

## SELINA CAWKWELL

**Coach Qualifications:** *Accredited Coach*

**Lives:** *Worksop, Nottinghamshire*

**Areas of Coaching:** *National, International (contact to discuss)*

**Training Facilities:** *Indoor Arena 45mx25m with full course of show jumps, Outdoor Area 50mx25m, fully operational café, classroom, toilets Inc disabled. 30 Stables and horse walker.*

*All based at home plus room in house for student's accommodation.*

**Coaching Approach** – *I train all levels from novice riders to 1.30m plus riders. Also Eventers from Intro – Advanced 2 star levels. I offer individual sessions to suit each combination plus competition preparation, season plans, courses and clinics. I consider myself to be patient, enthusiastic, and confidence giver and friendly. I explain and practice the technicalities of show jumping that we find in courses today at whatever level the riders at. I also work on focussing techniques in conjunction with a pupil who is a sports psychologist.*

### **Coaching Level**

*Grassroots, children starters and up to 1.20m*

*Ponies; National*

*Ponies; International*

*Junior international*

*Senior 1.20m – 1.40m*

*Young Horses*

### **Coaching Experience**

*I run three Junior Academies – Area 15a, East midlands and Guernsey. I coach riders in England, Guernsey and Spain and coach usually more than 40 hours per week.*

*I have pupils competing at British Novice Level through to 1.30m level both Junior and Senior. I have a number of young riders selected to attend Evolution Squad Training and a few aiming for this next year.*

*I assisted/observed with Corinne Bracken at one of her young Rider Training sessions.*

*I coached the Guernsey Amateur Team to Bronze medal at the Towerlands Inter Nations. I also coach a number of eventers currently competing at Intro through to Advanced, 2 star and 3 day event level.*

*I would love to be more involved in Junior and Young Rider International Training.*

### **Riding Experience**

*In the past I have rode for GB in juniors, England in Young riders (Team Gold) and was selected for European Young Riders Team in the late 80s but has to be dropped due to contracting meningitis. Rode at HOYS 5 times in late 80s / early 90s in Young Riders and National Grade A classes with a numerous placings. At same time achieved top 50riders ranking and competed regularly on county circuit.*

*Spent time abroad in early 90s and have since been producing novices and selling them (a few sold abroad now jumping internationally in USA, Belgium, etc with top riders) Currently have one horse I am producing through that is jumping at 1.25m/1.35m level that I am hoping to bring up to county level again plus others being aimed at Young Horse Classes.*

