



# COACHING MATTERS

**Another season, another *Coaching Matters* newsletter, again bringing you the most relevant industry news for jockeys, coaches, trainers and stable staff.**

This time of year may be a quiet one for followers of point-to-point racing but the jockeys have been working hard regardless, with BHA Jockey Coaches Mark Bradburne and Phil Kinsella co-ordinating coaching sessions throughout the summer.

All-important professional development has taken place, with Philip Robinson organising a unique event in July, reported here on page 3. The daylong occasion combined psychology, fitness and best practice to provide Jockey Coaches with a fantastic platform for the upcoming season.

Another huge success over the past few months has been the use of a multi-purpose training vehicle, shared between the Northern Racing College and British Racing School. Helping nearly 40 riders over three months, the unit proved its worth so fully that a second one will be purchased and available for use soon.

A fascinating final furlong of this issue is an investigation into the latest thinking behind an element of sport relevant to horse racing as much as anywhere else: the coach-athlete bond. Research is increasingly pointing to the importance of the shared vision between all elements of a race-winning horse and jockey, from the stable hands and trainers to the jockey and their coach. Enjoy that feature, get ready to wrap up warm, and we'll be with you again in three months.

## TRAINING THAT'S STRAIGHT TO THE POINT

Following the success of last season's Jockey Coaching sessions, throughout the 2016-17 point-to-point season the Point-to-Point Authority (PPA) and Point-to-Point Owners and Riders Association teamed up to enhance the programme of training available to point-to-point riders.

Eight Jockey Coaching sessions were run at alternating venues - Jack Berry House and Oaksey House - co-ordinated by BHA Jockey Coaches Mark Bradburne and Phil Kinsella.

This year, 33 riders attended the workshops. Each of the coaching sessions included simulator training, strength and conditioning training, and nutrition advice, with one of the sessions featuring renowned sports psychologist Michael Caulfield.

The number of course walks offered was increased to six. These were particularly tailored for novice riders and the PPA produced a guidance sheet for coaches leading these walks.

You can view Go Pointing's short film of the Oaksey House event [here](#).

Point-to-point riders aren't required to undergo any courses before they can race, and many have full-time jobs that they fit riding around. Within the PPA's [Pointer Magazine](#) Phil Kinsella explained the benefits of coaching: "When I was riding in point-to-points, a lot of the riders didn't get the benefit of working in racing and alongside stable jockeys etc. so coaching offers an insight into race riding that they can rarely obtain."

For those that attend, the workshops are proving extremely popular, with nearly all attendees going to multiple sessions. In a recent survey, 100% of respondents said they would attend another session.

Following the feedback from this survey the plan is to hold more sessions, at different venues, to be able to offer this valuable training to as many point-to-point riders as possible.

**For further information on point-to-point training opportunities please contact Clare Hazell at the PPA on 01793 781990.**

## MOBILE TRAINING UNIT PROVES ITS WORTH



A multi-purpose training vehicle, shared between the Northern Racing College (NRC) and British Racing School (BRS), has continued to support regional training and recruitment activities over the summer months.

Sam Trainor, who oversees regional training activities in the north on behalf of the NRC, reports that the training unit has been so valuable that the Racing Foundation has generously agreed to support the purchase of a second vehicle. This will enable both racing schools to offer regular regional provision to trainers seeking to develop their staff, without them needing to attend external courses.

Sam explained that the vehicle has also helped in the NRC's recruitment and marketing activities this year. In the last three months she has

arranged over 15 individual and group training sessions providing valuable professional development for almost 40 riders. Two external Pony Club events have also benefited from this resource.

Jockey Coach Russell Kennemore visited the beautiful surroundings of Kinneston where Nick Alexander trains, before travelling on to the yards of Tom Dascombe and Mick Appleby. This initiative has been warmly received and our team has received fantastic support. Staff of all levels have been able to take something from the sessions and have been very supportive of the initiative. Nick Alexander stated: "A visit yesterday from the Racing School's mobile training unit provided valuable work-rider tuition for the team, something we hope to repeat on a regular basis."

## PONY CLUB POTENTIALS

The NRC also used the training vehicle to attend the British Horseracing Authority's recruitment and training day at Catterick Racecourse, and the QIPCO British Champions Series and Pony Club activity day at York Racecourse.

During the two days they worked alongside the Pony Club and Racing to School groups, giving them an

insight into the exciting career opportunities available within the racing and breeding industries. Russell Kennemore and fellow former jockey Adrian Nicholls visited Sinnington Hunt Pony Club (pictured below) to coach youngsters looking for a career within the racing industry, and they will visit a number of Pony Club summer camps over the summer holidays.





## JOCKEY COACHES ADVANCE THEIR SKILLS

The Northern Racing College hosted a very successful Jockey Coaching Professional Development (CPD) event on 12 July. Philip Robinson put together an extremely interesting and thought-provoking programme.

Ken Way, an eminent sports psychologist, explained the importance of a positive and flexible mindset when coaching young athletes. He explained: "When aiming to progress and improve a jockey's skill and performance, be mindful of the adage 'good is the enemy of great'. Complacency can inhibit progression and Jockey Coaches must continue to support and inspire their jockeys even when things are going very well."

Ken also emphasised the importance of positivity, advising that "happiness leads to success".

The jockey coaches observed a fitness demonstration that illustrated the high level of fitness required by an applicant prior to attending a licence course. It was quite an eye opener, with some coaches remarking they had sometimes underestimated the initial fitness requirement set by the BHA.

