

## RICHARD DAVIS AWARDS – UPDATE

Following the 20<sup>th</sup> Anniversary celebrations of JETS at the 2015 Richard Davis Awards, we've decided to have 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 which were first established in 1997.

We will continue to have two Awards – Achievement and IJF Progress and continue with the new format of announcing three finalists in advance of the Awards when the winner and runners-up will be announced. We encourage any former jockey who is enjoying great success in their second careers or who has been making good progress towards their future to consider applying for these prestigious awards. Keep an eye on the website for details of how and when to apply.



## DATES FOR THE DIARY

### Lisa & Phil on course

- 03 August *Kempton (LD)*
- 03 August *Pontefract (PK)*
- 09 August *Thirsk (PK)*
- 10 August *Newton Abbot (LD)*
- 18 August *York (PK)*
- 23 August *Southwell (LD)*
- 25 August *Newmarket area (LD)*
- 31 August *Lingfield (LD)*

### 03 August

Head Lad/Lass Course  
*The Northern Racing College*

### 08 – 12 August

Trainers Module 2  
*The Northern Racing College*

### 23 – 25 August

Racing Secretaries Course  
*The British Racing School*

### 30 August – 02 September

Trainers Module 3  
*The British Racing School*

### 13 – 15 September

Assistant Trainers Course  
*The British Racing School*

### 19 – 23 September

Trainers Module 1  
*The British Racing School*

### 27 September

Industry Overview Seminar  
*Doncaster Racecourse*  
*(hosted by Mick Fitzgerald)*

### 22 September

Industry Overview Seminar  
*Newbury Racecourse*  
*(hosted by Mick Fitzgerald)*

## JOCKEY STORIES

We are constantly adding new stories to the 'Jockey Stories' section of our website highlighting the diverse careers that jockeys are going on to enjoy. You can learn from their experiences and find out how JETS has supported them along the ways. A couple of recent stories are:

### Charlie Huxley

#### *Mortgage Broker – Knight Frank*

Former Jump jockey based mainly with Alan King, Charlie didn't know what he wanted to do when he retired from racing. He always had an interest in property and with the help of JETS funding to complete his exams, he has qualified as a Mortgage Broker and is soon to start a new job with Knight Frank.



### ANTHONY FREEMAN

#### *Plumbing & Heating Course*

Former Jump Jockey, Anthony broke his leg twice in the space of two years. After months of rehabilitation including several operations, Anthony found it too difficult to get the riding opportunities on his return to riding. With the help of JETS, he applied for a Plumbing & Heating course at Warwickshire College and has just completed his first year, picking up the accolade of Construction Student of the Year on the way!



**Read the full stories of Charlie, Anthony and many others on our website.**

## TOP 5 CAREER TIPS FOR SUMMER

We always encourage jockeys to maximise any down-time they may have either due to the off season or injury so Jump Jockeys if you haven't seen the feature online, here are some ideas of how to use your time over the summer:

1. Create/Update your CV
2. Carry out some Training
3. Do some work experience
4. Research Career Options
5. Build your Contacts

For more, visit the Careers Support section of our website.

## NEW LOOK JOCKEYS SEMINAR

For the first time Personal Development sessions were incorporated into the BHA Jockey Seminars for Conditional & Apprentice jockeys. 32 7lb Conditional jockeys attended the recent day at the British Racing School on July 20th when Phil Kinsella, JETS Jockey Development Manager, ran an interactive workshop in which Conditional jockeys started to develop their plans which they will then be able to review and update online.

Other highlights from the day included a race riding tutorial with Sir AP McCoy and a Media session with Lydia Hislop in which jockeys got the chance to practice their interview styles and get tips on how to improve their communication skills as well as a Resilience Training workshop in which jockeys received some tips on how to cope with the ups and downs of racing.

Hugo Thompson Brown, Conditional Jockey for Micky Hammond,

commented on the new workshop style format, "I thought we would just be sitting in a classroom but it was good to move about and interact with different people. It was a really informative day and I think they should do more for the younger lads."

### Advice from 'The Champ'

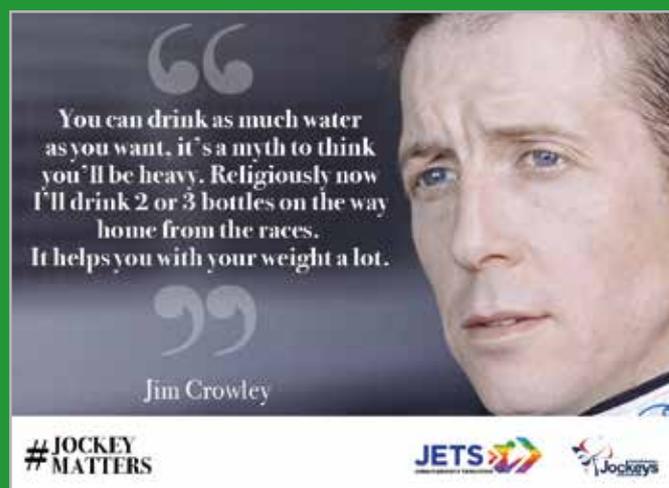
AP McCoy summed up the future for the jockeys who attended the day saying, "There's no reason with all the extra support and facilities available to the new generation of jockeys, that one of you can't beat my record. It depends on how professional you want to be. You need to take the opportunities with both hands. When I was 17 or 18 I thought I had all the answers but I would give anything to be in your shoes again now because I know I'd be more successful because of everything I've learned in my career. You never stop learning."



## NEW 'JOCKEY MATTERS' FILMS

The first in a new series of films entitled 'Jockey Matters' was shown for the first time at the Seminar with an overwhelmingly positive response from the jockeys. The films are aimed at Apprentices and Conditionals and focus on various aspects of jockey welfare with contributions from Jump and Flat jockeys who have dealt with a range of issues in their career and highlight the support network available to young jockeys today. The first films cover Nutrition & Fitness with expert advice on various weight making techniques.

Make sure you keep up with all the films in the series by visiting [www.jets-uk.org/jockeymatters](http://www.jets-uk.org/jockeymatters) or search for #JockeyMatters on Twitter. Thank you to everyone who has taken part in the making of these films.



## CONGRATULATIONS!!

**Ollie McPhail** on completing his 1000th event as Lead Education Officer for the Racing to School charity.



Ollie McPhail

**Matty Roe** on his new job as an apprentice gas and electric smart meter technician at Eon.

**Ed Cookson** on graduating with a Distinction in his Intensive Farming Course at the Royal Agricultural University.

**Keith Mercer** on gaining a First Class Honours degree in Accountancy & Finance.



Keith Mercer

And of course... **Lisa Delany** on her Rory MacDonald Racing Community Award at the Godolphin Stud and Stable Staff Awards.



## THINK ABOUT COURSES NOW!

September is when many training courses begin so now is the right time to think about any new qualifications you'd be interested in acquiring. Please contact Lisa or Phil to discuss what options are available and of course how JETS can help with funding your course.

CONTACT JETS



Please follow us @JETS4Jockeys or like us!

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