

Equestrian Résumé

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COACHING PHILOSOPHY

Riding is a difficult sport to master and one that regularly challenges riders to “dig deep” and persevere through the tough stuff. While I believe in hard work and practice practice, practice...I also believe that riders must ENJOY riding and find satisfaction in the work of facing the challenges it presents. As a result, my two primary concerns when introducing students (from ages 3-99) to the sport of riding are FUN and SAFETY. When I teach, I aim to have students experience the joys and satisfaction of working with horses through mutual respect, patience and trust. I believe in a holistic approach to teaching and so my students begin by learning the basic principles of working safely with and around horses on the ground, as well as riding both in an arena and on the trail. While I am a big believer in disciplined training, I also firmly believe that riders should challenge that training and the acquisition of their skills in “real life” situations that provide variety and an element of unpredictability – whether that be out on the trail or at a show, I believe students develop a better understanding and appreciation of their strengths and weaknesses (as well as their horse’s) under these circumstances, and are, therefore, more willing to work through more difficult challenges during more formally structured arena lessons. They also develop a greater sense of accomplishment when they succeed at the small stuff. And we all know that the small accomplishments are HUGE when it comes to riding!

In addition to teaching students how to ride, I also believe riders should have a basic working knowledge of their own fitness as it relates to riding. As a result, I devote significant time during lessons, to talking about how certain elements of flexibility and strength (both muscular and cardiovascular) impact what they are trying to accomplish (this is of course is specific to the lesson at hand). With 25 plus years of experience as a Nationally recognized Sport Coach and a registered member of the National Fitness and Sport Leadership Alliance with a university background in Kinesiology, I believe that rider fitness – or lack thereof – is key to a rider’s level of success and confidence. Educating riders about certain aspects of their fitness helps them develop a better “feel” for their riding as well as a greater sense of body awareness. As a result, they are better able to recognize AND explain when something seems off with their riding. Riders are, after all, athletes and when they possess a certain level of fitness and fitness knowledge, they are better able to optimize their learning.

LICENSES and CERTIFICATIONS:

- Class 4 License: current
- Wilderness & Remote First Aid & CPR/AED level C certificate: current

- Equine Canada Trail Riding Guide, Instructor & Evaluator: 2014
- Equine Canada Instructor of Beginners Certified (western): 2011
- Equine Canada Competition Coach Trained (English): 2011
- Equine Canada English Rider Level 6: 2011
- Equine Canada Western Rider Level 1-4: 2010
- Fitness Leadership Certification, BCRPA. July, 1990.

TEACHING EXPERIENCE

- Western Riding Lesson, specializing in beginner and recreational riders (some competition training for local showing) 2007-present
- English Riding Lessons (including jump), specializing in beginner riders (some competition training for local showing) 2010-present
- Vaulting 2012-present
- Guided Trail Rides for groups (3 to 20 participants) 2007-present
- Xmas, March Break and Summer camps for kids 2010-present
- ProD Day activities (horsemanship, stable management, riding) 2010-present
- Stable Beginnings Program: and introductory program I designed for kids ages 3-9 (divided into groups) that aims to introduce young children to safe horse handling in a fun and interactive learning environment 2010-present

COMMUNITY LEADERSHIP AND VOLUNTEERISM:

2014 – present: Pony Club volunteer Victoria/Metchosin/North Saanich club.
Responsibilities: supervising children during club activities and assisting in barn meetings for level D to C level groups.

2017 – 2020: Pony Club BC Island Regions National Director. Responsibilities: attend National meetings twice per year, participate on various committees at the

National level file semi-annual reports, disseminate information to the Regional District Commissioners and members.

2016-2018 – District Commissioner for Greater Victoria Pony Club. Responsibilities: chair meetings, organize and manage Branch events, attend Regional meetings and disseminate information, file membership reports and maintain up-to-date records

2010 - 2014: 4H Horse and Pony Leader

Responsibilities: supervising, guiding and chaperoning youth at a variety of 4H activities such as club meetings, community activities, projects, and inter-provincial field trips, including the National Members/Leaders convention.

2012 - 2014: Island Horse Council Rep., Jump PEI

Responsibilities included reporting to Island Horse Council on the shows, clinics, meetings and financial standing of Jump PEI.

2012 - 2014: Member at Large, Horse Trials PEI

Responsibilities included attending meetings and participating in the planning and coordination of shows and clinics in various capacities as needed.

2010- 2013: Provincial Coaching Coordinator, Island Horse Council

Responsibilities included administering coaching according to national policy; reporting on rider and coach development to the province and the national sport organization (NSO); maintaining coaching records (including financial) at the provincial level; distributing coaching updates and information provided by the NSO to provincial coaches.

2010 – 2012: Treasurer, Emerald Island (mock) Hunt Club

Responsibilities included maintaining the riding club's financial records.

2005 - 2007: Soccer Coach, Central Queen's Clippers

Responsibilities: designing practice lessons and game plans for Under 7 to Under 12 boys.

2002 - 2003: Treasurer, Central Queen's Elementary Home and School

Responsibilities: maintaining the financial records of the school's Home and School Association.

