

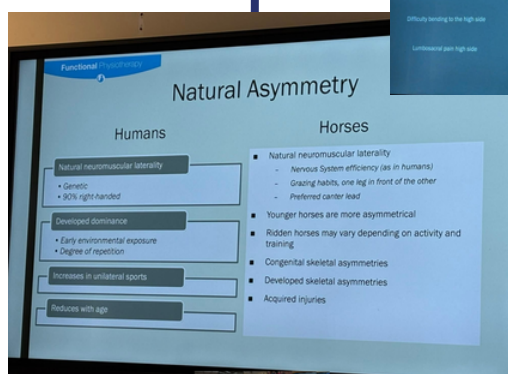


**Welcome to the June edition of Coaching Matters, the monthly newsletter for all registered Rider Coaches in the Racing Industry.**

## Dr Lee Clark – educational biomechanics day for L3 coaching students

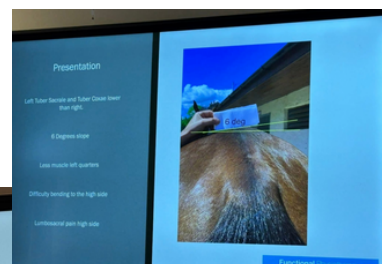
On Monday 19<sup>th</sup> May our L3 coaching students were treated to an educational and informative day of learning, with Dr Lee Clark from Functional Physiotherapy. Lee works from his private practice in Darlington, also with British eventing and endurance teams, travelling worldwide.

Lee explained that there are three main areas to focus on performance; the horse, the rider and the saddle. He discussed asymmetry in horse and rider and how it impacts on performance and linked his findings to recent research. Everyone learned a huge amount from Lee and the day was a great success.



## This issue:

- Dr Lee Clark talks to L3 coach students
- Spotlight on Tim Wilson
- Equine First Aid course in the Cotswolds
- RSDP coach visit to Royal Horse Artillery London
- UK coaching week
- Regional Coaching events







## Tim Wilson Level 1 Racing Coach and Assistant Coach at the British Racing School.

Tim is a great asset to the RSDP regional coaching team at their drop in coaching sessions in Newmarket. He provides knowledge and experience and goes the extra mile to ensure coaching sessions are productive and enjoyable, by bringing extra equipment to aid progression.

Tim willingly foregoes his lunch break to join the RSDP team and will always return for the last sessions on days when he needs to return to work in the afternoon.

A former professional jockey who has ridden winners in five countries, Tim is also a qualified personal trainer, gaining his qualification whilst in the TA.

Tim is passionate about his coaching and helping others and hope to join the Level 2 coaching course to be held later this year.

## Equine First Aid Course at Unicorn Centre In Cotswolds

As part of RSDP alignment with progressing racing industry staff development, horsemanship training such equine first aid qualification is offered. This interesting course brings industry staff of varying roles and industry experience together with equine professionals in other equine disciplines, encouraging shared experiences and knowledge amongst participants.

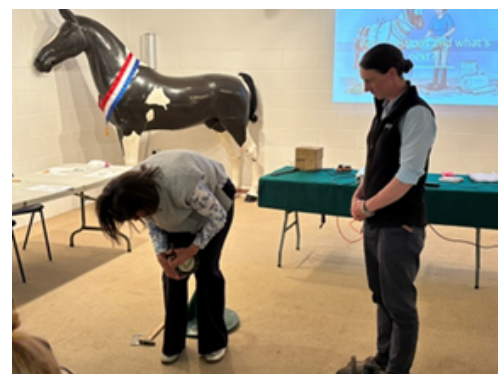
There was a fantastic turnout for our EFA course held on 13<sup>th</sup> May. 15 participants from 7 different racing yards and 2 external made up the eclectic group bringing lots of conversation, respect for their skills and individual stories.

The group thoroughly enjoyed their day, sharing knowledge, good practice and making learning fun!

### Tim Wilson



### EFA Unicorn Centre







## Kings Troop

## Level 3 Coaches visit London to coach the Royal Horse Artillery!

What a fantastic day our Level 3 coaches were treated to by the RHA Kings Troop on Wednesday 28<sup>th</sup> May. After making our separate ways to Regent's Park Barracks, we were all given an informative tour of the site. This was followed by an explanation of the role of a racing coach, by Sam and an interactive classroom session on expectations of racing position.

