



TOP 10 CAREERS TIPS FOR ATHLETES

The following top 10 tips have come from a survey of retired athletes including jockeys commissioned by the PPF (Professional Players Federation) in 2013:

1. Think ahead, plan and prepare; it's never too early to start
2. Gain experience and qualifications: work experience is invaluable
3. Use your Player Association (i.e. the PJA): you don't know how lucky you are
4. Appreciate your playing/riding days: come away with no regrets
5. Make contacts and take advice: there is no shame in asking for help
6. Treat people well: you never know when you might need their help
7. You are a long time retired: make as much of your second career as your first
8. Use your experience: recognise the value of the skills sport has given you
9. Look after your money: it won't last forever
10. Broaden your horizons beyond sport: it helps bring perspective