



JOCKEY STORIES



An exciting opportunity lies in store for Emma Sayer, who rode 25 winners as an Apprentice and Conditional jockey, and heads to Graham Motion's yard in Florida in February funded by the Alex Scott Future Trainers Travel

Scholarship. After fracturing her neck riding at Cartmel, Emma was in rehab at Jack Berry House where she met with Phil to discuss career progress. She was initially hesitant about applying for the scholarship but he gave her the boost she needed and she is now looking forward to an exciting year as she progresses towards becoming a trainer. We wish Emma all the best on her travels.

>> For more on Emma's story as well as a range of other case studies, visit 'Jockey Stories' on our website.

DATES FOR THE DIARY

LISA & PHIL ON COURSE

Jan 9 Doncaster (Lisa & Phil)
Jan 18 Chepstow (Lisa)
Jan 23 Catterick (Phil)
Jan 31 Wincanton (Lisa)
Jan 31 Newcastle (Phil)
Feb 6 Kempton (Lisa)
Feb 13 Southwell (Phil)
Feb 14 Fontwell (Lisa)
Feb 20 Ludlow (Lisa)
Feb 21 Sedgefield (Phil)
Feb 27 Southwell (Lisa)
Feb 28 Newcastle (Phil)

JETS DROP IN SESSIONS

Mondays 2-4pm
Lisa is at Oaksey House
Mondays 12 - 4pm
Phil is at Jack Berry House

MEDIA TRAINING DAYS

Jan 15 - Newmarket
Feb 14th - Malton
March 5th - Lambourn
12pm-3pm

Please contact Phil if you'd like to sign up for any of these dates.

>> Don't forget that JETS can help you find the best course for you across any sector you're interested in so please get in touch to discuss further.

UPCOMING TRAINING COURSES

Jan 28 - Feb 1
The Racing Industry Course TRIC (BRS)

Feb 11 - 15
Trainers Module 1 (BRS)

Feb 17 - 20 Level 3
Racecourse Groundstaff Turf Management (Advanced)
(Institute of Groundsmanship York Racecourse)

Mar 4 - 8
Trainers Module 2 (BRS)

Mar 18 - 21
Trainers Module 3 (BRS)

Mar 26 - 28 Assistant Trainers Course (NRC)

Apr 9 - 10 Racing Secretaries Course (NRC)

Apr 24 - 26 Bookkeeping/SAGE Course (BRS)

May 14 - 15 Yard Managers Course (BRS)

JOCKEYS WORKSHOP FEEDBACK

It has great to see so many jockeys really engaging with this year's Claiming Jockey Workshops and telling us how much they've got out of them. 139 jockeys attended 11 workshops with 86% rating the sessions as very good or excellent both in terms of relevance and delivery. The days featured a host of different speakers, including many former jockeys including George Baker, AP McCoy, Dale Gibson, Andrew Thornton, Richie Killoran and Aodhagan Conlon covering a broad range of topics from fitness and diet to sponsorship and managing finances to mental health and safeguarding. The 2019 programme has now been finalised with new topics to be introduced and we are looking forward to another successful year.



JOCKEY MATTERS

On World Mental Health Day (October 10) we launched the latest Jockey Matters film about 'Mental Resilience'. Featuring contributions from jockeys Graham Lee, Gemma Tutty and Adam McNamara, the film has been really well received and highlights the range of support available to jockeys via the PJA, IJF and a team of experts including former Jump jockey and Sport Psychologist Aodhagan Conlon who works with current jockeys as a Performance Consultant. Next in the series is a film focusing on jockey fitness and produced in association with the Injured Jockeys Fund.

>> All the Jockey Matters films in the series to date can be found on our website.



JOCKEY COACHING UPDATE with Kevin Darley

We are delighted that former Champion Jockey Kevin Darley has come on board this year as Coaching Development Manager. Since joining in June 2018, Kevin has been working hard with the team of 22 Jockey Coaches and has successfully launched a new Jockey Coaching app. The new bespoke, web based app has a dashboard which logs all recent activities including videos and feedback from the coaching sessions and a skills profile which rates a jockey's progress across 8 different areas ranging from their riding to general professionalism.

Kevin helped organise a two day CPD course for the coaches who heard from the Gold medal winning GB Eventing Team Coach Christopher Bartle on his coaching techniques. Commenting on the day, Kevin said, "All our coaches are outdoors, active people so sitting down in a classroom was a bit alien to them but to see them talking about contrasting styles and what they do in different scenarios meant they learned from each other and everyone got a lot out of it."

