

# CELEBRATING THE APPRENTICE JOCKEYS' SCHOOL 50 YEARS AND BEYOND

見習騎師學校  
50週年共創未來



The Hong Kong Jockey Club  
RIDING HIGH TOGETHER

# Preface 前言

**T**oday Hong Kong is a global leader in thoroughbred racing and home to some of the world's leading horses, trainers and jockeys. Every race we stage is international, broadcast to millions of racing fans around the world.

This achievement is the work of decades and not least of our Apprentice Jockeys' School, whose 50th anniversary we celebrate this year. For the AJS has not only produced world-class riders, but individuals who have gone on to make an outstanding contribution to Hong Kong racing as trainers, assistant trainers, head lads and in many other roles besides.

Over time the success of the AJS led to the establishment of the Racing Development Board, which assumed responsibility for delivering structured vocational training across all the most important functions involved in the care and management of racehorses. In turn the RDB extended its scope to incorporate training of staff in the Mainland to form the core of the stables workforce at Conghua Racecourse.

香港在國際純種馬賽馬業佔有舉足輕重的地位，訓練出不少世界知名的馬匹、練馬師和騎師；各項賽事都受國際重視，並透過越洋轉播，讓全球數百萬馬迷共同分享香港的賽馬盛事。

如此成就是數十年來努力的成果，當中見習騎師學校的培訓更是功不可沒。見習騎師學校於今年迎來第五十個年頭，一直以來，不但造就世界級的騎師，更著力培訓包括練馬師、助理練馬師、馬房領班以及各方面的賽馬專業人才，為香港賽馬的非凡成就作出貢獻。

隨著時間的見證，見習騎師學校的成功促成了賽馬培訓發展委員會的成立，致力為賽馬管理及護理等重要職能提供結構化的職業培訓。及後，賽馬培訓發展委員會更把培訓擴展至內地，讓職業培訓成為從化馬場馬房員工的訓練核心。

Now we are taking another important step forward with the creation of the Racing Talent Training Centre, which will play a major role not only in Hong Kong but also in the Greater Bay Area and in developing a national equine industry in the Mainland.

Bright prospects lie ahead for Hong Kong racing and for everyone who contributes to its progress. I look forward to sharing this journey with you.

現在，我們再向前邁進一大步，成立賽馬人才培訓中心，不僅在香港，以至大灣區以及全國馬業發展的推廣及促進，發揮舉足輕重的角色。

在此祝願香港賽馬業，以及每一位為香港賽馬業作出貢獻的人才迎來美好前景，期待與您共同分享這段充實的旅程！



Winfried Engelbrecht-Bresges GBS JP  
Chief Executive Officer

行政總裁  
應家柏 GBS JP

# Message from Executive Director of Racing

## 賽馬事務執行總監的話

**T**his year marks the 50th anniversary of the Apprentice Jockeys' School, which has been such an important part of the development of Hong Kong racing ever since its establishment in 1972. Many well-known jockeys, including Vincent Ho, Keith Yeung, Matthew Poon, Matthew Chadwick and Derek Leung, have trained here. Some have gone on to become top trainers, including Tony Cruz, Ricky Yiu, Francis Lui, Manfred Man, Danny Shum, Me Tsui and Frankie Lor.

It is particularly gratifying to be celebrating this anniversary in 2022 as we embark on a new chapter with the new Racing Talent Training Centre. Together with the Apprentice Jockeys' School, this will contribute even more to the development of Hong Kong's racing industry, providing a thorough grounding to trainees through classroom-based learning and practical hands-on experience.

I am especially excited by the signing of memoranda of understanding with The Guangdong Vocational Institute of Sport, Hong Kong Association of Sports Medicine and Sports Science and The Education University of Hong Kong, which will significantly advance and enhance the RTTC's programme both in Hong Kong and the Mainland.

今年是見習騎師學校成立50週年，自學校於1972年成立以來，一直在香港賽馬發展擔當重要的角色。許多出色的本地騎師包括：何澤堯、楊明綸、潘明輝、蔡明紹、梁家俊等，都受訓於見習騎師學校；而不少騎師更成為了賽馬行業中的頂尖練馬師，如告東尼、姚本輝、呂健威、文家良、沈集成、徐雨石和羅富全。

令人欣喜的是，適逢2022年慶祝見習騎師學校創校紀念日，賽馬人才培訓中心亦開展新篇章，將與見習騎師學校一起，透過課堂學習和實踐經驗，進一步為學員提供全面的基礎培訓，持續為香港賽馬發展作出貢獻。其中，與廣東體育職業技術學院、香港運動醫學及科學學會，以及香港教育大學，簽訂合作備忘錄，將有助大大提升及強化賽馬人才培訓中心在內地及香港的課程，我對此感到無比興奮。



Most encouragingly, all six of our curricula in the Certificate of Racing, Diploma of Horse Racing Stewarding and Certificate in Farriery have been successfully reaccredited for the period 2022 - 2027 by the Hong Kong Council for Accreditation of Academic & Vocational Qualifications (HKCAAVQ).

