

# COACHING MATTERS



**Welcome again to your *Coaching Matters* newsletter, which we hope will continue to be a valuable tool in your inbox, arming you with knowledge, news and information vital to our industry.**

Whether you are a Jockey, Jockey Coach, Racing Groom, a Racehorse Trainer or working on a Thoroughbred breeding stud, there is information in here relevant to your career development.

Your positive feedback from our first edition of *Coaching Matters* was much appreciated and has guided our changes (or lack thereof) for this follow-up. That means we have continued to provide a thorough list of forthcoming training dates on page three, stretching your diary with courses and seminars from June through to October.

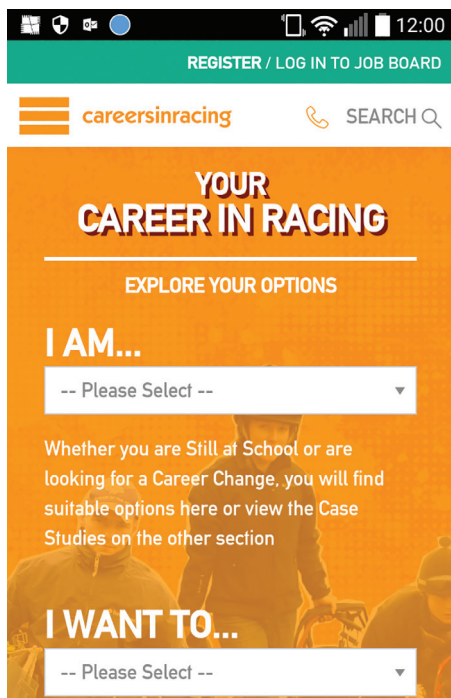
For our back page feature we've harnessed the experience of Philip Robinson and Colin Brown, who have both made a successful transition from professional Jockeys to Jockey Coaches, to bring you a must-read guide to walking the course. Whether you are a rider anticipating making the pre-race walk yourself, or a part of the team behind a Jockey and their horse, knowing what to expect from a course is essential to making the most of your chances.

Packing out the rest of the inside pages are updates on racing qualifications and training schemes, as well as news about the exciting revamp of one of the industry's most popular websites. We hope all this will provide you with a practical, useful, professional guide for this exciting summer period.

## NEW CAREERS, NEW SITE

The Careersinracing.com website, the focal point for recruitment and training within the British racing industry, is now live, having had a number of improvements to the design and functionality of the site.

Originally created in 2007, the website records more than 600,000 visits to its pages each year and has seen regular year-on-year growth ever since it was launched.



The website is now fully compatible with mobile devices, in response to the way people view information online, and also includes a fresh layout. A selection of new features are also designed to enhance the user experience for parents, educators and potential employees.

Users of the site can now filter the popular 'job case studies' feature for specific areas of the racing industry, while video and social media walls now show promotional careers footage and behind-the-scenes content, while the industry job board has also been upgraded.

The available training courses in racing, and profiles of the key training providers all feature on the new site.

Careersinracing.com

## UKCC: RAISING STANDARDS

Horseracing, along with more than 30 other sports, ensures all its coaches are trained and qualified to a national standard. Managed by UK Coaching, the UK Coaching Certificate (UKCC) is a framework for developing, endorsing and continually improving coach education programmes. Generally, UKCC qualifications begin at Level 1 and progress to Level 4.

Jockey Coaches undergo an extensive period of external training and assessment to ensure they meet this national standard.

Coaches start their relationship with a Jockey by agreeing a personal profile with them. This helps to establish which aspect of their development needs the most work and which areas are progressing well. It also helps to set targets and goals – and aids progress reviews.

Coaching can be provided in many ways and every coach will find the right way to support their Jockeys to be as successful as possible. This might include improving riding position, balance and use of the whip on a simulator. There can be course walks, pre-race planning, post race



Richard Killoran, Adrian Nicholls, Jeffrey Marshall, Russell Kenmore, Luke Dace and Dominic Elsworth

reviews, fitness advice – or finding other racing professionals who can offer specific advice such as nutritionists or physios.

Coaches can be mentors – often providing much-needed confidence boosts when things are not going well, while sharing the highlights of great riding performances and special winners.

In January 2017, six former professional Jockeys achieved the UKCC Level 2 qualification, adding to the growing pool of coaches ready to develop the next generation of champion riders.

The Jockey Coaching Programme is run by the British Racing School. Contact: [enquiries@brs.org.uk](mailto:enquiries@brs.org.uk)

## REGIONAL TRAINING IN THE THOROUGHBRED BREEDING WORLD

The National Stud and the Thoroughbred Breeders' Association, funded by the Racing Foundation, will be taking to the road to offer one day courses at different locations around the country. These aim to improve the accessibility to training and education for the stud industry.

The day of talks will focus on care and management of the foal and include presentations given by veterinary specialists and industry experts.

This year's locations are: **Sparsholt College**, Hampshire on **4th July** and **York Racecourse**, York on **6th July**.

## CAREERS ADVICE AND TRAINING SERVICE



**Take the next step in your racing career.**

CATS: The Careers Advice and Training Service for people working in the Racing Industry

 CATS Careers Advice & Training Service

0800 6300 443

24 hr helpline

[support.racingwelfare.co.uk](http://support.racingwelfare.co.uk)

Online information and advice

## LEVEL 3 QUALIFICATION PROMOTION

Racing Grooms and Work Riders have a great opportunity to enhance their CVs by taking the racing-specific Level 3 Qualification in Riding and Schooling Racehorses.

