



Jockey Pathway – Application Form

All professional Jockeys, licensed by the Irish Horseracing Regulatory Board (IHRB), including apprentices and conditionals, are entitled to access a suite of professional services as part of the Jockey Pathway programme.

- Services include a Dietitian, a Strength & Conditioning coach, a Sports Psychologist, and a Career Development & Transition support. An on-course Physiotherapy service is also available.
- The Pathway’s primary goal is to ensure that all Jockeys will have access to a professional support system which will enable them to make the most of their ability, achieve the highest standards and prolong their careers in racing.
- **All newly licensed Jockeys are required to attend the following on an annual basis, while they are claiming, and for two years thereafter:**
 - A minimum of two one to one appointments with the Pathway Dietitian
 - A minimum of two one to one appointments with the Pathway Sports Psychologist
 - A minimum of two Strength and Conditioning classes with the Pathway coach

The details of any licensed Jockey who fails to meet the minimum requirement, as outlined above, will be issued to the IHRB for further review.

- The services are available from a dedicated facility on the RACE campus in Kildare town. Access to the services is free of charge as the pathway is fully funded by HRI.
- The services are available through group sessions/workshops and on an individual one to one basis.

Continued overleaf:



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- The pathway service providers will share details of attendance with HRI. This is to ensure continuity of future services, measure engagement, and to plan for future delivery.
- The weekly timetable for the delivery of the services, any updates and/or changes to the schedule will be posted at the following address: www.workinracing.ie/jockey-pathway. There is also a dedicated twitter account - [@JockeyFIT](https://twitter.com/JockeyFIT).
- In order to access the Pathway services you must complete this application form and return it to: *Patrick Ryan, HRI, Ballymany, The Curragh, Co. Kildare*
- HRI may use the information provided to contact you about future education and training opportunities that may be of interest to you, you can opt out of this at any time by emailing workinracing@hri.ie. If you would like your email address to be on this mailing list please tick here:

I have read the points as outlined above:

Signed: _____ Date: _____



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Personal Details:

Name: _____

Address: _____

Mobile: _____

Email: _____

Twitter Handle: _____

Age: _____

Preferred contact method: _____

Educational background: _____



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Personal Development Plan:

There comes a stage in every Jockeys career where you need to start planning for life outside of the saddle. By completing the next number of pages you will provide us with relevant information to assist us to recommend courses and training programmes that may be of interest to you further down the line:

A. Hobbies & interests

What hobbies and/or interests do you have (e.g. cookery, nature, fitness, sports, DIY, media, business, art)



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B. Career

In this section we would like you to concentrate on the factors that will help you achieve your aims of being a jockey.

What are your immediate needs that might have an impact on your sporting performance?

Weight:

Confidence:

Strength & Fitness:

Race preparation (horse knowledge/reading form/racecourse knowledge)

Diet & nutrition:

Other:

If other, please provide details below:



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C. Personality / Traits

Choose ten words that you feel best describe you. Don't spend too much time thinking about each one; go with your first reaction

Adventurous	6	Ambitious	1	Calm	2	Caring	2
Considerate	2	Constructive	4	Cooperative	3	Copes with change	3
Determined	1	Disciplined	5	Imaginative	6	Enthusiastic	3
Finishes things	5	Focused	2	Friendly	2	Hard working	1
Sociable	2	Helpful	3	Optimistic	2	Neat and tidy	5
Methodical	5	Persistent	4	Self-confident	3	Practical	4
Realistic	5	Reliable	1	Resourceful	6	Self-disciplined	5
Motivated	5	Inventive	6	Idealistic	6		

Count up how many words of your chosen 10 belong in each category:

Category 1	Category 2	Category 3	Category 4	Category 5	Category 6
Goal-orientated	People person	Team worker	Problem solving	Organised	Creative

Observe where the highest numbers are and consider this alongside the definitions below. Does this match your own opinion and how you would describe yourself?

- Goal orientated** Work hard to achieve good results in the tasks that they have been given and the things they hope to achieve
- People person** Particularly good at interacting with others and enjoy company
- Team worker** Willingness to achieve a common goal within a group of people
- Problem solving** Overcome challenges and life experiences explore options and gather information
- Organised** Work within a structure and plan efficiently and effectively
- Creative** Grow opportunity and display an open mind, sensitivity and imagination

Take a moment to consider the above in relation to possible future or dual career development