To all our trainees and their families, our colleagues and partner organisations, such as the HKCAAVQ, CUHK Orthopaedics, Racing South Australia and TASRacing, thank you for your continued commitment to delivering the mission of the RTTC. I look forward to even more success over the next 50 years.

更令人鼓舞的是，六項優秀的賽馬證書課程、競賽董事文憑課程及蹄鐵術證書的課程，再次成功獲得香港學術及職業資歷評審局（評審局）的認證，繼續開辦2022年至2027年的證書課程。

在此特別感謝我們的所有學員及其家人、我們的員工和合作夥伴，包括：香港學術及職業資歷評審局、中大骨科和創傷學、南澳賽馬會和塔斯馬尼亞賽馬會，感謝您們的持續承諾，與我們實踐賽馬人才培訓中心的使命。期待一起同心同步同進，共創下一個50年！



Andrew C Harding  
Executive Director of Racing

賽馬事務執行總監  
夏定安



賽馬人才培訓中心

# RACING TALENT TRAINING CENTRE



# Renaming

## 重新命名

In celebration of the 50th anniversary of the Apprentice Jockeys' School, the Racing Development Board is being renamed The Hong Kong Jockey Club Racing Talent Training Centre (RTTC).

The RTTC comprises two schools: The Apprentice Jockeys' School and The Racing Talent School. The Apprentice Jockeys' School provides riding training, while the Racing Talent School provides skills-specific training for non-riding professionals (stable assistants, assistant trainers, farriers, barrier attendants, track attendants, etc).

As a professional teaching institution, the RTTC will connect Hong Kong and Mainland communities. Since 2008, over 1,800 people from the Club's racing division – ranging from apprentice jockeys to stable assistants, work riders and assistant trainers – have already undertaken racing training certificate courses offered by the Board.

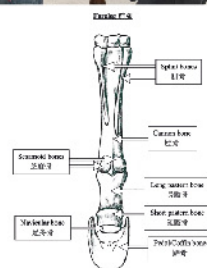
適逢見習騎師學校50週年，賽馬培訓發展委員會將改名為香港賽馬會賽馬人才培訓中心。賽馬人才培訓中心旗下設有兩所學校，包括見習騎師學校及賽馬人材學校。見習騎師學校提供騎術訓練，而賽馬人才培訓學校為非騎術範疇人才（如馬房助理、練馬師、釘甲匠、出賽馬閘前助理課程和賽道助理課程等）提供專門技能訓練。作為專業的教育機構，賽馬人才培訓中心將聯繫本港及內地社群，以培育及發掘傑出的賽馬精英。

自2008年起，已有超過1,800百名隸屬馬會賽馬事務處的員工及學員，包括助理練馬師、釘甲匠、馬房員工、騎術經理及教練、以及見習騎師及見習學員等，修畢由該委員會（現為賽馬人才培訓中心）所開辦的證書課程。



# Our Curriculum

## 我們的課程



The Hong Kong Jockey Club Racing Talent Training Centre (RTTC) conducts four recruitment drives annually. Positions are available as a Hong Kong racing trainee, Hong Kong stable assistant, Mainland trainee and Mainland stable assistant. In addition to all-round training for new recruits, the RTTC provides training and further education to in-service racing talent. The RTTC is committed to developing all its trainees as elite members of the horse racing industry.

All courses in Hong Kong and the Mainland were accredited by The HKCAAVQ in 2010 and confer QF 1-4 (levels in the Quality Framework). Among the six Hong Kong racing-accredited courses, three are riding courses three non-riding courses. The QF 1-2 courses are equivalent to Foundation Certificates, while QF 3 and QF 4 course attendees are entitled to a Diploma and Higher Diploma or Associate Degree, respectively. All courses have undergone quality assurance by the HKCAAVQ to ensure the governance structure, teaching quality, quality assurance mechanisms and financial conditions meet the required standards in the Four-stage Quality Assurance Process. Upon completion of the courses, graduates are professionally qualified to contribute to the racing industry.

All six of the certificate courses were thoroughly assessed and reviewed by the HKCAAVQ in 2022, which has been accredited to run the Club's programmes over the coming five years. This ensures steady growth of the Hong Kong horse racing industry. New courses, including the Certificate in Racing Instructor, will also be launched in the coming year. The RTTC looks forward to building a broader curriculum and to nurturing even more talent.

The Club has established two committees to monitor the quality of teaching, namely the Programme Development Committee (PDC) and Quality Assurance Committee (QAC). The PDC reviews and advises on the development of programmes, while the QAC is responsible for monitoring classes and acting as a quality assurance body.

