

COACHING MATTERS



Welcome to this first issue of the *Coaching Matters* newsletter. This exciting new development in the world of coaching, training and progression in the racing industry will be published quarterly and delivered directly into your inbox.

It is intended to bring jockey coaches, jockeys, stable and stud staff, racehorse trainers, employers and member organisations up to date with relevant news and information relating to coaching and career development within our industry.

Over the last five years, great strides have been taken in expanding and enhancing career development opportunities within the sector. The award-winning Jockey Coaching Programme (JCP) is now fully established and offers comprehensive support for all apprentice and conditional jockeys. Regional training has been introduced which provides coaching and training in yards and studs. A mobile training vehicle

with racehorse simulator and video equipment has been very popular for coaching riders and work riders.

Educational achievement continues to grow with a great portfolio of racing-specific qualifications designed exclusively for those working in the racing and Thoroughbred breeding industries. We will regularly feature details of particular courses, how to achieve them, and the benefits they bring.

Never has it been a more important time to recruit, develop and retain the highly skilled and dedicated people who are at the heart of the racing industry. This newsletter will provide regular updates, information and advice for all those involved in this important area of work.

Carole Goldsmith
Director of People and Development





JOCKEY LICENCE COURSES

From 1 April 2017, the long-planned extended licence courses will be introduced for aspiring apprentice and conditional jockeys. The revised courses, to be offered by both the British Racing School (BRS) and Northern Racing College (NRC) will, over two weeks, cover the following nine curriculum areas:

- Tactical
- Technical
- Physical
- Nutrition
- Mental and psychological
- Lifestyle
- Career and finance
- Communication and media
- Health and safety.

To secure a place on one of these courses, applicants must undergo a skills and fitness test. Full details can be obtained from the BHA Licensing Department, BRS or NRC.

JOCKEY COACHING PROGRAMME

The Jockey Coaching Programme (JCP) goes from strength to strength, with over 81 per cent of Conditionals and 90 per cent of Apprentice Jockeys benefitting from the vast experience offered by highly experienced and qualified jockey coaches.

Working alongside nutritionists, physiotherapists and fitness professionals, the jockey coaches can massively improve technical and tactical race riding skills, as well as offering mentoring and career and lifestyle advice.

Last year's Champion Apprentice, Josephine Gordon, was on the JCP and was coached by John Reid.

JETS Appointments

In January 2017, Philip Robinson and Tim Reed were appointed by the Jockeys Employment and Training Scheme as Coaching Development Managers, working with the team of 22 regionally based jockey coaches to develop the programme further and enhance partnerships with other industry personnel. They will be in regular attendance at race meetings to support apprentice and conditional jockeys and would be happy to chat about their new roles.



'BRILLIANT!' RESPONSE TO THE REGIONAL TRAINING PROGRAMME

The Racing Foundation has generously sponsored a three-year programme of regional and yard-based training, which so far has included work rider training, rider clinics and evening presentations. These presentations have focused on veterinary matters, rider development and handicapping.

Feedback has been excellent, with riders and grooms telling us: 'It massively helped my position and confidence. What an excellent opportunity for reflective practice with videos - and to see I am doing better than I thought!'

'Brilliant!' Exclaimed one enthusiastic rider. 'It's very beneficial. It would be great if we could have more of it. The briefing allowed me to understand things better and it was broken down in such a way that I now understand

why how I ride is so important for the horse.'

Reports have also been overwhelmingly positive from trainers, with many keen to be involved in similar initiatives in the future. 'Fantastic team building exercise,' one trainer recalled.

'It was extremely beneficial for staff to have onsite training as it is difficult to release them to continue their training. The whole day was very enjoyable. Staff of varying experiences benefitted from this and we would love to take part and support further opportunities.'

An exciting programme of training events and activities are planned for 2017, offered by the BRS, NRC and National Stud, all of which will publish dates on their websites over the forthcoming period.





COACHING POINT-TO-POINT RIDERS

In September 2016, Yogi Breisner, world renowned coach and trainer, provided a fascinating lecture aimed at point-to-point riders at Hartpury College.

Barely pausing for breath for over three hours, Yogi kept his audience focused on the benefits of working on the technical aspects of jump training. He explored many aspects and methods of training, explaining for example that 'using coloured poles in an indoor arena presents an opportunity to work on the technical side of things'.

His focus included encouraging the rider to sit lower as they approach a jump, maintain soft hands and encouraging the horse to look ahead to the fence.

The event was organised by the Point-to-Point Owners' and Riders' Association, with support from the Point-to-Point Authority and BHA.

MANDATORY JOCKEY CONTINUATION TRAINING

Mandatory jockey continuation and advanced training has, to date, only been available to a selected number of 3lb and 5lb claiming Apprentice and Conditional jockeys, based on the number of winners they have ridden. 7lb claiming jockeys have also attended an annual one-day seminar.

