



COACHING MATTERS

Central to every good coaching session is reflection and planning. Reflection on achievements, progression towards targets and planning the next steps.

The same can be applied to the overall training and development programmes offered in British horseracing and this autumn saw a review of curriculum coverage for all courses and planning delivery for 2019. While much of the curriculum meets the needs of participants, subjects including horse welfare and safeguarding will be given prominence in forthcoming events.

Engagement by participants is key to a successful coaching session and in 2019 we hope that even more interactive activities will be enjoyed by Jockeys attending regional workshops. Employers are always welcome to observe any training event. Recent attendance by a northern-based employer resulted in her admitting she had previously no idea of the quality and strength of support provided to claiming Jockeys. Training and development is always a partnership and we hope that next year we will see more employers taking time out of their busy schedules to observe first hand the first-class programme of activities provided for their Jockeys.

PERFORMANCE MINDSET

One of the most popular subjects on the Jockey's regional seminars is a series of presentations by Aodhagan Conlan, a former jockey who has a degree in Psychology, a Masters degree in Sports and Exercise Psychology and is now studying for a PhD.

He often starts his session with the question, "What does resilience mean?". It can be a difficult one to answer but his simple response is "bouncing back" – something most Jockeys can relate to. He demonstrates through a series of discussions, examples, videos and quotes how we can all learn to develop the inner strength that sees us through the challenging times as well as enjoying the highs. Aodhagan is a master of delivery, with serious messages communicated in an engaging and humorous manner. An observation of his presentation is highly recommended!

TECHNICAL SUPPORT

The new Jockey Coaching Programme (JCP) reporting system went live on November 2. It is a bespoke, web-based application which allows JCP coaches to log information, including coaching activities, relevant to a particular rider.

The system links Jockeys registered on the system to their Coach. Once an activity has been logged in to the system, it can only be viewed by the Coach and the Jockey. This can be anything from coaching sessions and phone calls to past race reviews and video footage. Having the information stored in this way allows JCP Coaches and their riders to review past coaching sessions, monitor progress and identify strengths and weaknesses, which in turn will help the Coach develop the best possible coaching plan for Jockeys going forward.

RIDER COACHING PROGRAMME

This autumn saw the second Rider Coach Training delivered in Middleham.

This Level 1 nationally recognised coaching qualification introduces senior staff in racing yards to the concept of

coaching, and starts to develop their skills to support less experienced and junior staff in their yards. The programme so far has resulted in 17 individuals achieving their qualification. Plans are in hand to extend this provision nationally in 2019.

FEEDBACK FROM PARTICIPANTS

As part of the reflection on the past year, some of the comments from course attendees and employers have confirmed the value and importance of training and development of our participants.

Here are a few examples:

Watching our senior staff grow in confidence through the course was fantastic. They found the course content interesting and thought provoking, the tasks were challenging and they were highly motivated throughout. The opportunity to train alongside other senior staff from yards local to us was a real bonus, they found this very beneficial and a very positive aspect of the course. (Employer)

I found today very helpful and was assured of the help that is available for us. The psychology side of the programme was really helpful. It is a big part of our careers, as we are experiencing more loss than win. It is important to keep positive and speak to our coaches/trainers/sports psychologists. (Jockey)

The mock media interview with Lydia Hislop made me realise the importance of good communication skills. (Jockey)

The Rider Coaching qualification has given me confidence and I am now the "go to" person in the yard for the junior staff. (Rider Coach)

The diet and nutrition was helpful and made me realise small changes could have a big impact. (Jockey)

The finance presentation was good and enjoyable as we all interacted and learnt a lot about how to spend money wisely. (Jockey)

REGIONAL TRAINING

Regional training provided by the British Racing School (BRS), Northern Racing College (NRC) and National Stud takes training out of the classroom and into the workplace.

Sam Tractor, NRC Regional Training Co-ordinator, reports: "Over the last three years the NRC programme has hosted 81 events including rider training, horse and stable management, first aid, safeguarding, nutrition and fitness. 100% of the staff requested follow up and regular activities. The provision was rated 5* by 96% of staff."

The training has been delivered in Lambourn, Malton, Middleham and Newmarket, as well as the outlying areas. We are extremely grateful to The Racing Foundation for supporting this important initiative and hope to be able to secure funding for it to continue.

Andrew Braithwaite, BRS Finance Director, reported that

the BRS continues to provide training for stable staff and work riders at their yards using their Mobile Training Facility (MTF). This is available to all trainers at no charge, thanks to funding from The Racing Foundation.

The training involves a coach assessing the riders on the gallops and then providing feedback and coaching through video reviews, balance training and work on a motorised simulator.

Trainers who have used the MTF have seen instant benefits to staff, who are able to improve their riding performance, and also take part in valuable on-the-job training.

If you would like to make use of this free training, please contact [Liz Jukes](#) or [Di Farrell-Thomas](#) or alternatively call the office on 01638 665103.

For more information on NRS training events please email [Sam Tractor](#) or call her on 07711782272.



Getting to know horse physiology at one of 2018's 81 NRC regional training events