

## AODHAGAN CONLON PUTTING THEORY INTO PRACTICE AT JOCKEY SEMINARS



Following his graduation with a first class Psychology degree, former Jump Jockey Aodhagan Conlon is now studying for a Masters in Sport and Exercise Psychology (partly funded by a JETS scholarship) and in the meantime is putting his

knowledge and experience into practice by delivering resilience workshops at the BHA's Licensing and Claiming Jockey Seminars. Aodhagan is a perfect example of a jockey who is now putting back into racing through his second career. Read more on our website about Aodhagan and the research he'll be carrying out this year as he investigates burnout in jockeys as part of his Masters dissertation. We urge jockeys to take part in the survey which will form part of his research to establish if changes to the fixture list could help avoid burnout in jockeys.

### DATES FOR THE DIARY

#### LISA & PHIL ON COURSE

Jan 05 Wetherby (PK)  
Jan 08 Fontwell (LD)  
Jan 16 Hereford (LD)  
Jan 17 Market Rasen (PK)  
Jan 23 Leicester (PK)  
Jan 24 Lingfield AW (LD)  
Jan 30 Southwell AW (LD)  
Feb 02 Catterick (PK)

#### JETS DROP IN SESSIONS

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

#### MEDIA TRAINING DAYS

**Feb 1 - Middleham**  
with Niall Hannity  
11.30 - 3.30pm

#### UPCOMING TRAINING COURSES

**10 - 11 Jan**  
Introduction to Staff Supervision  
TBA  
**29 Jan - 02 Feb**  
The Racing Industry Course TRIC  
BRS  
**06 - 08 Feb**  
Racing Secretaries Course  
BRS  
**11 - 14 Feb**  
Level 3 Racecourse Turf Management  
York Racecourse  
**12 - 16 Feb**  
Trainers Module 1  
BRS



## IN THE SPOTLIGHT...

### Shelley Birkett

We are delighted when Friends of JETS approach us with ideas of how to help jockeys with their careers and RMG did just that this year with their inaugural Media Traineeship for jockeys. We received some fantastic applications and the two successful trainees were Shelley Birkett (23) and Jason Kiely (26). Here, Shelley reflects on what motivated her to do the traineeship and how she's enjoyed the experience:

#### WHAT MADE YOU APPLY FOR THE RMG TRAINEESHIP?

I have always been interested in the media side of things since becoming a jockey and the traineeship was the perfect stepping stone for me to begin to think about a career in the media. I enjoy giving interviews and was really keen to develop my skills in front of the camera.

#### WHAT ASPECTS OF THE TRAINEESHIP HAVE YOU MOST ENJOYED?

Every aspect has been interesting, and I have learnt plenty in every department I have been spending time in. Going into the traineeship, I was looking forward to learning more about the punditry roles, so I enjoyed that week, especially going to Ascot when I shadowed Tom Stanley and Steve Mellish. I was able to wear an earpiece and listen to the team back in Ealing direct the presenters. Going out on shoots with the Assistant Producers to several stables and then back into the edit suites to put the shows together was also fascinating.

#### HAVE YOU LEARNT ANYTHING SURPRISING DURING THE TRAINEESHIP?

I was surprised to discover to what extent social media plays a role in marketing companies. The time, expense and thinking that goes into what will be posted and where was quite astonishing and I am much more aware of what I am being shown on social media as a result.

#### ARE THERE ANY SKILLS YOU'VE DEVELOPED AS A JOCKEY WHICH HAVE HELPED YOU IN THE TRAINEE ROLE?

Probably the ability to analyse a race and

form and make comment on a horse's performance after the race. That was vital when shadowing presenters in the studio and on course.

#### WHAT HAS BEEN THE REACTION FROM YOUR FRIENDS IN THE WEIGHING ROOM ABOUT DOING THE TRAINEESHIP?

The reaction from colleagues in the weighing room has been quite positive, especially as the course is new and unique. I think JETS have done a fantastic job at getting jockeys to think about life out of the saddle.

#### WHY WOULD YOU RECOMMEND THE TRAINEESHIP TO OTHERS?

I would highly recommend the course to any former or current jockeys who are looking to improve their media skills and gain a whole range of new ones. There is no other course that offers such an insight into one of the leading media players in the sport.

#### WHAT IS ONE PIECE OF ADVICE YOU WOULD PASS ON TO JOCKEYS STARTING OUT IN THEIR CAREERS NOW?

My main piece of advice would be to be aware of the fact that a jockey career is very short, and unless you are in the very small percentage of jockeys who have a long and successful career, you are going to have to move on eventually, so the sooner you can develop other skills the better. You don't want to waste time when you are older training for things you could have done whilst riding.

