meets on Wednesdays from 4-5pm jumping 95cm and above with **Annyka Overton**

## SHOWJUMPING

SJ80 Squad meets on Wednesdays from 4-5pm jumping 60-80cm with **Rachelle Hirst**

SJ100 Squad meets on Tuesdays from 4-5pm jumping 80cm-1m with **Rachelle Hirst**

SJ100+ Squad meets on Thursdays from 4-5pm jumping 1m and above with **Annyka Overton**

Students are encouraged to book an additional private lesson per week to work on individual training plans and goals for showjumping, cross country or dressage, however this is the choice and responsibility of students or parents to arrange additional lessons with their instructor of choice.

**PLEASE NOTE:** *The Program is designed to emphasise the importance of having consistent, ongoing and correct training and management. Reimbursements for a missed squad lesson will only occur when a Doctor or Veterinary Certificate is presented to the EC office no later than 48 hours after the missed lesson.*

## PROGRAM DURATION AND COST:

Jump Squads commence Week 2 and will run through until Week 9 - 8 week duration (\$400)