Designed by experienced racing professionals, this qualification is offered by 1st4sport and can be taken in the workplace through the British Racing School (BRS) or Northern Racing College (NRC).

It will confirm your ability to school over hurdles and fences – or through starting stalls – and ride work. It will prove you have the knowledge and experience to improve the performance of racehorses and can communicate effectively with trainers on horses' performance, ability, fitness and racing requirements.

This qualification is a great way to progress your career and demonstrate your skills and knowledge is such an important role.

For further details please contact:

BRS - [enquiries@brs.org.uk](mailto:enquiries@brs.org.uk)

NRC - [info@northernracingcollege.co.uk](mailto:info@northernracingcollege.co.uk)

BHA - [greeves@britishhorseracing.com](mailto:greeves@britishhorseracing.com)



## FORTHCOMING TRAINING DATES

### Summer 2017 Jockey Training Apprentice Licence Courses

5 - 16 Jun BRS

### Category B Amateur Riders Courses

17 - 21 Jul NRC  
2 - 6 Oct NRC

### 7lb Claiming Seminars

6 Jun OAKSEY HOUSE  
16 Aug NRC  
5 Oct BRS

### 5lb Claiming Seminars

19 Jul JACK BERRY HOUSE

### 3lb Claiming Seminars

25 May JACK BERRY HOUSE

### Pre-Assessment Skills and Fitness Dates

24 July BRS  
28 Sep NRC  
2 Oct BRS  
16 Oct BRS  
18 Oct NRC

### Category A Amateur Courses

27 - 28 Jun BRS  
29 - 30 Aug BRS  
26 - 27 Sep BRS  
17 - 18 Oct BRS

### ADDITIONAL COURSES

7 - 11 Aug Amateur Rider Development Course NRC  
12 - 16 Jun Trainers Module 1 BRS  
4 - 8 Sep Trainers Module 1 BRS  
1 - 4 Aug Trainers Module 2 NRC  
29 - 01 Sep Trainers Module 3 BRS  
18 - 20 Jul Assistant Trainers BRS  
22 - 24 Aug Racing Secretaries Course BRS  
10 - 12 Oct Racing Secretaries Course BRS

### BREEDING INDUSTRY COURSES

7 Jun MIND Mental Health First Aid National Stud  
27 - 28 Jun Supervisory Skills Course National Stud  
4 Jul Regional Stud Practice and Management Courses South East  
5 Jul Regional Stud Practice and Management Courses North East  
4 - 8 Sep Stud Secretaries' and Stud Administration Course National Stud



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## WALKING THE COURSE

A collaborative effort between Aintree Racecourse, the British Horseracing Authority and the Jockey Coaching Programme saw, for the first time, the opportunity for all riders at the Grand National Meeting an opportunity to walk the course each morning with a qualified Jockey Coach.

Amateur riders particularly welcomed the chance to gain valuable pre-race preparation from Carl Llewellyn and Tim Reed.

The importance of walking the course before race riding cannot be underestimated. It is a valuable opportunity to consider the unique characteristics of each course, including the terrain, going, layout of the track and position of the fences. **Philip Robinson** and **Colin Brown**, both experienced former professional Jockeys and qualified Jockey Coaches, give an insight into what to look out for during a course walk.

### Arriving at a racecourse

The first thing to do is take a good look at the map of the racecourse in the weighing room. Make yourself aware of any rails that may have been moved, or fences and hurdles omitted. If you have any questions ask the Clerk of Course, they are always pleased to help.

### How to walk the course

Walk at a good brisk pace or jog, which will help you appreciate which parts of the course will take the most out of your horse and which it will find easier. This may help you to work out when you can give him a breather depending on the pace of the race and on how you are going. Walking the course with a Jockey Coach can help by discussing with an experienced former Jockey the variances of specific courses.

### The start

Learn the route to the start, and the holding area, then begin your course walk from the starting position of your race. Make sure you know where you're drawn so you can judge how far from the

inside rail you will be and how far you are from the first bend.

Walk up to the hurdles to inspect the ground as this helps to see a stride in the race. If any jumps are island fences or hurdles you need to be aware of the importance of keeping straight to avoid a sudden run out if you go the inside or the outside route.

### Conditions

It is a good idea to take a stick with you if the conditions are soft to push in the ground and get an idea just how testing it could be, or if the ground is on the fast side there may be a strip of better ground on the course.

As you are going around always look for any advantages, especially up the home straight. Try running on different sections of grass and feel for a difference, which will be greater the longer the grass has been cut – and even more so if it's wet. Have a look at the bends, especially if they have had a lot of racing recently, because the ground may have been repaired and could still be loose on top. Heavy rain could make parts of the track harder work, while wind strength and direction are also important as a headwind can make it harder for your horse, so you may need to ride in the slipstream of another horse.

### Different Courses

There are some tracks that need a lot of learning. Always speak to a senior Jockey on how best to ride the track – most are willing to help. It is helpful to watch plenty of races on TV when possible, and watch archive races specifically for the course and distance that you are going to be riding.

### Winning Post

Know where it is, especially when riding abroad as many tracks have more than one winning post depending on the distance of the race. Make sure you know which one is for the distance of your race.

**Any small advantage you can find could make the difference between winning and losing.**

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