



Equestrian Nova Scotia's Performance Program is targeted at podium-bound athletes with successful competition experience, whose goal is to represent Nova Scotia in one of Equestrian Canada's National Team programs or Breed/Discipline Qualifying National and International Championships!

Serving as an investment in performance athletes who are driven to achieve significant and notable competition results, this high-performance development program integrates sport science (strength and conditioning, nutrition, mental performance), training camps and discipline-specific technical support to assist athletes with achieving their goals.

We are pleased to partner with the Canadian Sport Institute Atlantic (CSI-Atlantic) and Support4Sport, both instrumental in this program's delivery. Athlete's coach and parent engagement is integral to the success of this program. In recognition of this, additional support will be offered.

Following Equestrian Canada's Long-Term Athlete Development Model, our Performance Program targets athletes under the age of 25 and is led by highly qualified coaches with assistance from other technical experts. Athletes are supported according to our program criteria and annual budget. Sport Canada/Equestrian Canada-carded athletes shall be included in our performance program, receiving technical support, while funding for these athletes may be provided through the National Athlete Assistance Program.

Upon admittance into the program, athletes will be invited to participate in training opportunities throughout the year. Details will be communicated directly to athletes in the program.

We gratefully
acknowledge program
support from



and



2024 Equestrian Nova Scotia Performance Program

As one of the few equestrian athlete high performance development programs in the country, we are pleased to provide athletes and their coaches with enhanced training, education and support services. Performance athletes (and where applicable, their parent/guardian) will participate in a series of sessions and/or cross-discipline training camps with Equestrian Nova Scotia's Performance Coaches and other discipline experts. Commitment is vital in your overall success!

Our Performance Coaches will work in partnership with the athlete's individual coach. This program has a partnership with experts from Canadian Sport Institute-Atlantic (CSI-A), primarily located at the Canada Games Centre in Halifax, with satellite locations throughout the province.

Based on their respective tier placement, athletes and their coaches will have access to:

- Clinics and training sessions
- One-on-one Performance Coach Sessions (Online and/or in person)
- CSI-Atlantic expert led Mental Performance and Nutrition sessions
- CSI-Atlantic expert led conditioning sessions and functional movement assessments
- Introduction to monitoring/evaluation tools, both for competition and daily training environment
- Competition Support Funding
- Coach and parent educational sessions
- A network of athletes with common goals
- Media training – how to present yourself as an athlete on social media
- Increased visibility and profile through Equestrian NS and our partners

Athlete Selection and Commitment

Residents of Nova Scotia and current members in good standing with Equestrian NS may apply for admittance into our program. (Although permanent residence must be NS, an athlete may travel outside of NS to receive coaching and attend competitions.)

- Submission of a complete application by the designated deadline. The application is the main source of information by which to invite the athlete into the program and their respective tier. Please engage your coach with this process and complete all sections, including a copy of the athlete's 2024 competition schedule (tentative schedule will be accepted).
- Athletes will be invited to the program beginning at the highest level, until the program is full.
- Selection criteria will be primarily based on 2023 competition results. The athlete's highest past competition level, 2024 goals, and other criteria set forth in the application may be considered.

We reserve the right to withhold program supports including financial support if an athlete's training situation is not acceptable, cannot be verified, or changes.