2001 – 2003: Chair, Island Fitness Council

Responsibilities: implementing and maintaining a new provincial coach certification process.

EMPLOYMENT HISTORY:

2014-present: Owner and Head Coach of Echo Ridge Stables, Victoria and surrounding areas

2014-present: Professor: English Department, University of Victoria.

2005-2014: Sessional Instructor: English Department, Modern Languages Department and EAP Program, University of Prince Edward Island.

2006-2014: Owner/Operator, Echo Ridge Stables Equine Learning Facility (East Coast).

1999-2014: Provincial Reporter and Freelance Writer, Atlantic Horse & Pony Magazine.

2004-2006: Substitute Teacher: Eastern School District. Grades 4 to 9, English, Math Social Studies and Science.

PROFESSIONAL DEVELOPMENT

- Hunter/Jumper/Cross Country/Dressage/Working Equitation: Monthly Lessons with various certified coaches (Nora Ross, Jane Stone, Maeve Drew, Lynne Adams) 2015-present
- Pony Club Examiners Clinic (via Zoom - Dec) 2020
- Steve Morris 3 Day Clinic (Rider Fitness and The Role of the Core - Sept) 2020
- 2 day Working Equitation Clinic (Jane Stone – Aug) 2020
- 1 day Working Equitation Clinic (Jane Stone – July) 2020
- 3-day Mane Event Clinics and Training Sessions (Oct) 2019
- Pony Club Examiners Training Course (Aug) 2019
- 2-day Working Equitation Clinic (Jane Stone – Aug) 2019
- Horse Trials BC Young Riders 3 Day Camp (Aug - Chase BC - audited) 2019
- 8-week Cognitive Brain Development Training Course (Island Health Region - Nov) 2019
- 3-Day Cross Country Clinic (Gerald Bloomer - Mar) 2019
- 2-day cross country clinic with Maeve Drew (July) 2019
- 2-day Working Equitation Clinic with Trish Hyatt (March) 2019
- Vancouver Island Greenhawk sponsored Train Your Brain Workshop with Dave Freeze (Nov) 2018
- 3-day Mane Event Clinics and Training Sessions (Oct) 2018
- 2-day Eventing riding camp at Avalon in Duncan with Jane Stone (July) 2018
- 3-day Mane Event Clinics and Training Sessions (Oct) 2017
- Successful completion of English Rider Level 6 with Lynn Adams (June) 2016
- Trail Clinic with English Level 1 coach Laura Foxgord (June) 2015

- Equine Canada's *First Gait* Training with Western Level II coach and Master Evaluator Wendy Hudson 2014
- Equine Canada Annual Convention 2013
- Dressage: regular monthly lessons with English Level II, Dressage Level III coach Sue Fraser; regular monthly lessons with English Level I coach Katherine Barrett 2013
- Hunter/Jumper/Eventing: regular monthly lessons with English Level I coach, Michelle Smith 2013
- Reining/Western Pleasure: quarterly clinics with Western Level I coach, Philip Theberge 2012-2014

- Annual provincial coach updates with English Level III coach, Master Evaluator and course conductor Jill Barker 2010-2014
- Vaulting Lesson with international Canadian Champion Colin Schmidt 2012-2014
- English IOB Preparation Clinic with English Level III coach and Master Evaluator Deanna Phelan 2010-2013
- Western Competition Coach Preparation Clinic with Western Competition Coach Mike Stokes 2012
- Vaulting lesson with the Las Vegas Vaulters 2012
- 4H Leadership Training 2008

AFFILIATIONS/MEMBERSHIPS

- Equestrian Canada (coach) 2009 - current
- Horse Council BC 2014 - current
- Canadian Pony Club 2014 - current
- Horse Trials BC 2018 - current
- Working Equitation Canada 2020 - current
- Island Horse Council 2003 - 2014
- Dressage Canada 2011 - 2013
- Emerald Island Hunt Club 2010 - 2014
- Jump PEI 2009 - 2014
- Horse Trials PEI 2009 - 2004
- Eventing Canada 2009 - 2014
- Western Horse Association (PEI) 2003 - 2012
- PEI Cattle Penning Club 2002 - 2012

RELEVANT AWARDS:

December 2013: Provincial Coach of the Year. Island Horse Council

January 2013: nominated for the 4H Leader of the Year Award, Prince Edward Island 4H.

December 2012: Coaching Leadership Award, Equine Canada

SELECTED PUBLICATIONS/PRESENTATIONS:

- Rider Fitness (For Youth ages 10-16): presented at 4H Young Riders Conference Dec 2013
- “Healthy Heart: Happy Riding” published in Atlantic Horse & Pony Jan 2013
- “Time to Start Thinking About Riding Camps” May 2013
- “The Team Behind the Competitive Rider” published in Atlantic Horse & Pony Oct 2012
- “Strengthen and Lengthen” published in Atlantic Horse & Pony Aug 2012
- “Core Matters” published in Atlantic Horse & Pony April 2012
- “The Importance of Posture” published in Atlantic Horse & Pony Feb 2012