



COACHING MATTERS



ISSUE 26 - MAY 2025

Coaching newsletter for RSDP

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

RSDP CPD Day 1st April, 2025

A hugely successful CPD day was held at NHC on 1st April, 2025 and attended by nearly 30 registered coaches. The day began with an informative and interesting safeguarding talk by Naomi McLaughlin assisted by Mollie. Our coaches are all required to do safeguarding and this face to face training was a step up from our online learning and gave us lots of talking points around common themes and support that is available. Everyone listened intently and learned a lot especially about emojis!! After a sumptuous lunch provided by Sam a short presentation was delivered on how far RSDP has come in the last 6 years, with a fantastic video showcasing the good work we are doing in the industry. Sue then gave a practical demonstration of working with three riders, giving them an introduction to working over fences which promoted great coach involvement and discussion, before the day concluded with feedback and questions.



Free Online Webinar

22nd May, 2025 at 7pm

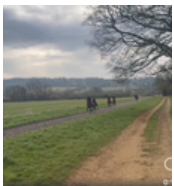
Training the Growing Thoroughbred

Hosted by Nigel Hazelden, former BHA Veterinary Officer



Level 3 Practical Coaching Day Richard Phillips Racing

On 25th March, 2025 our Level 3 coaches Lyndsey Bull, Victoria Smeeton, Lisette Davies and Louisa Allen, together with IV Emma Cassidy and Sue, Sam and Lauren, made their way to the beautiful hamlet of Addlestrop in the heart of the Cotswolds, for a day of coaching on the gallop and simulator. Each coach was allocated a rider who they observed riding two lots up the gallop and then coached on the simulator to improve aspects of their performance. It was a very informative and productive event which allowed each coach to demonstrate elements of their coaching practice which they have been working on during their course. We were made to feel very welcome by Richard and his lovely staff, who really appreciated the opportunity to have coaching in their workplace. We hope we can return there soon!



Richard Phillips Racing



Spotlight on Natalie Dunning Level 2 Racing Coach and NHC Instructor

I coach at the National Horse Racing College, and I think I'm super lucky to be able to follow learners progress daily for 12 weeks periods. Understanding the learners as individuals is key part of my role, the foundation course is difficult. Students are on the go from 6am to 8pm and there will be good and bad days, progress is never linear. We start with teaching the students on the simulators before riding in the indoor school then, progressing them on to the gallops. The range of riders is always so different, you could have someone with some experience of riding in a yard, or someone starting on the lead rein, ensuring they all get the same amount of tuition from the session which can be difficult, but I love the challenge! Things you might not know about me

1 I regularly compete in CrossFit and I am currently training at least 3 hours a day 6 days a week with a recovery run on my 'rest' day. My workouts consist of metabolic conditioning exercises, weightlifting, and gymnastics movements, as well as a range of activities from other sports such as swimming, road cycling and running.

Natalie Dunning





Scottish Coaching Tour



2. Although I compete, I do struggle with self confidence and comparison to others. I get 'stage fright' before competitions and put a lot of pressure on myself to perform well. This is something I've made a lot of personal progress with over the years and I'm now able to share the things that help me with learners that are struggling with the same or similar things.

3. My partner is a CrossFit coach which is how we met; we both find helping people super rewarding. Although, I won't let him coach me!!

Exercise of the Month!

This month Sam is demonstrating the use of the resistance band in developing key muscles for improving pull and push techniques. In figure 1 she is using the squat to build deep gluteal, sartorius and quadriceps muscles and in figure 2 Sam is developing her latissimus dorsi, rectus abdominus (core) and pelvic muscles. Hold position for the count of 5 and rest and repeat 4 times.



Figure 1 - Glutes

Figure 2 - Core

Report of Scottish Coaching Tour

Scottish Coaching Tour 7th to 10th April report from Jess Gillam

The week started with RSDP Level 3 Regional Coach Jess being joined by SRA coach, Polly, to coach at previous yard visited, Iain Jardine. 6 staff members were observed on gallops and received simulator coaching sessions.

Jess went over to Level 3 coach Mercy McEwen's Fossilfield Training center to assist with 7 coaching sessions on the simulator.



Day 2 commenced at Katy Scott's yard with Jess being assisted by SRA coaches Emma Stephenson and Alex Garvin to coach 3 of Katy's staff members.