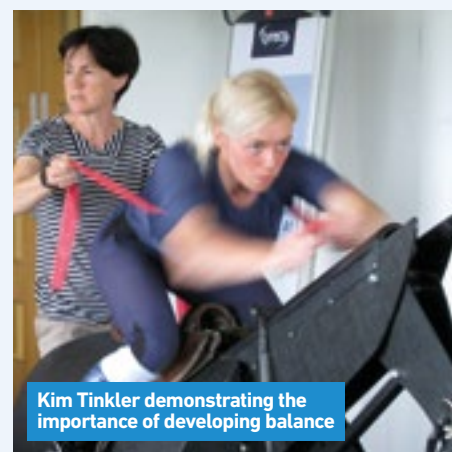
The final session of the day focused on sharing good practice. Several coaches demonstrated new techniques in skills development. Kim Tinkler shared her desire to ensure

jockeys were equally effective when using the whip in both hands. She encourages her jockeys to use their non-preferred hand when carrying out routine tasks such as brushing their teeth and carrying buckets. An exercise she uses regularly is to throw a tennis ball, shout out which hand it is to be caught in and at the same time the jockey has to raise the opposite leg - definitely a skill which needs concentration and balance!

**For jockeys who wish to discuss working with a Jockey Coach please contact Polly Greco at the BRS on 01638 665103 or email her on [Polly.Greco@brs.org.uk](mailto:Polly.Greco@brs.org.uk)**



The CPD attendees



Kim Tinkler demonstrating the importance of developing balance

## FORTHCOMING TRAINING DATES

### Autumn 2017 Jockey Training Apprentice Licence Courses

13-24 Nov BRS

### Category B Amateur Riders Courses

2-6 Oct NRC

### 7lb Claiming Seminars

5 Oct BRS  
19 Sep JACK BERRY HOUSE  
8 Nov KEY CENTRE

### 5lb Claiming Seminars

14 Dec TBC

### 3lb Claiming Seminars

6 Nov BRS

### Pre-assessment Skills and Fitness Dates

28 Sep NRC  
2 Oct BRS  
16 Oct BRS  
18 Oct NRC  
6 Dec BRS  
7 Dec NRC

### Category A Amateur Courses

26-27 Sep BRS  
17-18 Oct BRS  
1-2 Nov NRC  
11-12 Dec BRS  
13-14 Dec NRC

### Additional Courses

26 Oct Point-to-Point Pre-season Training NRC  
22 Nov Point-to-Point Pre-season Training BRS  
13 Dec Point-to-Point Pre-season Training BRS  
4-8 Sep Trainers Module 1 BRS  
6-10 Nov Trainers Module 2 BRS  
20-21 Nov Trainers Module 3 NRC  
4-7 Dec Trainers Module 3 BRS  
19-21 Jul Assistant Trainers BRS  
10-12 Oct Racing Secretaries Course BRS  
2-13 Dec Racing Secretaries Course NRC

### Breeding Industry Courses

4-8 Sep Stud Secretaries and National Stud  
Stud Administration Course

Updates on [careersinracing.com](http://careersinracing.com)

For BRS regional training please contact the BRS on 01638 665103 or [info@brs.org.uk](mailto:info@brs.org.uk)

For NRC regional training please contact Sam Trainor on 07711 782272 or [Sam.Trainor@northernracingcollege.co.uk](mailto:Sam.Trainor@northernracingcollege.co.uk)



## THE COACH-ATHLETE BOND

Like coaches from any other sporting discipline, horseracing is learning to adapt the way jockeys are coached to enable them to reach their potential. Nowhere is this more evident than in the way we understand that good quality relationships are the best form of effective leadership.

Underpinning any successful sporting partnership is the development of a strong coach-athlete bond. This enables coaches and jockeys to approach challenges in new, innovative ways, whereas a weak coach-athlete bond is limiting, distracting and consuming.

When coaches and athletes are connected with one another they are more likely to want to listen to each other, to pay attention to the needs, aspirations and goals of one another.

The coach-athlete relationship can create a sense of togetherness – in racing the jockey, as the athlete, generally competes alone, rather than as part of a team. When a coach and an athlete are locked into a relationship, successes and failures are equally shared. So it's not just about the coach and it's not just about the jockey – what is at the centre of leadership and coaching is the unique combination of both.

What makes effective and successful relationships stand out from ineffective and unsuccessful ones is the emphasis on creating a shared vision or purpose – hence the importance of personal development planning and target or goal setting. This enables the coaches' and jockeys' expertise, skills, interests and experiences to be fully utilised. Coaches and jockeys who have the capacity to lead and be led in harmonious or complementary ways are the champions of tomorrow.

It's no exaggeration to say that coach-athlete relationships have the capacity to directly determine leadership or coaching effectiveness and, ultimately, sporting success. Coaches and jockeys must, therefore, act intentionally and strategically to strengthen their relationships.

Dr Sophia Jowett, co-author of the book *Social Psychology*, emphasises the importance of these relationships.

"Over the past 20 years, our research at Loughborough University has shown the positive effects of a coach-athlete relationship, characterised by high levels of commitment, closeness and complementarity (interaction in ways that are collaborative and friendly). A relationship with these characteristics can positively affect athletes' and coaches' performance and well-being.

"Athletes are engaging more than ever before with their own development and the distributed control needed to further it. Where power is shared and relationships are valued is the most effective type of sport leadership in the 21st century."

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