



# COACHING MATTERS



ISSUE 13 - APRIL 2024

Coaching newsletter for RSDP

**Welcome to the April edition of Coaching Matters, the monthly newsletter for all registered Rider Coaches in the Racing Industry.**

## Coach of the month - Marie Skelly

Marie Skelly is a part time instructor at the NHC. She holds her British Horse Society Assistant Instructor and Intermediate Stable Manager certificate and is currently working to achieve her Level 3 Racing Coach qualification. Marie is married to Ross Skelly (farrier) and has a young pony racing mad son Seth.

Three things you didn't know about Marie!!

- Marie studied Equine Science and Sports Management at De Montfort University after gaining her A levels
- She competed in the 2016 Badminton Grassroots final in 2016, jumping round the famous Badminton Park!!
- Marie breeds gorgeous working Labradors and welcomed the latest litter in January!



## This issue:

- Coach of the Month
- L3 training at Mick Appleby's Langham Racing
- Level 2 coaching successes
- Coaching tips Cool Down
- Nigel Haizelden Trilogy of veterinary webinars
- Regional Training and Upcoming Events





## Level 3 Coaching Training at Mick Appleby Racing

March 6 saw three of our potential level 3 coaches working in the field, coaching work riders at Mick Appleby's yard just outside Oakham. Will Kennedy (Jockey Coach), Marie Graham and Caroline Gill all spent a productive morning coaching riders on the gallop and the mobile simulator. We were made very welcome by the team at Langham Racing morning and everyone who undertook coaching enjoyed the opportunity immensely

## Level 2 Coaching Success

A level 2 coaching course was held from March 18-22 at the NHC, Doncaster. Four coaches were successful in qualifying at Level 2 coaches. Congratulations to Malcolm Bygrave, Lori Walsh, Lyndsey Bull and Kim Jump.

## Coaching Tip

The importance of cooling down after a training session. This is a subject that often gets "left on the shelf". There is a great deal to learn from an effective cool down after a coaching session.

### The Horse

- Allows the horse to disperse lactic acid in the muscles and prevents "tying up"
- Cools the skin and coat preventing chill and repeatedly breaking out into sweat
- Calms the horse and helps him to relax by dispersing adrenalin

### The Rider

- Gives the rider an opportunity to reflect and review the session with the coach
- Enables the rider to ask questions and check understanding
- After giving and receiving feedback allows time to develop a future plan







## The Coach

- Time to summarise the session and celebrate rider's achievements
- Critically reflect on own coaching performance
- Support riders action plan for further development

## Nigel Haizelden – BHA Veterinary Officer

RSDP and their members were treated to a fantastically informative trilogy of lameness webinars by Nigel Haizelden, BHA veterinary officer and owner/lead vet of Ledstone Veterinary Centre, Castleford, West Yorkshire.

The first webinar covered how to recognise lameness

### Key Take Home Points

- What is lameness?
- How do we assess lameness
- Using the correct terminology

The second webinar encompassed investigating lameness and diagnostics

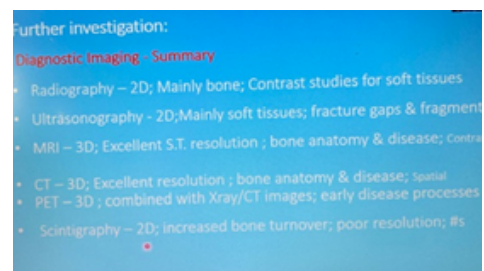
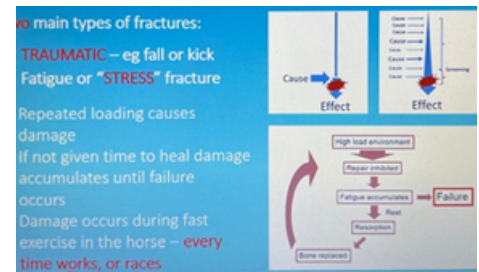
### Key Take Home Points

- History and visual assessment
- Clinical examination of the limbs which may include exacerbating the lameness
- Diagnostics – how and when to use them

The third and final webinar delved into equine bones and fractures.

### Key Take Home Points

- Fractures are the most common form of fatalities in racehorses
- The “stick” analogy – bones will only take a certain amount of pressure before they fracture
- Recognising areas of stress and strain before the horse breaks down
- Training on different surfaces to aid the increase of bone density





## UK Coaching Week

UK Coaching Week runs from 29th April to 5th May 2024 and the theme this year is Holistic Coaching: “Developing Skills for Life”. The aim of the week is to share experiences and coaching stories of learners you have worked with who have benefited from your “all round” approach to developing their skills. For example, a teenager I coach with her own horse came to me for help and advice with her Biology A level (I do not hold a Biology A level!). We worked together to develop her confidence and self-belief and she passed her mock A level in January with a reasonable grade! Please contact Sue with your experiences – don’t wait for her to contact you!!

## Quote for March

**“At times when events at work and in the world dampen the spirit, coaching brightens the path”**

## Upcoming Events For April & May 2024

3rd April Lambourn Equine First Aid

9th April Coach CPD New Beginnings Malton

15th April L3 Coaching Northern Visit Rebecca Menzies

18th April Middleham Rider Development Sessions

22nd-25th April Level 1 Coaching NHC

22nd April Newmarket Rider Development Sessions

8th May Middleham Rider Development Sessions

17th May Staff Management Training Cheshire

20th May Level 3 Coaches Training NHC

22nd May Equine First Aid Middleham

May Lambourn Rider Development Sessions TBC

May Horsemanship Webinar TBC

**That’s all for now folks!!**

**Please send your Coach of the Month nominations and any news or ideas you would like to see on here to [sue@sue-ringrose.com](mailto:sue@sue-ringrose.com)**



## We want to hear from you!!

Please email any coaching success stories that you may have and any coaching challenges that you have encountered and let's all enjoy the positive moments and share ideas and solutions by email.