After simulator sessions at the barracks in the morning, six horses and riders rode through the center of London to Hyde Park Arena where we swapped Army saddles for racing saddles. This gave everyone a taste of riding in racing tack, with Sam and Sue using exercises to help the riders develop a feel for rider position, balance, horse rhythm and pace.

The Army riders were so enthusiastic and made us feel very welcome. It was a momentous occasion for RSDP coaches who felt privileged to attend.

### The day in pictures







## UK Coaching week



RSDP coaches are part of a coaching community, together people with individual knowledge and experience share and mentor each other to become better coaches to impart hints and tips to the rest of the racing industry.

If you have any tips to share with our fellow coaches that has upped your coaching game or made a difference to one of your rider's lives then send a video to Sam quoting #PassItOn

**Look on out RSDP socials for #PassItOn hints and tips from RSDP coaches during 2<sup>nd</sup> to 8<sup>th</sup> June, add new resources to your coaching toolkit!!**

## CPD

Friendly reminder that RSDP second face to face CPD day is 22nd July at BRS. Please make sure you have your name down and any dietary requirements if you would like to remain on our register of coaches.

Day will include interactive safeguarding training which is not only relevant for today but the training is delivered in an engaging and discussion focused format for a mentally stimulating environment. This is followed by group work around schooling coaching over fences inclusively and then simulator work for practical coaching.

## Racing Staff Week

Well done to the coaches that have delivered coaching sessions to riders who are taking part in the Racing Staff Week Racing Welfare Charity Races. Stable Staff Races are taking place in the following locations: Ayr – Saturday 21st June – over a distance of 6f; Newbury – Tuesday 24th June – over a distance of 1m; Newton Abbot – Tuesday 24th June – over a distance of 7f; Nottingham – Thursday 26th June – over a distance of 6f







# We are recruiting Level 2 Racing Coaches

## Calling level 1 Racing Coaches!

Applications are open for level 2 coaching course taking place 14<sup>th</sup> - 17<sup>th</sup> July. This is being held at NHC if we have enough suitable applicants so don't delay and register your interest with Sam or Lauren to be sent details. We look forward to supporting you on progressing through your coaching qualifications.

## Upcoming Events

**UPCOMING  
RIDER DEVELOPMENT  
SESSIONS JUNE 2025.**

½ an hr private timeslots, fully funded.

3 <sup>rd</sup> June	Middleham Key Centre
4 <sup>th</sup> June	Newmarket BRS
6 <sup>th</sup> June	Lambourn Oaksey
12 <sup>th</sup> June	Malton Jack Berry
13 <sup>th</sup> June	Lambourn Oaksey
24 <sup>th</sup> June	Middleham Key Centre
25 <sup>th</sup> June	Newmarket BRS

Call or message Lauren.Santo book on Sam 07597435389 Lauren 07827330059 [www.rsdpc.co.uk](http://www.rsdpc.co.uk)

Detailed information about our sessions can be found at [www.rsdpc.co.uk](http://www.rsdpc.co.uk)

- 4<sup>th</sup> & 25<sup>th</sup> June - Coaching sessions Peter O'Sullivan House, Newmarket
- 3<sup>rd</sup> & 24<sup>th</sup> June - Coaching sessions Middleham Key Centre
- 6<sup>th</sup> & 13<sup>th</sup> June - Coaching sessions Oaksey House, Lambourn
- 11<sup>th</sup> & 12<sup>th</sup> June - L3 assessments
- 12<sup>th</sup> June - Coaching sessions Jack Berry House, Malton
- 7<sup>th</sup> July - Equine First Aid Course, New Beginnings
- 14<sup>th</sup> - 17<sup>th</sup> July - Level 2 Coaching Course, NHC
- 17<sup>th</sup> July - Coaching sessions Jack Berry House, Malton
- 22<sup>nd</sup> July - Southern coaches CPD, BRS

<https://www.rsdpc.co.uk/events-calendar/> to sign up to courses

Coach of the year will be running again for 2025. It is never too early to send clips or nominations via whatsapp or email, so start gathering your video footage of the coach that has inspired you ready to send to Lauren at [L.Webb@theNHC.co.uk](mailto:L.Webb@theNHC.co.uk) or 07827330059 for whatsapp. Coaches can nominate each other, or a team can nominate their coach.

