



COACHING MATTERS



ISSUE 11 - FEBRUARY 2024

Coaching newsletter for RSDP

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

Calling All Coaches!!

Any coaches who would like to shadow regional training days? This is a great opportunity to develop your “eye” with a variety of riders under the guidance of an experienced Racing Coach. Please contact L.Webb@thenhc.co.uk who will organize this for you. Those of you who are aiming to take your Level 2 coaching this year would find this an invaluable experience prior to putting in your application. On that note, applications are open for our two L2 courses for 2024 at the NHC:

March 18-22:- Level 2 Coaching Course

December 2-6:- Level 2 Coaching Course

These will be the ONLY L2 courses held in 2024 so don't miss out!!!

Upcoming Events For 2024

- February 13th - regional coaching simulator sessions, Newmarket
- February 22nd - Part 3 Lameness webinar
- February 27th - regional coaching simulator sessions, Lambourn
- March 4th and 5th - Introduction to staff management, Epsom
- March 18th to 22nd - Level 2 Coaching Course, NHC
- April 3rd - Equine First Aid course, Lambourn
- April 9th - CPD day, New Beginnings, York, YO42 1AQ. £10 including lunch, 10AM start

This issue:

- Spotlight on Training Aids and Technical Equipment
- Focus on the Point to Point season
- Work Rider Progression Programme





Technology now plays a huge part in a racehorse's longevity and ability to perform at his best. The market is flooded with Apps and innovations but here are a selection of products.

Spotlight on Training Aids and technical equipment

A training aid may benefit the horse by placing him in a way of going which promotes muscular development, enhances symmetry or improves the quality of the paces. However there is no substitute for correct ridden work and a rider who can recognise weaknesses in the horse's way of going and counteract evasions.

Pessoa

Designed by showjumper Nelson Pessoa, this training aid is widely used to promote greater engagement and connection in the horse. When fitted and used correctly it helps to strengthen the horse's back.

Advantages – helps to build back muscles and strengthen top line in developing and re training thoroughbred horses.

Disadvantages – The way in which the back strap connects to the bit can cause a false outline and encourage the horse to go behind the bit.

Harbridge

A training aid where the breast strap loops through the girth and splits into two elasticated straps which attach to the bit. Used for ridden flatwork or lunging where it comes into action when the horse raises his head to gently pull down into an "outline".

Advantages – encourages acceptance of the contact.

Disadvantages – discourages the horse from working from his hindquarters.

Also Known as bungies.

Ice Vibe Boots

These therapeutic horse boots combine the effects of cooling and massage therapy to reduce soreness and swelling with vibration panels to help boost circulation and stimulate healing.





Equine Band Core Conditioning System

A rehabilitation system designed to use resistance bands to help with core and postural stability. Can be used for riding or lunging.

Advantages – Vet and Physio’s recommend these muscle building bands for encouraging the horse to develop more lift and engagement. This is not a forceful training aid and can be used in a multiple of ways.

Disadvantages – The bands can have a negative effect on the horses’ desire to move forward.

The Nightwatch

The first Smart headcollar! Packed with technology and containing a small computer in the headpiece, this innovation tracks all the horse’s health indicators and sends messages to an app on your phone or device. It also contains a GPS tracker to locate the horse should he/she go missing!

Resistance Mask

In 2022 researchers at Bristol Vet School took an idea from athlete training and developed the resistance mask to enhance involuntary muscle training (IMT) in racehorses. The mask is fitted to the horse whilst stabled, for 6 minutes a day, 5 days a week and helps to develop diaphragm muscle and respiratory muscle strength. Another benefit to using the mask is that it also stimulates the muscles of the pharynx and soft palate which the researchers hope will lead to fewer surgeries on horses with wind problems.

Research Articles:

- “Equine training aids: can they really improve performance?” Williams JM 2020
- “Effect of a 4-week elastic resistance band training regimen on back kinematics in horses trotting in-hand and on the lunge”T. Pfau, V. Simons, N. Rombach, N. Stubbs, R. Weller 2017
- “Evaluation of the cooling efficacy of different equine leg cooling methods” D.J. Marlin 2019
- “Inspiratory muscle training for the treatment of dynamic upper airway collapse in racehorses: A preliminary investigation”. L.E. Fitzharris , S.H. Franklin , A.K. McConnell , M.J. Hezzell , K.J. Allen 2021





Focus on the 2024 Point to Point Season

Point to Point Report from the South - Emma Watson Level 2 Racing Coach

As the Point to Point season gets well under way here in Devon and Cornwall, we are hit with good old January weather. Enough rain to last a lifetime, followed by Jack Frost himself. This has caused numerous issues for local race courses, such as not being able to put fences out, to frost that just won't shift. This has already caused some great meetings being abandoned. January is normally a popular time to year for trainers to run their horses. Despite the challenges, trainers will be trying their best to keep the work force going ahead of a busy couple of weekends. There are a total of 13 meetings in January across the country. I have my first runner for this season on the 28th January at Milbourn St. Andrew. Fingers crossed we are lucky and have a good run.

Point Report from the North -Jessica Gillam Level 3 Racing Coach

The Northern area has been no exception to the rest of the country, with its battle against the elements, whether that be flood or frost! Hexham and the second Alnwick were both abandoned and everybody is keeping everything crossed that Friars Haugh this weekend (21st), doesn't make it a trio. However, the meetings that have escaped the extreme weather conditions were Alnwick (1) and Sheriff Hutton and they both proved to be excellent days of sport, with healthy field sizes. Sheriff Hutton's racing was so competitive that it resulted in two dead heats! There was a bumper crowd present (helped by the sunshine) and the day was a great success.

This was made even more poignant by the fact that it was a fundraiser for the very worthy cause of the Yorkshire Air Ambulance. Another positive factor from both meetings, were the new faces in the jockeys tent, proving that pointing is a valuable grassroots tool for burgeoning jockeys. Let's hope that those two meetings have set the trend for the rest of the Northern season and that Mother Nature may start to be more sympathetic.

Editors Note – Jess was awarded an MBA in Thoroughbred Horseracing Industries last Autumn after studying the 2 year course at Liverpool John Moores University – Well done Jess!!





Work Rider Progression Programme

In 2024, RSDP are introducing the Work Rider Progression Programme which will take place in the workplace and be delivered by our qualified Racing Coaches. The coach will make a practical assessment of the work rider and training will include observation and improvement of riding skills, together with development of knowledge and understanding of riding racehorses to improve performance. Details of the Programme are available on request via a Zoom recording. Please email S.Trainor@thenhc for further details if you have riders who would benefit from this scheme.



A coach is someone that
sees beyond your limits and
guides you to greatness!

Michael Jordan

quokzancy



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.

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

