



**JOAQUIN TINAO MIRAVETE (NATIONAL TRAINER)
SCHEDULE FOR THE BAHRAIN JUMPING TEAM 2009-2010**

After a competitive training session during the summer in Spain, we need to start preparing the Bahraini riders for the national season starting in October 2009 and finishing in May 2010.

The training is going to be based on two areas:

1- Components of the team:

All the riders that are part of the team are going to represent Bahrain regionally and internationally.

The team is going to consist of about 10 riders, all over the age of 18 years old.

These riders will train under my direction every day, apart from Friday.

The training will take place at the BDF stables in Sakhir.

For riders with their horses available at the BDF stables, the training during Ramadan will start at 3.45PM.

For other riders, the training hours will be discussed and announced to ensure each rider is training with the same rhythm and cycle.

2- Potential riders for the team:

Two groups will be formed:

1- Riders between 15 and 18 years old.

The training for these riders will be from Saturdays at 8am (out of the season) at the BDF stables

These riders should arrive at the BDF stables 30m in advance to warm up themselves and their horses and be ready for the clinic each Saturday.

If there are more than 6 riders, another clinic will be scheduled.

All the riders that want to be part of this training MUST register at the BREEF Headquarters.

Riders who do not register will have the opportunity to take part in the next training session.



2- Riders from the age of 18 and up

For these riders the training days will be Saturdays from 3.45 PM at the BDF stables. These riders will have the opportunity to train alongside the National team, learn from them and at the same time maintaining good relationships with everybody.

The riders should be at the stables and warmed up with their horse at 4.00 PM, ready to work.

If there are more than 6 riders, another clinic will be scheduled.

All the riders that want to be part of this training MUST register at the BREEF Headquarters.

Riders who do not register will have the opportunity to take part in the next training session.

During the training sessions, riders will be selected for the junior and senior national teams.

It is extremely important to have, at the end of the season, at least 2 junior teams and 2 senior teams (The A team and the B team). With these two teams, during the competition season locally, regionally and internationally, we can show different teams at the different competitions.

Our first objective is to ensure that the Bahrain National Team are placed within the top 15 of the World Cup Arab League, giving us the possibility to represent Bahrain at the international competitions in 2010 and 2011.

This season we will be competing in some of the World Cup Arab League competitions, starting to make our points that will permit us to reach our main goal of the 2012 Olympic Games.