



Welcome to the May edition of Coaching Matters, the monthly newsletter for all registered Rider Coaches in the Racing Industry. This month to celebrate our first anniversary we are producing a bumper issue packed full of achievements and events.

Achievements made since the Introduction of Coaching Matters in May 2023 in pictures

This issue:

- First anniversary news – achievements throughout the year
- Leanne White Report on CPD day at New Beginnings in York
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- Focus on Epsom – staff management and simulator training
- Spotlight on Kimberley Jump and how shadowing Lousia and Lauren before her L2 course helped her gain the qualification
- Level 3 Coach training at Rebecca Menzies Racing
- Coach of the Year Award
- Save the date for June webinar
- BRS CPD date in August



RSDP has developed to currently comprise 'pillars of activity' that provide flexible, responsive and relevant staff development opportunities across all vocational areas that support a culture of continuous professional and personal development. The pillars have room for growth within the programme and scope to work with other training providers within the industry.

Key Area of Success in 2023

- Successful grants applications from the Racing Foundation for the build of a website and second training vehicle.
- The development of two new programme which will be embedded within current programme pillars of activity to expand our provision.
- Increased industry awareness and increased stakeholder collaboration (more required).
- Level 3 graduates with the ability to lead regional coaching.
- Coaches recruited were from more diverse backgrounds and new regions.
- An initial marketing and programme strategy were designed which can be built on.
- Racing2learn was better utilised for CPD and course delivery.
- We saw an increase in uptake across all courses for the South with request for further training, especially with work rider training.
- The Industry People Strategy began its development.

GREAT!





Leanne White

In April 2024 Leanne White became the first RSDP member to secure a full time position as a Racing Coach in the industry. Leanne returns to Andrew Baldings' Park House Stables at Kingsclere to work with members of staff who are new to the industry, giving them advice and confidence to develop their skills.

Congratulations Leanne we are all very proud of your achievement!!



CLEAR Coaching Conversations

- Contract
- Listen
- Explore
- Action
- Review



RSDP CPD Day at New Beginnings Horses, York

Coaches were treated to an interesting insight into the world of re training and re homing racehorses on Tuesday 9th April. Pam and Kevin Atkinson started New Beginnings in 2010 and are now situated at The Grange, Bishop Wilton among 35 acres of grassland. Initially they had to put in extensive renovation and back breaking work to create a suitable environment for horses and visitors. The day began with a tour of the yard and a long reining demonstration by Leanne with Burrow Seven. Sue then gave Charlotte a coaching session in the outdoor arena focusing on developing the horse's way of going and specifically encouraging him to move forward. Following a lovely lunch provided by Sam a professional discussion on the mornings session ensued before the coaches departed at 2 pm. If you would like to find out further details on New Beginnings and the valuable work they do their website is www.nbhorses.org.uk





Epsom simulator coaching and Introduction to Staff Management 4th and 5th March

Lauren Webb

10 people attended the Introduction to Staff Management course from 4 different yards over the Monday and Tuesday afternoon held at the Holiday Inn in the middle of Epsom Downs Racecourse. Carol Bramhill from BRS joined forces with RSDP again to deliver this short course designed at racing staff working towards a senior role or staff new to management looking to learn about communication; handling conflict; employment law; motivation; team building and styles of leadership. The participants all ranged in age, experience, backgrounds, job roles and career aspirations. The course was well received as always and group was very engaging.

RSDP Southern Ambassador Louisa Allen took the reins and held simulator coaching at her trainer's base South Hatch Stables. Louisa shadowed fellow coach Kim Jump giving her new exercises and tools to bring forward into her coaching sessions, which was evident at the level 2 coaching course held at the NHC during the middle of March. Kim has now progressed to qualified level 2 racing coach with 3 of her peers as well as attending the Introduction to Staff Management course.

Louisa had a busy 2 days coaching members of the Epsom community of all ages, abilities, experience and background in developing their riding skills as well as boosting their confidence and morale.

Well done to everyone involved, it is uplifting to see people working together to overcome challenges, motivate and share experiences.

RSDP Coach of the Year Award!

Nominations will open on 5th August 2024 for our inaugural Coach of the Year Award. Please send your nominations to Lauren Webb (L.Webb@thenhc.co.uk) 30th September 2024. Judging will take place during October 2024 and the winner will be announced before November. The winning coach will be visited in either November or December to have their award presented to them in person!

The winner will be presented with a "Coach of the Year" trophy by RSDP and prize kindly donated by Equithread Embroidery.





Level 3 Coach training at Rebecca Menzies Racing

On Monday 15th April three level 3 coaches headed to Rebecca Menzies Racing for a training day using the RSDP work rider training day format.

The day started with a warm welcome from team Menzies, before being assigned riders. Next they observed their riders riding two different horses on the round gallop, between lots was an opportunity to chat to their riders get to know a little about them and what aspirations they had for the future. Each coach then looked to draw down on their observations by using the mobile training vehicle to deliver simulator development sessions. Coaches were encouraged to use the fitness equipment and video footage from the morning sessions to allow the riders to reflect themselves. All three coaches had very different riders with different areas for development and personalities. What shone through from the day was seeing how far the coaches have come in their journey. Watching them be able to adapt their coaching behaviours to the riders needs and personalities, get a rapport, encouraging the riders to understand how their improvement could benefit both rider and horse and ending with a support plan for achieving future goals.

May Calendar

- May 8 Simulator sessions Middleham
- May 17 Introduction to Staff Management Cheshire
- May 20 Level 3 Training Day NHC
- May 21 Rider coaching sessions Lambourn
- May 22 Equine First Aid Middleham
- May 29 Simulator sessions Newmarket
- May 30 Malton simulator sessions

**Save the date!! June Webinar “Believe and Achieve”
Overcoming mental barriers in coaching.**

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**



**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.