



Sporting Excellence

AESE enables talented affiliated-level riders to get the support they need to succeed.

AESE is tailored around the equestrian Olympic disciplines. Athletes are coached by world-class trainers developing a range of skills including career planning, physical health, performance psychology, communication and managing the media. AESE is delivered in partnership with British Showjumping and British Eventing, and is part of British Equestrian's Performance Pathway.

This Level 3 Advanced



Apprenticeship is for those based in England and is equivalent to A-Level standard. Please note: AESE is also recognised by UCAS and is assigned Tariff points.

As an apprenticeship, it is:

- Employer-led based on industry requirements
- Flexible in its delivery approach
- Focused on developing skills, knowledge and behaviours
- Supported by coaching and teaching
- Tailored to chosen disciplines
- Measured through a robust apprenticeship assessment process



Developing core knowledge, skills & behaviours, AESE modules cover:

Tactical and technical performance

Communication

Physical performance

Injury and risk management

Anti-doping

Safe practice

Nutritional performance

Psychological and emotional performance

Lifestyle and personal development

Career and self-development

AESE also develops athletes in:

Professionalism

Teamwork

Time management

Respect

Goal setting

Self-reflection

Inclusive behaviours

Work ethic

Course Specifics

AESE is a fully accredited qualification tailored to the needs of equestrian athletes. Covering a range of career-focused topics, it ensures that learners are equipped for real-world competitive experiences, as well as developing core life skills.

As an apprenticeship, AESE is centred around hands-on, practical learning and supported by six exclusive training camps, spread throughout the duration of the programme. Coursework is completed at and between all camps, building a portfolio of evidence.

Duration:

15 months (12 months + 3 months apprenticeship assessment)

Staff and Coaching:

All AESE athletes will be allocated a vocationally experienced Trainer Coach, who will support them throughout their time on programme. At camps, they will have the opportunity to work with professionals from all three disciplines, as well as industry experts.

Entry Criteria:

AESE is an apprenticeship and therefore all students must be employed for the duration of the course.

We can assist those who wish to apply for AESE in finding a suitable apprenticeship position if required.

There are also Entry Requirements for athletes across Dressage, Showjumping, Eventing and Para Dressage.



Entry Requirements

Dressage

Criteria to achieve

65% or above on 4 occasions, Medium level and above in the last 3 years

70% or above on horses up to 7 years, Elementary or above

Para Dressage

We are delighted to offer the opportunity for all para dressage athletes to be considered for AESE. Please contact us to discuss requirements and accessibility.

Eventing

Criteria to achieve

Eligible to compete at BE Novice, or CCI1* in the last 3 years

Top 50% finish on horses up to 7 years in CCI2* in the last 3 years

Long listed for a European team Ponies, Junior, Young Riders

Top 25% finish U18 Regional Team Championships from in the last 3 years

Top 10 finish Pony Club regional championships in the last 3 years

Showjumping

Criteria to achieve

1.20 or above - 4 double clears

1.20 + on horses up to 7 years - 2 double clears

1.10 - 1.20 on horses up to 6 years - 2 double clears

1.00 - 1.10 on horses up to 5 years - 2 double clears

Long listed for BS youth/junior programmes or European Team

1.10 or above - 4 double clears on ponies



Camp Delivery

There will be six specialist camps held during the apprenticeship, to enable athletes to work face-to-face with experts in different areas. Each one typically lasts two days and covers a range of in-depth knowledge, practical skills and core behaviours.

The camps are held at various established locations across England and where possible arranged so as not to interfere with key competitions.

Camps are mandatory and provide athletes with the opportunity to meet other AESE athletes, have dedicated time with coaches and to review their portfolio of work.

Camp Coaches include:

Tactical and Technical skills; Charlie Hutton and Andrew Saywell

Lifestyle and personal development; Sandie Robertson

Physical performance; Joe Senior (Adapt Strength and Conditioning)

Psychological and emotional performance; Chimp Management

Nutritional performance; George Wilson

Career and self-development; Alternative Careers

External Speakers; British Equestrian, and others.



Functional Skills

It is important to note that athletes will be required to complete Functional Skills in maths and/or English if they have not attained a GCSE grade 9 to 4/A* to C. These qualifications are recognised as a GCSE equivalent, developing practical skills for life and work in these areas. For those aged 19 and over these skills are optional.

Evidence of prior qualifications will be required to support development in these areas and to help determine which of these qualifications may be undertaken.



Knowledge, Skills and Behaviours

As an accredited, nationally recognised qualification, AESE is focused on developing knowledge, skills and behaviours (KSBs) across the mandatory module topics.

The following pages outline the KSBs in direct relation to the modules, to enable you to see how our athletes will develop whilst on the AESE programme.

Once all topics have been covered and our athletes feel they have successfully embedded the KSBs into their daily work, they will then be ready for assessment.



Tactical Skills

Knowledge

How to utilise multi-disciplinary staff to improve tactical performance, addressing individual strengths and weaknesses through the use of individual action plans, training, and competition.