Following a trial in 2016, ongoing training will be provided to all claiming jockeys to complement and support the coaching they receive within the JCP. In 2017, this training will be provided through a series of one-day regional workshops, delivered by an excellent range of high-profile industry professionals.

MENTAL FITNESS - A KEY TO SUCCESS

To coincide with World Mental Health Day in May 2016, the BHA signed the Sport and Recreation Mental Health Charter. Launched in March 2015, the Charter sets out how sport can use its collective power to tackle mental ill-health and the stigma that surrounds it.

The racing industry already provides substantial support to its participants in terms of well-being and mental health. Racing Welfare provides a network of welfare officers, along with a 24-hour support line for those who work in the industry.

The Professional Jockeys Association (PJA) launched a confidential counselling helpline in partnership with Cognacity last year. As well as the helpline, PJA members also receive six free face-to-face therapy sessions, in addition to the support jockeys past and present get from the Injured Jockeys Fund and its team of almoners.

JETS has also developed a series of short films designed to support jockeys on a variety of topics, including nutrition and mental health. See these at jets-uk.org/jockeys/jockey-matters.

FORTHCOMING TRAINING DATES

Spring 2017 Jockey Training

Apprentice Licence Courses

27 - 31 Mar BRS

Conditional Licence Courses

1 - 12 May BRS

Category B Amateur Riders Courses

15-19 May BRS

7lb Claiming Seminars

4 Apr BRS

5lb Claiming Seminars

23 May BRS

3lb Claiming Seminars

25 May JACK BERRY HOUSE

Pre-Assessment Skills and Fitness Dates

21 Mar NRC

23 Mar BRS

3 May BRS

4 May NRC

Category A Amateur Courses

21 - 22 Mar BRS

4 - 5 Apr NRC

11 - 12 Apr BRS

2 - 3 May NRC

Point to Point Course Walks

16th April Andoversford with Carl Llewellyn

21 May Garthorpe with Tim Reed

ADDITIONAL COURSES

22 - 26 May Trainers Module 1 NRC

20- 23 Mar Trainers Module 3 BRS

15 - 16 Mar Racing Secretaries Course NRC

23 - 25 May Racing Secretaries Course BRS

BREEDING INDUSTRY COURSES

23 May Broodmare Ownership Course
National Stud

careersinracing.com



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THE CHAMPION MAKER

John Reid – Jockey Coach

The journey to become a professional jockey is daunting at best. Diet, fitness and tactics become your life; hay and manure your bread and butter.

This was the case five years ago and remains true, yet for those who experienced the path to the stalls in a previous era, the current running is good to firm, compared to the heavy going of the past.

For jockeys, the creation of a new epoch has a specific date: May 2012. It was then that nine jockeys completed their UK Coaching Certificate Level 3, the first in the sport to do so, bringing the coaching of jockeys in line with the likes of international cricket and rugby coaches.

One of those trailblazing nine was John Reid, who has coached Oisin Murphy (above) and Josephine Gordon to the Champion Apprentice crown. For him, the gulf between now and 2012 is vast.

'It was nowhere before,' Reid says. 'That was why we got it (coaching courses) started, because the standard of riding wasn't improving.'

'I remember being in with that first bunch and we were so pleased that they'd decided to get coaching on a sound footing.'

'It's really paid off because you now see an enormous difference between coached and non-coached riders. A huge, huge difference.'

'Coached jockeys are more professional, better riders. You watch an apprentice race now and it's often hard to tell it's not a professional race.'

Reid remembers following the fortunes of the British equestrian team at the Olympic Games, seeing the

difference funding made to their success. 'That was due to coaching, no question,' says Reid.

'In the last four years, having coaches who are being paid to do just that, not stable helpers filling in, has made the difference. Now, most jockeys have a coach. I can see myself which have been coached and which haven't. They look different - more confident - and can do everything competently.'

Has the creation of full-time jockey coaches led to a revolution in technique or riding style? 'Not really. Things don't change between the great jockeys of the past and now, it's still all about balance and poise. There have been improvements in the use of the whip, but the greatest development is improving their position, getting them balanced, controlling themselves and the horse.'

'It's a lot to learn and when you first start you don't think about the whole picture, but once you get that into a jockey's head it makes them so much better.'

'Access to Equicizers has been a great development, allowing jockeys to sit tighter and look better. I've got three at home and use three at Oaksey House!'

The technique and skill may have remained the same, but Reid is clear that being a jockey is a far greater undertaking than many believe. 'This is not just a day out,' he firmly states.

'You must drum that into young jockeys. This is a professional sport and you need to ride it accordingly. Do that, and you'll have a great career.'



Josephine Gordon and John Reid

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Coaching Matters is produced quarterly
by Coachwise Creative on behalf of BHA.

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