



# COACHING MATTERS



ISSUE 15 - JUNE 2024

Coaching newsletter for RSDP

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

## Reminder!

**June Webinar “Believe and Achieve” Overcoming Mental Barriers in Coaching. June 11th at 7.00pm  
Microsoft Teams**

An interesting and interactive evening highlighting some common issues our coaches face and discussing solutions.

Topics include:

A sense of belonging :- how does it feel to belong or not to belong

Making ourselves feel we belong as a coach

Making our learners feel they belong

Self care for coaches

The impact of belonging

Holistic development well being /self esteem /relationships

Having difficult conversations

How can coaches overcome mental barriers

## Keep your eyes peeled for

**RSDP website will be launched very soon!**

The RSDP team are currently building a website which it is hoped will aid the programme in raising awareness alongside supporting courses by sharing information and using an online booking system. It will feature a secure dedicated hub just for coaches!

## This issue:

- June Webinar
- Louisa Allen
- RSDP website
- coaching quote
- Mental Health Awareness Week
- UK Coaching Week
- Round Up of Regional Coaching
- Coach of the Year Award
- Rider and Horse Exercise to try this month
- CPD day
- June Calendar





## Shout out to Louisa Allen

"I would like to say a massive thank you to Louisa Allen, she has coached me since I started at Jim Boyle Racing and I would not be half the rider or person I am now without the whole team but especially her. She has helped me gain confidence, learn new skills and has taught me what racing is all about. Lou is incredible, giving simulator sessions, teaching me all about feeding etc and all round being a huge support and friend to everyone. Coaching is so important and anyone who has been coached by Lou knows just how much of a difference it makes"

**Kate Thorning**

**Well done Louisa**



## Mental Health Awareness Week 13-19 May

RSDP supported mental health awareness week by wearing green ribbons in memory of friends and colleagues lost to mental health issues. Posts went out on social media to promote the work of Racing Welfare, encouraging colleagues and friends to talk.

## UK Coaching Week 29th April - 5th May

The theme of this years coaching week was "holistic coaching" with the emphasis on thanking coaches for the support they offer to their clients

RSDP received great testimonials from riders thanking their coaches for inspiring them, giving them confidence and building their self-esteem. A number of coaches, work riders and racing staff were involved in promoting the good work of our Racing Coaches, for not only in developing their riding skills but also in showing an interest in lifestyles, offering emotional support and ensuring well-being.



## Food for thought

THE NUMBER 1 UNDERLYING REASON WHY 5% SUCCEED, BE IT IN SPORTS, BUSINESS OR ANY OTHER FIELD FOR THAT MATTER, IS BECAUSE OF THIS;- THEY ARE WILLING TO DO MORE THAN WHAT'S BEEN ASKED  
Alistair McCaw - Sports Performance Coach and author of Champion Minded

Coaching week. Without this fantastic lady taking time to help me with my course work. I don't think I would of even proceeded with this course. She's empathic, understanding and also a genuine lady. I want to thank you Sam for all you do for all of us. You don't even realise how fundamental you are to horse racing. Thank you

21:15





## Round up of regional coaching

This month regional coaching has taken place at Malton, Lambourn, Newmarket, Middleham, Sedgefield, Newark and York, delivered by Level 3 coaches and supported by Level 2 coaches. On 17th May an “Introduction to Staff Management” course was held at Kelsall Hill, led by Sam Trainor RSDP Manager. The Equine First Aid Qualification was taken to Middleham on 22nd May, again led by Sam Trainor, which proved to be a very informative and successful event, with non racing staff asking to book on amazed at the opportunity racing staff were getting. Next course will be in Cheshire on 29th July at Kelsall Hill.

## RSDP COACH OF THE YEAR AWARD

Nominations will open on 5th August 2024 for our inaugural Coach of the Year Award.

Nominations can be made from peer coaches or someone the coach works with. They can be submitted via word document, movie to include videos and photos with a voiceover of why you think this coach deserves to win.

The nominees cannot be an RSDP team member.

Nominations must cover:

What does coaching mean to you?

How has coaching helped you?

What have been your best coaching achievements to date, showcase this. (could include quotes, pictures from sessions with their permission)

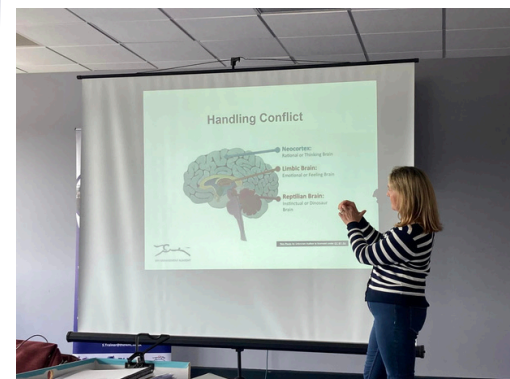
Have you come across any barriers in your coaching and how have you overcome these?

How do you see coaching helping in the future.

Please send your nominations to Lauren Webb ([L.Webb@thenhc.co.uk](mailto:L.Webb@thenhc.co.uk)) by 30th September, 2024.

Judging will take place by a BHA judge and the winner will be announced on 1st October!

The winner will be presented with a “Coach of the Year” trophy by RSDP and a prize.





## Rider Exercise for June

### The Camel Pose

A Yoga exercise, the camel pose helps to strengthen the pelvis, the back muscles and flexes the spine.

A difficult exercise to master, it promotes physical and mental well – being. Give it a try!!

## Horse Exercise for June

Poles on a half circle help to engage the horse's hind leg and develop his core and abdominal muscles.

Start riding over the center of the poles in walk and then trot. Focus on the middle stripe to maintain accuracy. To shorten the stride ride an inside line and to lengthen the stride take an outer line. Use pole pods to ensure the poles don't roll!

## CPD Day August 5th BRS

Join us for our second face to face CPD day Maximizing your coaching potential.

Monday 5th August 10am at The British Racing School. £10 includes lunch.

Activities include:

An introduction to media training

Sharing good coaching practice

Person centered coaching

Celebration of coaching achievements

## Upcoming Events

- June 3- Simulator sessions Middleham
- June 4- Simulator sessions Middleham and Oaksey House
- June 5- Level 3 Coaching Assessment Day Rebecca Menzies Racing
- June 6- Level 3 Coaching individual professional discussion via Microsoft Teams
- June 11- Simulator sessions BRS
- June 13- Simulator sessions Jack Berry House, Malton
- June 17- Simulator sessions Middleham
- June 22-28- Racing Staff Week



**Racing Staff Development Programme**

**Coach CPD Day**

**MAXIMISING YOUR COACHING POTENTIAL.**

An introduction to media training  
Sharing good coaching practice  
Person centered coaching  
A celebration of coaching achievements

Monday 5th August 10am  
The British Racing School  
£10 includes lunch.  
To book on contact Sam.

**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.**  
**[sue@sue-ringrose.com](mailto:sue@sue-ringrose.com)**