How to use technology, such as video footage or software packages, to interpret and compare different forms of analysis.

How to use analysis to evaluate both technical and tactical performance and impact on results during training and competition.

Skills

Use digital technology to refine and optimise performance in terms of tactical approach to the opposition, understanding their strengths and weaknesses, creating individual tactical plans, and reviewing training and competitive performance.

Use data and digital insight to improve performance of their skills and performance.

Technical Skills

Skills

Deliver consistent performance under pressure through effective integration of all performance disciplines.

Reflect and review performance and training to analyse, progress and improve performance, both in training and competition.

Behaviours

Be self-reflective.

Communication

Knowledge

The mechanics of effective communication (personal and professional) and building and sustaining relationships with other people.

Skills

Communicate and build constructive and effective relationships with staff, colleagues, and peers conducive to performance development.

Behaviours

Positively model professionalism through personal presentation and integrity in all actions.

Be collaborative in teamwork situations - especially under pressure.

Conduct themselves in a respectful, fair, and approachable manner and in line with the employer's standards and code of conduct.



Physical Performance

(incorporating Injury Risk and Management and Anti-doping)

Knowledge

The physical requirements of the individual's chosen sport, such as cardiovascular fitness, explosive power, stamina of professional sport; principles of training (including periodisation) and specificity and methods (e.g. strength and conditioning, fundamental movement, physical literacy) used to develop physical capabilities.

Skills

Continually improve physical capabilities by utilising insight and expertise from specialist support staff through completing bespoke conditioning activities such as speed, power, and coordination, as well as on and off field/course/venue training programmes that might take place in the gymnasium, swimming pool or performance lab.

Engage in injury prevention and management programmes, utilising insight, and expertise from specialist support staff to help mitigate impact of injury on training and competition performance.

Take appropriate action to source relevant information for pre- and post-testing and at all times, be able to access a current list of prohibited and banned substances.

Behaviours

Self-manage weekly commitments which include time management and organisation.

Demonstrates a strong, positive, and dedicated work ethic which clearly shows ownership of personal development, aptitude, aspiration, and ambition.

Safe Practice

Skills

Apply safe practice principles across all elements of training, preparation, and competition - for example when working with equipment, working alone, working under pressure, or travelling abroad.

Nutritional Performance

Skills

Implement a programme to improve diet and approach to hydration and nutrition, incorporating feedback and evaluation from specialist support staff.

Psychological and Emotional Performance

Knowledge

The psychological and emotional demands of professional sport and how to make the best use of these capabilities.

The methods and strategies that relate to fundamental, preparatory and performance phases such as emotional resilience, visualisation, refocussing, concentration, and pre-performance routines.

Skills

Profile psychological strengths and weaknesses and implement their agreed programme to meet individual and sporting requirements.

Apply consistent and effective psychological and emotional skills in training and performance or competition environments.

Lifestyle and Personal Development

Knowledge

The demands of effective leadership in professional sport, identifying traits and behaviours of appropriate role models.

The components (e.g. goal setting, planning) that contribute to the individual's chosen primary career plan, and the key facets of self-identity as a professional sports person and as an individual.

The importance of secondary and supplementary careers and consideration of dual career aspirations.

Skills

Plan, implement and develop personal leadership skills both in and away from their professional playing/riding career.

Effectively manage conflict and present a positive image of themselves, their organisation, and their sport in all situations.

Design and implement a personal career action plan that identifies how to manage the transition into the next stage considering secondary and supplementary careers.

Behaviours

Own and engage in goal setting processes.

Career and Self Development

Knowledge

The demands of effective leadership in professional sport, identifying traits and behaviours of appropriate role models.

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Assessment

AESE is graded through an apprenticeship assessment process.

Once our athletes have completed their training with us, their work and experiences will be assessed independently.

The apprenticeship assessment consists of:

- **Knowledge test**

Forty multiple choice questions, incorporating two scenario-based questions.

- **Observation**

A robust practical observation with questions.

- **Interview**

A professional interview underpinned by a portfolio of evidence.

The qualification is then graded by the independent assessor attending.

Assessment outcomes are:
Fail, Pass, Distinction

The overall grade is determined by the athlete's performance in all three areas, alongside the evidence gathered in their portfolio.

As an advanced apprenticeship, the requirement for athletes is that they already hold or successfully complete Level 2 Functional Skills in both maths and English.

Expectations

All six camps are mandatory for attendance and a fundamental requirement for AESE, to allow our athletes to gain the most from their time with us.

We expect all learners to behave in a professional manner whilst at camp and whilst working with their employers and coaches.



Module Objectives

Modules are designed to maximise practical learning and develop the knowledge and skills needed to exceed as an elite athlete.

AESE and the modules taught within this apprenticeship, are certificated under the Department For Education (DfE) as 'Sporting Excellence Professional.'

Contact Information

For details on how to apply or to ask any questions, please contact our team.

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E: enquiries@haddontraining.co.uk

Apply online



ht Haddon
Training



haddontraining.co.uk