In 2019, Kevin is hoping to implement additional coaching standards and systems, specifically for jockeys, so the coaches can share best practice coaching examples with their jockeys. Another aim of the programme will be to introduce more regional coaching sessions to help jockeys based in areas of the country where the coaching provision is not so readily available.





RICHARD DAVIS

The 21st Richard Davis Awards took place at Cheltenham Racecourse on Sunday 18th November. Hosted by last year's Achievement runner-up, Adele Mulrennan, these annual Awards highlight the career development of both former jockeys and current jockeys and showcase the services provided by JETS to help jockeys prepare for their futures in order to secure a successful transition from riding.



AWARDS 2018



◆◆◆◆ THE JOCKEY CLUB

THE JOCKEY CLUB ACHIEVEMENT AWARD WINNER (£3000 prize)



SOPHIA UPTON rode as an Amateur and then Conditional with 59 winners under her belt before she retired in 2004. She went on to set up a pre-training yard with her husband and stopped working to focus on family. She always knew she wanted to return to a job in racing and worked with JETS on her CV and interview technique and now, three years after being offered the role as a Sessional Starter, she is fully qualified in both Jump and Flat racing codes. She has more than doubled her number of days following

positive feedback from other Starters and has quickly gained enough experience and skill to be able to start a Listed race and the Uttoxeter Summer National. Despite admitting to how daunted she was by returning to the workplace in a completely new role, Sophia has thrived in her Starter role, using her experience as a jockey to help her establish herself in the team of Starters and liaise comfortably with both jockeys and trainers.

THE JOCKEY CLUB ACHIEVEMENT AWARD RUNNERS UP (£500 PRIZE)



RODI GREENE rode for 21 years as a Jump jockey, riding 350 winners, before having to retire through injury. He used JETS to undertake a number of training courses before he found his niche as a jockey coach, qualifying with a UKCC Level Three. Rodi is now the busiest jockey coach in the country with 25 jockeys on his books and since he started in the role in 2012, he has already coached two Champion Apprentices and others who've enjoyed Listed and Festival winners.



JOHN PRITCHARD rode as an Amateur before turning Conditional and was at a career crossroads in 2009 when he was approached by a local owner who had supported him in his riding days to work for his Cotswolds-based blinds company. He has since built up enough experience to set up his own business in Ross-on-Wye in June 2018. The business is thriving with a £30k turnover during the first 11 weeks of trading. John also works part time for Racing to School.

IJF PROGRESS AWARD WINNER (£2000 Prize)



Former Flat jockey **GEORGE CHALONER**, Management Assistant/Trainee Clerk of the Course at Pontefract Racecourse, won the IJF Progress Award along with £2000. George rode 137 winners including at Royal Ascot and the Northumberland Plate. Having only ever wanted to be a jockey, his riding career ended after serious injuries left George in need of extensive physical and mental rehab. With the help of the

IJF and JETS, and showing great determination, George was able to get his life back on track and pursue a career in racecourse management, joining the team at Pontefract last year.



BHA CURRENT JOCKEY CPD AWARD (£1000)



Apprentice jockey, **FAYE MCMANOMAN** is a fantastic example of a jockey working hard on the Continuing Personal Development, focusing on skills which will help her with her riding career whilst also preparing her for the future too. Based in Yorkshire, Faye has had 13 winners this year and is well on her way to achieving her next goal of becoming a 5lb claimer whilst working towards additional qualifications at the same time.



QUOTES OF THE DAY

“ It is a huge privilege to win this Award in Richard's name as I knew him as a jockey. After taking time out with family, convincing myself that I was of use and employable again was a huge step and going for first ever interview was a daunting prospect. I feel very proud to have come so far in my second career already. ”

SOPHIA UPTON

“ This year's winners have showed great determination in making a success of their second careers. Former jockeys are often praised for their work ethic and dedication by employers and all the Achievement finalists along with George Chaloner have faced unique challenges in their second careers which they have dealt with brilliantly. I can only congratulate them on their motivation and focus and I am glad JETS has helped all of them to make such a success of their new roles. ”

LISA DELANY

“ The judges all agreed that George has shown huge resilience in finding success in another career in racing, especially when you consider what a traumatic time he's had in the sport through his injuries. He has worked so hard on his rehab and his retraining. He thoroughly deserves this Award for all he's achieved in a relatively short period of time since retiring as a jockey. ”

HELEN WILSON,
IJF Almoner

THANK YOU

Thanks so much to our new sponsor, the BHA as well as The Jockey Club and the IJF for their ongoing support. Also special thanks to the Cheltenham Racecourse team, Adele Mulrennan, Richard Johnson and the Davis family.