**Read more about Shelley and Jason on our website.**

## JOCKEY MATTERS

The popular Jockey Matters film series returned this year with a strong focus on jockey development with features on Jockey Coaching, Personal Development and Career Transition highlighting the journey a jockey goes on and how they progress as both athletes and people. The series also covered the important issue of Concussion and tackled some of the misconceptions about head injuries. We are hoping to secure funding for Series 3 in 2018, so if you feel there is a subject you'd like to see covered, then please do let us know. **View the whole series on our website.**





# RICHARD DAVIS

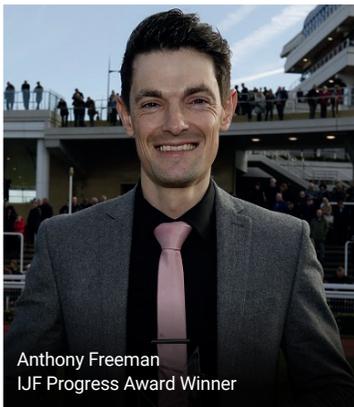
After a rest year, the Richard Davis Awards returned to Cheltenham

Racecourse on Sunday 19th November for the 20th anniversary year of the Richard Davis Awards. These prestigious Awards not only showcase the fantastic range of careers jockeys go on to enjoy but also the support that JETS provides from the moment that a jockey starts thinking about their next steps through to funding training and helping with the whole process of securing a role in a new career.

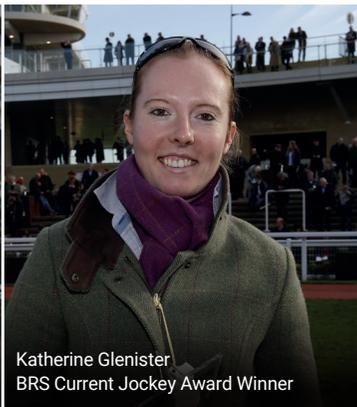
The winners were presented with their Awards by Champion Jockey Richard Johnson and the Davis family. The awards, named in memory of the popular jockey who had started planning for his future before his fatal race fall in 1996, were made at a special anniversary lunch and guests included seven previous winners from the past 20 years.



Previous Richard Davis Award winners with Ben Swarbrick: back l-r Frazer Houston (2006), Paul Robson (2009), Sam Stronge (2007) middle l-r: Niall Hannity (2015), Richard Killoran (2014), front l-r: Mark Bradburne (2012), Ollie McPhail (2013)



Anthony Freeman  
IJF Progress Award Winner



Katherine Glenister  
BRS Current Jockey Award Winner



Ben Swarbrick receives cheque from the Davis family & Stephen Wallis from The Jockey Club



BRS Financial Director Andrew Braithwaite with wife Laura and BHA's Matt Mancini



PJA representatives Vicky Lee, Ann Saunders and Izzy Desailly



IJF Progress Award winner Anthony Freeman with IJF Almoner Marie King and John and Jackie Porter



Anthony Freeman with the Davis family and Richard Johnson



JETS Manager Lisa Delany & Chairman of JETS Trustees Andrew Chalk



Katherine Glenister receives her Award from Richard Johnson and Andrew Braithwaite

# AWARDS 2017



## THE JOCKEY CLUB

### THE JOCKEY CLUB ACHIEVEMENT AWARD WINNER (£3000 prize)

**BEN SWARBRICK** rode as a Flat jockey for 4 years from 2002-2006, with over 1000 rides and 69 winners. He then went on to achieve a 2:1 Psychology degree at Leeds University before completing the BHA Graduate programme. Over the years his career has moved into the business world with Ben acquiring a Diploma in Personal Financial Planning last year. His work ethic as a jockey has stood him in good stead and, as a Financial Adviser for a Partner practice of St. James's Place Wealth Management, he has built up £5 million under his management since January 2017.

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



**ADELE MULRENNAN** (née Rothery) attended numerous media training courses provided by JETS both during and after her riding career before landing the full time role as Raceday presenter for Go Racing In Yorkshire earlier in 2017 which she describes as her 'dream job'.

**NICOLA WOOLNER** was an Apprentice with Henry Candy (89 rides from 1997-1999) and then enjoyed a successful riding career in Canada, riding 13 Stakes winners. She returned to the UK where she has used her sports background to work as a partner in the training and consultancy business Sport and Beyond.



### IJF PROGRESS AWARD WINNER (£2000 Prize)

**ANTHONY FREEMAN** rode as a Jump jockey for twelve years with 21 winners but unfortunately his career was blighted by injury. With the help of JETS funding, he enrolled at Warwickshire College to qualify as a Plumbing & Heating engineer. He has achieved outstanding results whilst continuing to ride out for Dan Skelton and found a placement to supplement his earnings and now hopes he will be able to set up on his own in a couple of years.



THE BRITISH RACING SCHOOL

### BRS CURRENT JOCKEY CPD AWARD

Apprentice jockey, **KATHERINE GLENISTER** won this new Award introduced exclusively for current jockeys. It rewards those jockeys working hard on their personal and professional development. Katherine has had 12 winners in 2017 and has shown great commitment to developing all aspects of her career, working hard on her fitness and with her Jockey Coach whilst also focusing on skills outside of racing, updating her employer's website for example. Apprentices **ROWAN SCOTT** and **FAYE MCMANOMAN** received runners-up prizes.