The day concluded with fitness drop in at Kelso Racecourse.

Day 3 started with Jess, Emma, Alex and Polly doing gallop observations at Nick Alexander's Kinestone yard before 9 riders received coaching sessions on the simulator.

Lucinda Russell was the next yard to be visited on 9th April near Loch Lomond. 12 members of the team took part in coaching and fitness sessions before the day came to a close.

Day 4 Final day of the Scottish Tour saw Mike Smith have a return visit with the simulator for 5 riders to be observed on the gallops followed by Jess, Emma and Alex conducting coaching sessions. The last yard visited was Ian Duncan for 2 staff members to receive coaching sessions

Middleham Rider Development Sessions

On 22nd April Sam facilitated the return of rider development sessions at Middleham Key Centre. With a full timetable of 8 riders, L3 coach Paddy was on hand to assist Sam through his lunch break, they both used the simulator to develop technique and push simulator to gauge fitness levels, this gives us data to enable our riders to continue to progress.

With this increased demand, Sam put on additional sessions the following day enabling Hayley Clements a shadow opportunity.

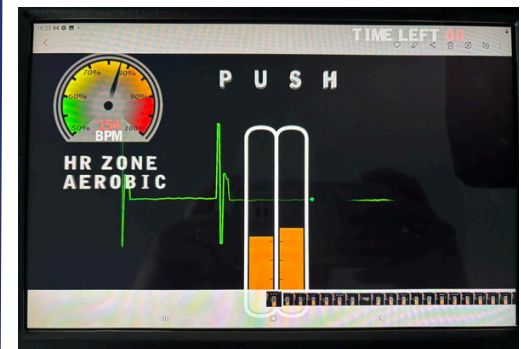
Well done to the riders and coaches giving up their free time to better themselves and the people around them. Sam will be delivering the next rider development sessions at Middleham Key Centre on 6th May.

Get in touch if you would like to shadow at any of the drop in sessions in Middleham, Malton, Newmarket, Lambourn and Epsom.

Mentoring update

Mentoring trial has had it's 3rd installment and making good progress on how to best deliver this qualification. Pilot course will be delivered after assessment in the coming months so please do get in contact if you or your peers are interested in acquiring a level 3 mentoring in the work place qualification. The qualification will offer a blended learning approach with face to face and online learning to make this qualification more accessible to all those across the industry.

Middleham drop in sessions





We are recruiting Level 2 Racing Coaches

Calling level 1 Racing Coaches!

Applications are open for level 2 coaching course taking place 14th - 17th 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

- 2nd & 16th May - Coaching sessions Oaksey House, Lambourn
- 6th & 20th May - Coaching sessions Middleham Key Centre
- 7th & 21st May - Coaching sessions Peter O'Sullivan House, Newmarket
- 8th & 22nd May - Coaching sessions Jack Berry House, Malton
- 12th May - Equine First Aid course, Stow on the Wolds (FULL)
- 22nd May - Webinar 7pm Teams. Training the Growing Thoroughbred.
- 28th May - Level 3 coaches CPD at Royal Artillery, London
- 4th & 25th June - Coaching sessions Peter O'Sullivan House, Newmarket
- 4th & 24th June - Coaching sessions Middleham Key Centre
- 6th & 13th June - Coaching sessions Oaksey House, Lambourn
- 11th & 12th June - L3 assessments
- 12th June - Coaching sessions Jack Berry House, Malton

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

Mental health awareness week 2025 runs from Monday 12th May to Sunday 18th May. The theme for this year is community. Coaches have your green ribbons at the ready to send photos to Sam as part of racing and coaching community. If you need a ribbon sending please contact Sam with your address to have posted to you.

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 or 07827330059 for whatsapp. Coaches can nominate each other, or a team can nominate their coach.

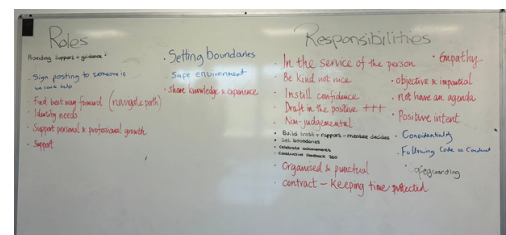
Recent activities



1st Aid training, Chepstow Racecourse



Coach Shadowing, Kingsclere



Day 1 Mentoring, NHC