

DATES FOR THE DIARY

LISA & PHIL ON COURSE

- Jan 12 Leicester (PK)
- Jan 13 Lingfield (LD)
- Jan 18 Market Rasen (PK)
- Jan 20 Chepstow (LD)
- Jan 24 Southwell (LD)
- Jan 31 Wolverhampton (PK)
- Feb 02 Wincanton (LD)
- Feb 09 Doncaster (PK)
- Feb 10 Kempton (LD)
- Feb 16 Lingfield (LD)
- Feb 17 Newcastle (PK)
- Feb 21 Wetherby (PK)
- Mar 02 Ludlow (LD)

JETS DROP IN SESSIONS

Mondays 2-4pm
Lisa is at Oaksey House

Mondays 12 - 4pm
Phil is at Jack Berry House

MEDIA TRAINING DAYS

24 Jan
Leicester Racecourse with
Luke Harvey for Advanced
Presenting/Hosting training

If you'd like to attend a
session please email Phil
Kinsella (phil@jets-uk.org)

TRAINING COURSES

12 - 15 Feb
Level 3 Racecourse
Groundstaff Turf Management
Institute of Groundsmanship

13 - 17 Feb
Trainers Module 1
BRS

23 - 25 Feb
Racing Secretaries Course
BRS

06 - 10 March
Trainers Module 2
BRS

20 - 24 March
Trainers Module 3
BRS

JOCKEY STORIES

Our website has a special section featuring case studies on jockeys who are thriving in their new careers. We find out what challenges they face, what they enjoy about their new career and what advice they would give to jockeys coming through now. Here are a couple of jockeys we have featured recently. You can read their full stories online.

PAUL BOOTH



Former 7lb Claimer, Paul Booth really enjoyed his 4 year career as a jockey with 130 rides and 4 winners. He is currently completing a part time Diploma course in Electrical Installation while also working full-time in the trade. JETS has helped Paul get quickly underway and into employment as an electrician whilst supporting him through funding his courses so eventually he will be fully qualified.

RUSS KENNEMORE



Russ had a 10 year career as a Flat jockey riding 160 winners with highlights including the Old Newton Cup and Old Borough Cup at Haydock Park. Russ is currently enrolled on the Level 2 coaching qualification (see below) in order to become a jockey coach. Since retiring in 2013, Russ has been doing regional training work with Yogi Breisner and also helping out with staff at Mark Johnston's yard where he rides out.

JOCKEY COACH TRAINING - UPDATE

Six former jockeys are undergoing training to gain their UKCC Level 2 coaching qualification. Russ Kennemore, Dominic Elsworth, Richard Killoran, Luke Dace, Jeffrey Marshall and Adrian Nicholls are taking part on the course which is being delivered by Sue Ringrose and Kevin Darley at the Northern Racing College.

Group 1 winning Adrian Nicholls said, "The course is going really well and I'm really enjoying learning lots of new techniques to help make coaching better."

BHA Vocational Training Manager, Gill Greeves said, "The course is progressing well with assessment planned for early February. The trainee coaches are developing a range of coaching skills and gaining an insight into the philosophy of coaching and developing young sportsmen and women."



A reminder that our 'Friends of JETS' are there to help jockeys gain experience and knowledge about different career options across a range of sectors. If you would like to find out more please do let us know.

If you think your business could also be appropriate to join the scheme, please get in touch and we can send you an Information Pack.

JOCKEY MATTERS

Produced in partnership with the PJA, the new Jockey Matters film series aims to inform jockeys in different aspects of their physical and mental wellbeing with personal accounts from leading riders and expert advice on how to find support.

The series has been very well received and we're hoping to produce more films this year.



MENTAL HEALTH & WELLBEING

The issues jockeys may struggle with and support available.



MAKING WEIGHT THE RIGHT WAY

How good nutrition and fitness can help jockeys manage weight.



ADDICTION & RECOVERY

How addiction can take hold and how to seek help.



HEALTHY CHOICES

The risks of flipping and the impact on performance.



INJURY: RETURNING TO RIDING

How best to manage rehabilitation and get back riding.



STAYING HYDRATED

The importance of staying hydrated and alternatives to saunas.



#JockeyMatters - New Year's Resolutions!

Some great tips feature in the films, here are just a few you could stick to for 2017!

1. **Write down your targets** - You are 85% more likely to achieve something if you write it down.
2. **Choose the healthy snacks when on the move** - Waitrose and M&S services are better than McDonalds or KFC!
3. **Make an appointment with the PJA Nutrition team** - An excellent and under-used resource for jockeys.
4. **Stay off fizzy drinks and drink water** - It helps you with weight loss.
5. **Maximise your time off** - Whether injured or in the off season, there's always ways to improve.



"WE try to flip it on its head and say 'look you're going to go back a better athlete than you ever were previous to your injury'."

Danny Hague, IJF Strength & Conditioning Coach



"The world's best coach told me the greatest strength you have is to ask for help. In the past it was seen as a sign of weakness but that is total nonsense."

Michael Caulfield, Sports Psychologist



"I've always looked at flipping as a lazy way to lose weight. I think if I'd done it from when I realised I had a weight problem aged 19 or 20, I wouldn't be riding now."