IN THE SPOTLIGHT... Mikey Ennis

Former dual purpose jockey **Mikey Ennis** completed his six week RMG/JETS media traineeship in December. It was certainly a steep learning curve and Mikey threw himself into the programme with huge enthusiasm and has found it has sparked a renewed passion for racing via the media work he did. Here he runs through some of the highlights.

WHAT WAS THE MOST STRIKING DIFFERENCE BETWEEN THE TRAINEESHIP AND YOUR NORMAL WORK IN RACING?

The first major culture shock unsurprisingly was commuting on the Central Line across London each day amongst the masses! You get used to it amazingly, but it was a far cry from riding Charlie Appleby's horses first thing in the beautiful surroundings of Moulton Paddocks!

WHAT ASPECT OF THE TRAINEESHIP DID YOU MOST ENJOY?

The people. So many professionals all pull together in their individual roles at RMG it really isn't down to any one person and every single person has a crucial part to play. I was very lucky to have spent a bit of time with a lot of these people and everyone was extremely generous in giving me their time and sharing their knowledge with me.

WHAT AREA DID YOU CHOOSE TO SPECIALISE IN AND WHY?

I enjoyed so many aspects of the traineeship but the role of Assistant Producer was very appealing. It's one of the more varied roles, the work they do allows time both in and out of the gallery, whilst one day they may be clipping up live racing as it happens, the next they can be on location making films and running shoots, and then back in editing for some of the shows after racing. There's a lot of transferable skills here, and it seems invaluable knowledge for a journey into the world of media.

WHAT WAS THE MOST SURPRISING THING YOU LEARNT?

One incredible fact I learnt is that the revenues received by RMG are returned back to their racecourse shareholders, which far outweighs what the betting levy puts back in to the sport. I'm not sure many people know this and realise how valuable this contribution is to the racing industry.

HOW HAS THE TRAINEESHIP AFFECTED YOUR THOUGHTS ABOUT YOUR FUTURE CAREER?

Hugely. When you put yourself outside of your comfort zone great things can and will happen. This fantastic insight into the media side of racing has really sparked an even stronger interest, not only in the media industry, but in racing as a whole. When you give up riding it's very easy to become cynical about the industry as it can wear you down but I've realised that a whole world of opportunities exist in racing media that I wasn't previously aware of, and I'm really excited about my future in the industry again, almost as much as I was before I became a jockey!

WHAT WOULD YOU SAY TO ANYONE THINKING OF APPLYING FOR THE 2019 TRAINEESHIP?

I think if you have even a slight inclination that any element of this side of racing might be of interest, then absolutely do it. You don't need to wait until the next traineeship to gain experience either, RMG will happily have you down for some shadowing so don't hesitate to get in touch.

WHAT'S YOUR BEST MEMORY OF THE TRAINEESHIP?

My best memory will undoubtedly be also the most embarrassing one when I first did live TV in the paddock at Newbury with Lydia Hislop. I just had absolute brain overload and really struggled initially with trying to look at a horse, at my notes and make comments with any fluency. Lydia was really helpful though and I got better as the day went on, and the next day was awesome doing the same job with Tom Stanley for the Ladbrokes Trophy so I did get the hang of it. It was a day I'll never forget.

WHO'S TRAINING NOW

We had a busy year in 2018 arranging courses for jockeys. Here are just a few of the courses currently being undertaken.

>> Please contact us if you would like help with training in 2019.

Aodhagan Conlon	MSc Sport Psychology
Mark Coumbe	C & G Level 3 Plumbing
Bradley Bosley	EAL Level 2 Diploma in Electrical Installation
Abie Knowles	Sewing, Embroidery and Stitching Course
Matthew Crawley	BHA Trainers Module 3
Chris Honour	Level 3 in Racehorse Care and Management
Chris Meehan	Abrasive Wheels Instructor & Working at Heights Instructor Courses
George Chaloner	Institute of Groundsmanship Course

JETS – 2018 IN NUMBERS.....



CONGRATULATIONS TO...

Richard Killoran on passing his Level II CFA exam, finishing in the top 10% of candidates who took the exam.

Philip Hide and Michael Naughton who start soon at Clerks of the Course at Brighton/Fontwell and Sedgfield respectively.

Russell Kennemore, John Bramhill, Dominic Elsworth and Robert Bellamy who have successfully qualified as UKCC Level 3 jockey coaches.

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.



Lisa Delany (JETS Manager and Jockey PDM)
07919 417462 | lisa@jets-uk.org



Phil Kinsella (Jockey PDM)
07970 673351 | phil@jets-uk.org



Kevin Darley (Coaching Development Manager)
07974172675 | kevin@jets-uk.org



Kate Struthers (PR & Marketing)
07980 661003 | kate@jets-uk.org