



# COACHING MATTERS

**This issue of *Coaching Matters* has as its main focus, "Coaching the Coaches".**

A Coach is like an athlete in that they are always striving for self improvement and looking for ways to enhance their coaching practice.

Observing other Coaches can be a very good way of introducing new coaching methods, and sharing good

practice is an important feature of the Jockey Coaching Continuous Professional Development (CPD) programme.

The panel of Jockey Coaches attended a very interesting and thought-provoking two-day event at the British Racing School in September and came away armed with new ideas and activities to share with their Jockeys.

## IMPORTANCE OF WALKING THE COURSE

**During their CPD event, the Jockey Coaches took the opportunity of walking the course together, while attending racing at Newmarket. Not only does this standardise their approach to coaching this important activity, but they were able to share tips and experiences.**

Without exception, all the Coaches felt the importance of walking the course by Jockeys should not be underestimated. Knowing a course, the terrain and going can make the difference in the small margin between winning a race and coming second.

## NEW IT SYSTEM FOR COACHES

**Kevin Darley has taken on the role of Coaching Development Manager from Philip Robinson. He is leading the development of a bespoke web-based app that will enable Jockey Coaches to record coaching sessions and upload visual footage for their Jockeys to study.**

A wide range of tools will enable the Coaches to keep a detailed record of the progress their Jockeys are making across a range of skills. Of particular importance will be the profiling tool, which will enable the Jockeys and their Coaches to set targets and measure improvements.

## 2018 TRAINING DATES

Forthcoming autumn and winter training opportunities include:

**Professional Licence Courses:** 22-26 Oct (Cat B Licence Course at BRS)  
29 Oct – 9 Nov (Conditional Licence Course at BRS)

**Apprentice Licence Course:** 19-30 Nov (NRC)

**3lb Claiming Seminar:** 13 Nov (Malton)

**5lb Claiming Seminar:** 4 Dec (NRC)

**7lb Claiming Seminar:** 8 Nov (Middleham)

**Category "A" Amateur Courses:**

16-17 Oct (BRS), 5-6 Nov (NRC), 4-5 Dec (NRC), 11-12 Dec (BRS)

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)**

## JOCKEY COACHES' CPD

This two-day programme covered a range of subjects relevant to Jockey Coaches, including the following two sessions of learning.

### Sharing Experiences with a Medal-winning Coach

Chris Bartle, British Eventing Performance Coach, returned from the team's gold medal-winning performance at the World Equestrian Games to share his experiences. At the heart of his approach to coaching riders are:

- rhythm
- balance
- control
- power.

A demonstration of how a few grains of sand can affect the balance of a pole placed crossways on another pole illustrated how small adjustments can have a positive or negative effect on balance. This was a point many of the Jockey Coaches related to.



Chris then went on to show how novice riders could develop their jumping skills with the correct rhythm, and a controlled canter with sufficient power.

Two relatively inexperienced riders made an impressive start to their jumping careers by keeping to these key points of focus.

### Jockeys Listen to Jockeys

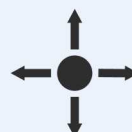
Aodhagan Conlon, a former Jockey who is now undertaking a PhD in Sports Psychology, presented a fascinating insight into how he develops a positive mindset with Jockeys when he speaks to them on their regional workshops.

It is clear that his experience of race riding, and understanding of the resilience required to perform well as a Jockey, enables him to really connect with this audience.

Some of the key themes emerging from these two presentations carried a similar message and included:



*Recognising the qualities of a champion*



*Being on stage – dealing with the people around you*



*Expecting and learning from mistakes; failure is only when you give up*



*Dealing with expectation*



*Come out of each race, win or lose, having learned something*



*Keeping it simple – "Stick to the system" – "Build a set of rules"*



*If you ride to avoid a mistake, you will create a mistake*



*Don't over analyse the moment – take time to review*

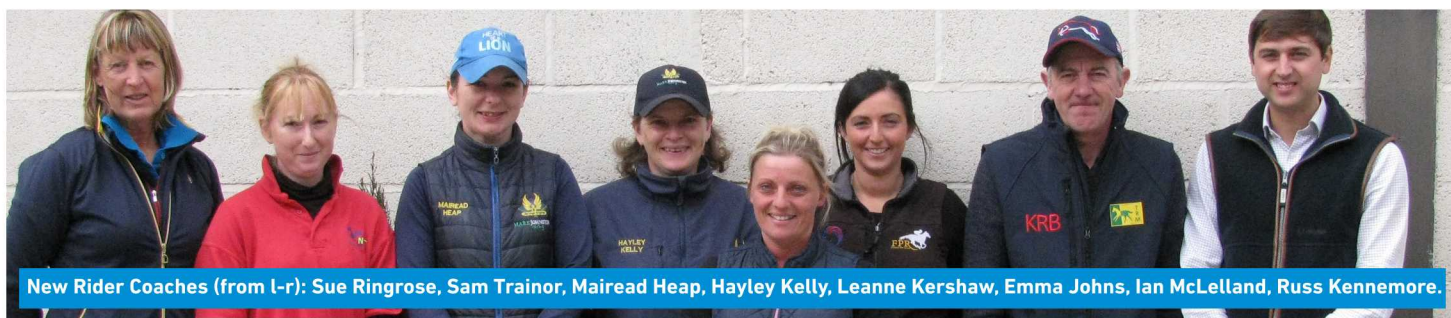
## FIRST GENERATION OF NEW 'RIDER COACHES' PASS WITH FLYING COLOURS

**We are pleased to welcome the first generation of stable staff "Rider Coaches", who have successfully passed their Level 1 Equine Coaching in Racing qualification and are now certified to assist with the development of junior and more inexperienced riders in training yards.**

The Rider Coaches have been part of a pilot scheme aimed at providing senior racing staff with coaching skills to help

those within their place of work to progress their riding ability. This will address skills gaps within the workforce and aims to increase staff retention, as well as giving both the rider coaches and those they are helping, better career progression opportunities.

The scheme was run by the Northern Racing College on behalf of the BHA, who jointly funded it with the Racing Foundation.



**New Rider Coaches (from l-r): Sue Ringrose, Sam Trainor, Mairead Heap, Hayley Kelly, Leanne Kershaw, Emma Johns, Ian McLelland, Russ Kennemore.**