George Baker



"If you get injured, the main thing to do with that time off, other than trying to get back, is use it as an opportunity."

Jason Hart

For useful support contacts and to view films online visit:

www.jets-uk.org/jockeymatters or search #JockeyMatters on Twitter





RICHARD DAVIS AWARDS 2017



Following the 20th Anniversary celebrations of JETS at the 2015 Richard Davis Awards, we have had a rest year in 2016 so we can build towards another significant milestone in 2017 which will mark 20 years of the Richard David Awards for which we have designed a special anniversary logo.

Once again the Awards will be held at Cheltenham Racecourse on Sunday 19th November. With £6000 of prize money on offer to the winners, we welcome as many entries as possible from former jockeys who are thriving in their new careers. In addition to the two existing Awards, we will also be introducing a new award for current jockeys:



The judging period will be from December 2015 to September 2017. Keep an eye on the website or social media for entry deadline date and details of how to apply.

ACHIEVEMENT AWARD

The top award designed for those jockeys who have significantly achieved in pursuing their new chosen careers. Three finalists will be announced in advance with £3000 to the winner and two runners-up prizes of £500 each.

IJF PROGRESS AWARD

This Award recognises the early progress of those jockeys who have more recently started out on a new career or training path.

CONTINUED PERSONAL DEVELOPMENT AWARD

For currently licensed jockeys who have shown real commitment to their Continued Personal Development whilst riding or during injury time out in order to prepare for their future careers.



JETS AT THE STOBART LESTERS

We were thrilled to be sponsoring an Award for the first time at the Stobart Lesters. A great evening was had by all in the new venue at the Ricoh Arena and we are delighted that Josephine Gordon won the Apprentice Jockey of the Year Award which she collected from Lisa Delany. Who knows, perhaps she will have her name emblazoned on a Stobart truck as Champion Flat Jockey in future years.

Congratulations to all the winners!



KEEP UP THE GOOD WORK WITH PDPs

We are delighted with how well jockeys have responded to the new Personal Development Plans (PDPs) which were introduced this year as part of a revised Jockey Training and Development programme. We now have PDPs from 92 Apprentice and Conditional Jockeys with 19 having gone on to complete their second PDPs which allows them to review their goals, note successes, evaluate any missed targets and set new targets.

We encourage all jockeys to keep working on these with our PDP managers and now they're part of The Jockey Coach IT system, it's easy for jockeys to log in and continue their PDP as a working document which runs alongside their career. The new Jockey Matters series has been produced to complement the areas focused on in the PDPs.



2016 CALENDAR HIGHLIGHTS:



FEBRUARY - JETS Manager **Lisa Delany** won the inaugural Rory MacDonald Racing Community Award in recognition of the role she's played in the career development of jockeys.



MARCH - The new Personal Development Plans were introduced at licensing courses.



MAY - **Keith Mercer** gained a First Class honours degree in Accountancy & Finance.



JULY - The first Jockeys Matters films about Nutrition were shown for the first time at the new look Conditional Jockeys seminar in Newmarket.



OCTOBER - The Mental Health Jockey Matters film launched on World Mental Health Day and has since received over 14,000 views.

Former jockeys **Hayley Turner, Jason Weaver, Luke Harvey, Mick Fitzgerald** and **AP McCoy** were announced as part of the new ITV racing team of presenters.

NOVEMBER - **Rodi Greene** was a finalist in the Performance Development Coach of the Year category at the UK Coaching Awards.



ITV commentator **Richard Hoiles** joined the JETS Board of Trustees.

CONTACT JETS



Follow us @JETS4Jockeys or like us! It's the best way to stay in touch and maximise opportunities even if you're only starting out on your jockey career.

USEFUL NUMBERS:

PJA Confidential Wellbeing Helpline **08448 006873**

PJA Nutrition Team **01394 420200**

BRS Jockey Coaching **01638 665103**

JETS – 2016 IN NUMBERS.....

08 | 85 | 96

new jobs assisted | candidate meetings | training courses completed

**70%
OF 7LB**

claimers who now have PDPs

03

scholarships awarded

40,000+

views of Jockey Matters series on YouTube

WHO'S TRAINING NOW



We regularly update our website with training currently being undertaken by JETS candidates, much of which is funded by JETS. This should help inspire others to see the range of courses on offer, many of which are part time and can be combined with riding or other paid employment.

Robert Widger	Teagasc Green Certificate
Lee Newman	Certificate 3 in Racing – Trackrider
Adam Wedge	B + E Training Course (Trailer Towing)
JD Smith	NPTC CS 38 Chainsaw Certification, NPTC Felling Small Trees
Richard Killoran	CISI Chartered Wealth Management, Unit 3 Applied Wealth
Jeffrey Marshall	Level 3 Award in Education & Training
Patrick Corbett	LGV Driver Training
Curtis Davies	Level 2 Gym Instructor
Paul Booth	Level 2 Diploma in Electrical Installation
John Jeffrey	Introduction to Basic Domestic Electrics

If you're interested in carrying out some training, please contact Lisa.



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