



## **SARA COMPTON** **COACH OF THE YEAR**



### **Sara Compton Named Coach of the Year**

Sara Compton of Foothills, Alberta has been named the 2022 Coach of the Year in recognition of her outstanding achievements as a coach, both for the performances of her athletes and for exhibiting excellence in sport values. Compton guides her athletes to success in sport and in life by instilling in them the values of honesty, integrity, a positive attitude, competitiveness, and a love of sport.

Compton's coaching philosophy focuses on building strong relationships with her athletes, providing them with guidance and support to help them achieve their full potential. She is known for her ability to tailor her coaching style to the individual needs of her students, helping them develop the skills and confidence they need to succeed.

Compton's passion for equestrian sport started at a young age. Taking her first lesson at eight years old, Compton fell in love with the sport and never looked back. Her passion led her to pursue an equestrian



career which began at the esteemed Spruce Meadows as a rider and groom. “Spruce Meadows taught me a lot about horses and reaffirmed my desire to make horses part of my career.” Compton said of her time there.

Compton's passion for coaching has been a longstanding one, cultivated through years of working alongside great mentors. When she first started out however, coaching wasn't on her radar, but a search for career opportunities within the equestrian industry led her to venture into coaching. It didn't take long for Compton to discover she had a natural talent for coaching and found it to be a fulfilling career path.

Compton's coaching approach is based on a deep understanding of the sport and riders' mentality. For over two decades, she honed her coaching skills at a single facility, developing a style based on rider-centered learning. Coaching students from diverse backgrounds, Compton fostered a positive and supportive team environment, where they could thrive and grow.

No stranger to hard work, Compton made the decision 20 years in to step out of her comfort zone to further her career. She started her own business ‘Compton Equestrian’, and over the years has cultured a group of dedicated and enthusiastic athletes who are committed to excellence. Her students describe her as an inspiring coach who is always willing to go above and beyond to help them achieve their goals.

“My priority is that my students are able to analyze their own performance. I ask them questions, based on their level of ability, and ask them to provide feedback on what they think they did well and how they can improve. I think that this question-based approach is incredibly helpful for students as they are learning to reflect on themselves rather than just having me tell them what they could improve on.” said Compton of her coaching style.

Most recently, in addition to mentoring her student-athletes, Compton has become a coach developer. She is involved in the training and certification of equine professionals through Equestrian Canada. “Working with other coaches who are learning to develop their own teaching style is a really valuable way that I can give back to our community. Plus, I see the value in the program and I want other coaches to experience success.” Compton shared.

Compton's dedication to her students extends beyond the arena. She is known for her commitment to helping her athletes develop as individuals, instilling in them the values of hard work, dedication, and perseverance. Her athletes describe her as a mentor and a role model, who has had a significant impact on their lives. Compton leads by example and her commitment to lifelong learning and continuous improvement has made her a highly respected coach in the Canadian equestrian community.