



## TOP 5 CAREER TIPS FOR SUMMER

With the curtain closing on the Jump season, Jump jockeys may well be looking ahead to a quieter time with fewer rides and the chance to take a break. It's therefore the perfect time to think about gaining some extra qualifications or experiences and make the most of any 'down time' during the summer to plan ahead for your future.

### 1. **Create/update your CV**

It is always useful to have this important careers tool up to date and ready to send to potential employers. Even if you don't have many qualifications, it can help present you as an individual. JETS can help you build your CV from scratch or give you tips on how to improve your existing CV.

### 2. **Carry out some training**

JETS provides funding for all sorts of [training courses](#) from basic IT training to specific vocational courses and individual or group media training sessions. These could be one day courses, week courses or part time evening courses which sets you up with a new skill and is a useful addition for your CV. You can get ideas on the types of [courses that jockeys are currently doing right now](#) on the website.

### 3. **Gain work experience**

If there's an area that you're particularly interested in one day working in, JETS can help you set up a taster day so you can learn more, meet people in that area and find out whether you think it is a career path you'd like to explore further. A good place to start is with our [Friends of JETS](#), companies who have offered to provide career support to jockeys.

### 4. **Research Careers Options**

The [Careers Support](#) section of our website has plenty of information on the huge range of second careers available to jockeys. There are case studies on specific sectors and information about setting up your own business. JETS can help every step of the way. There are also useful websites such as [Careersinracing](#) and other industry specific careers websites that gives you a good insight into the different opportunities available.

### 5. **Build your contacts**

Whether it's simply making contact with JETS to register your interest in career planning or following us on Twitter, you are preparing yourself for your future. Many jockeys get jobs through someone they've come across in racing, so if you have met people who you think may be interesting contacts to maintain in the future, drop them an email to ensure they have your contact details.