

EVALUATING YOUR PERFORMANCE

Hot Tips for keeping sane when reading your dressage test papers.

Remember:

- **The venue is different**
 - **The judge is different**
 - **The test is different**
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- This judge did not see you last time, so can't know you had spent a small fortune on lessons and did a much better job this time!
 - This judge does not know you have only been riding this horse for a week!
 - This judge can't tell if the ex-racehorse you are riding is just having a bad day or is mad, out of control and a danger to everyone around.
 - This judge does not know that this horse is a family 'hand me down, and your elder sister has been telling you all week that you can't ride it'

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Complete the following tables for each phase of competition to evaluate your overall performance.

If you have increasing numbers of Green ticks give yourself a bit pat and your horse a bigger one!

Now you have a system!

Keep this in your Event Diary under an index for each competition. Keep your Dressage test in here. You can then look back to your own analysis of your previous performance and decide if you are improving. You can also add in the result page and cross country analysis when the results have been posted. If you look at the results of your previous test before beginning your preparation for the next competition you will know where to apply your energies.

Parents if you help with this, you will stay sane too! You cannot compare the penalty points you obtain in say a dressage test at Camden in Introductory with the next introductory test at SIEC. This is because the variables are too great, i.e. Weather, Judge, Arena position, Rider mood, Horse preparation etc.

Note the event details in the table below:

Event:	
Date:	
Class Entered:	
Horse Name:	
Other:	

Answer these questions by ticking the green or red box in accordance with the criteria below each table:

Dressage Evaluation

No.	Question	YES		NO
1	Did I learn the test well before the competition? i.e. if you learnt it well before the competition tick green, if you learnt it on the day of the comp tick red.			
2	How long before the competition did I learn and ride the test? i.e. if at least a week before hand tick green, if on day of competition tick red.			
3	Did I have any lessons in the lead up to the competition?			
4	Were the lessons helpful?			
5	On the day of the competition, did I prepare for the test, i.e. was I organized, if you were tick green, if not tick red.			

Suggestion to make Preparation Helpful:

Jumping Evaluation

No.	Question	YES		NO
1	Did I jump a course at the height required by the competition in my lead up preparation?			
2	Did I have lessons before the competition?			
3	Did I go about improving problems identified in the lessons?			
4	Mark your warm up out of ten?			
5	Did I have a clear round and no time penalties?			
6	Did I have a clear round with time penalties?			
7	Did I have less than 16 jumping penalties?			
8	Did I have more than 16 jump penalties?			

Suggestion to make Preparation Helpful (Note down penalties)

Cross Country Evaluation

No	Question	YES		NO
1	Did I get out and jump fixed obstacles in the lead up to the competition?			
2	Did I have lessons or practice with someone more experienced than me?			
3	Did I measure the course and sort out my time markers?			
4	Did I walk the course more than once?			
5	Were the jumps relevant to the level of the competition?			
6	Was my warm-up effective, i.e. did I allow enough time to warm up?			
7	Was I organized at the start of the cross country, i.e watch set know the course in mind and where minute markers are, on time?			
8	Did I have a clear round and no time penalties?			
9	Did I have a clear round with time penalties?			
10	Did I have jump penalties and time on course?			
11	Did I fail to finish the course?			

Suggestion to make Preparation Helpful: (Note down penalties)