## THANK YOU

Thanks so much to our new sponsors The Jockey Club and the British Racing School as well as the IJF for their ongoing support. Also special thanks to the Cheltenham Racecourse team, Niall Hannity, Richard Johnson and the Davis family.

## QUOTES OF THE DAY

“It's great to get the recognition of this Award and the prize is a huge help when I'm trying to grow my client base. I think jockeys often live in a racing bubble so I think it's important that the Richard Davis Awards show what else is out there.”  
**BEN SWARBRICK**

“Ben's journey from retiring as a rider and not really knowing what he wanted to do to where he is now, doing so well in a competitive world, is very impressive. All the finalists have achieved so much and show what diversity of careers jockeys can go onto and succeed in. We are extremely grateful to our sponsors and Cheltenham Racecourse for supporting these important Awards and are delighted that so many previous winners from the past 20 years could attend today.”  
**LISA DELANY**

“I'm very proud to have won this Award. The lifestyle of a jockey travelling, communicating, having a strong work ethic has meant it's a good trade for me to get into and they're all skills I've transferred to my new career. I couldn't have done it without JETS.”  
**ANTHONY FREEMAN**

“Anthony had a torrid time with injury as a jockey, with many months on the sidelines. The judges felt that what stands out about Anthony is his commitment to hard work. With the help and advice from JETS he is a shining example of what is achievable in gaining a second career. Anthony is an ambitious young man and has such strong people and communication skills that one can't help feeling the sky is the limit.”  
**MARIE KING, IJF ALMONER**

## PHIL KINSELLA WORKING HARD ON LEVEL 4 COACHING TRAINING

As well as carrying out his Personal Development Manager role for JETS, Phil Kinsella is also a busy Jockey Coach with the likes of Rowan Scott, Phillip Dennis, Callum Rodriguez and Tommy Dowson on his books. In order to take his coaching to the next level, Phil is the first Jockey Coach to undertake the two year Level 4 coaching qualification and is currently undertaking the first two modules of the Postgraduate Diploma. Joining coaches from a range of other sports, he is working on CPD and Coach Development modules with his first assignments due in January and February. He has visited the University of Gloucester, The British Equestrian Federation in Warwick and most recently Bisham Abbey in Marlow for the contact days. Commenting on the course, Phil said, "It has been really interesting learning from the experiences of coaches in other sports and hopefully



this qualification will enable me to coach jockeys more as individuals, recognising the different way people learn and adapt my coaching accordingly. The first modules have involved quite a lot of self-reflection on the way that we coach and also looking at the influences and milestones of our lives and seeing how successful coaches link this to their coaching."

Gill Greeves, BHA Vocational Training Manager said, "Along with many BHA Jockey Coaches, Phil strives to improve and enhance his coaching skills. This qualification means he will develop alongside high performance coaches from many other sporting disciplines. We hope Phil's experience may encourage other Jockey Coaches to upgrade their qualification and in turn gain more experience to support and guide their jockeys."

## 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.

Aodhagan Conlon	MSc in Sport Psychology
Garry Whillans	Level 2 Plumbing Apprenticeship
Paul Booth	Level 3 Diploma in Electrical Installations
Alice Haynes	LGV Driver Training
Mark Coumbe	Level 2 Plumbing/Domestic Plumbing
Alexander Voy	CeMap 1,2, 3
Willy Twiston-Davies	Level 3 Diploma in Racehorse Care & Management
Matthew Crawley	LGV Driver Training
Gemelle Gracey-Davison	LGV Driver Training
Liam Adams	Leatherwork - Bag Design
Anthony Whelan	Certificate IV in Racing

## JETS – 2017 IN NUMBERS.....

80

candidate meetings

82%

Claiming jockeys who've completed a Personal Development Plan

10

new jobs assisted

75

training courses completed

315,000+

views of Jockey Matters series on YouTube

## 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's an update from Robbie McCarthy who is training to become a professional football coach. You can read his full story online.



### ROBBIE MCCARTHY

Robbie rode as a Conditional and then Amateur Jump jockey for 15 years from 1999 to 2014, with over 300 rides under rules. Towards the end of his career and with the help of JETS funding, he began retraining as a football coach with the Wiltshire FA and is now on his Level 3 UEFA B coaching qualification, based in North Yorkshire where he coaches at

Middlesbrough College and Teesside University. He continues to ride out in the mornings and does his coaching in the afternoon and evenings. It took Robbie a while to come to terms with not being a jockey and after a series of injuries, he has credited Lisa from JETS as being the person to give him that lightbulb moment that it might be time to find something else which could give him the same buzz as riding.

## CONGRATULATIONS TO...

**Richard Killoran** on his new job as an Investment Analyst at CCLA

**Gemma Gracey-Davison and Jordan Vaughan** for passing their LGV test

The following Jockey Coaches who have now achieved their UKCC Level 3 Coaching Certificate: **Nick Bentley, Cathy Gannon, Michael Hills, Neil Pollard and Kim Tinkler**

## 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**



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