香港賽馬會賽馬人才培訓中心一年舉辦四次大型招生計劃，分別招募：香港見習學員、香港馬房助理、內地見習學員及內地馬房助理，為有志投身賽馬專業的人才進行多元化培訓。除此之外，更為在職的賽馬人才提供培訓及進修的機會，致力培育他們成為賽馬行業的精英。

在香港及內地所舉辦的課程，已於2010年通過香港學術及職業資歷評審局的評核，並獲得第一至四級的資歷認可。六項獲本地認可的賽馬培訓課程當中，其中三項為策騎課程，另有三項非策騎課程，通過香港學術及職業資歷評審局質素保證機制的評審，就管治架構、學術水平和質素、師資、質素保證機制和財政狀況等方面以四階段進行評審，達致質素保證的要求。完成課程的人士取得專業資格證明，並能為賽馬行業作出貢獻。

在2022，我們的六個證書課程再次獲得香港學術及職業資歷評審局的認證，將繼續在2022年至2027年度開辦課程，為賽馬行業發展注入強心針。來年，我們更會開辦不同課程，包括賽馬教練證書課程，希望秉承理念，培育更多人才。

除了開辦不同課程，馬會亦特此成立兩個委員會進行課程監管，致力確保教學質素，包括：課程發展委員會及質素保證委員會。課程發展委員會致力向賽馬人才培訓中心的課程進行修改及提供課程發展的建議；質素保證委員會則負責為賽事發展委員會監管課堂，為培訓、考核及課程認可等範疇作出質素保證，務求臻於至善。



# Certificate in Racing 賽馬證書課程

## Riding

### Riding 策騎

This course is an enhancement of the stable assistant certificate and includes riding theory and techniques. The riding component teaches participants how to ride a horse safely in a closed area and the difference between the four basic gaits - walk, trot, canter and gallop.

本課程在馬房助理證書課程內附加策騎理論。策騎部分包括如何在封閉區域安全騎馬及四種基本步態的區別，步行、快步、慢跑和快跑。

**QF Level 1 (Hong Kong)** 獲資歷架構第一級課程認證 (香港)

**Non-QF Level 1 (Mainland)** 獲資歷架構第一級課程認證 (內地)



### Work Rider 策騎員

This course covers riding and stable management. Building on the advanced stable assistant course, the riding component includes advanced riding during trackwork and learning how to record sectional times.

本課程由策騎技巧和馬房管理兩大範疇組成。在馬房領班課程內容的基礎上，加入策騎元素，例如如何有效地為馬匹進行晨操和計算分段時間。

**QF Level 2 (Hong Kong)** 獲資歷架構第二級課程認證 (香港)

**Non-QF Level 2 (Mainland)** 獲資歷架構第二級課程認證 (內地)



### Jockey 騎師

This course provides in-depth racing knowledge for potential jockeys, including reading horse form, preparation prior to a race and how to report horse performance to trainers. Training in handling race inquiries and media interviews is also provided.

本課程為具潛質的見習騎師而設。除了深入的賽馬知識，例如分析賽事，賽前準備和如何向練馬師報告賽事情況外，還包括面對研訊和媒體採訪的技巧，為騎師之路作好準備。

**QF Level 3 (Hong Kong)** 獲資歷架構第三級課程認證 (香港)

**Non-QF Level 3 (Mainland)** 獲資歷架構第三級課程認證 (內地)



# Certificate in Racing 賽馬證書課程

## Stable Management 馬房管理

### Stable Assistant 馬房助理



This course is designed for newly recruited stable assistants. It focuses on basic horse knowledge and horse care, such as common horse illnesses and how to maintain stable cleanliness.

本課程能協助新招募的馬房助理，了解基本的馬匹知識和護理，例如：馬匹的常見疾病和清潔馬格。

QF Level 1 (Hong Kong) 獲資歷架構第一級課程認證 (香港)  
Non-QF Level 1 (Mainland) 獲資歷架構第一級課程認證 (內地)

### Advanced Stable Assistant 馬房領班

This course focuses on assessing the health of horses and providing first aid. For example bandaging wounds, preventing choking, icing and administering medication. Participants also learn how to help assistant trainers manage stable operations.

課程的重點是評估健康狀況並為純種馬提供急救，例如包紮傷口、窒息、冰敷和藥物治療，以照料一匹健康的馬匹以及如何協助副練馬師管理馬房內部運作。

QF Level 2 (Hong Kong) 獲資歷架構第二級課程認證 (香港)  
Non-QF Level 2 (Mainland) 獲資歷架構第二級課程認證 (內地)

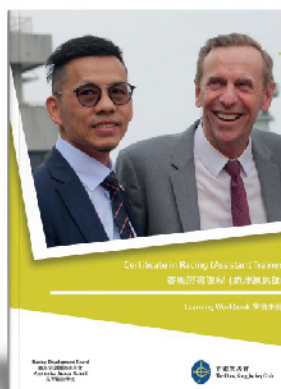


### Assistant Trainer 助理練馬師

This course covers the essential skills required of a trainer, including assessing the conformation of horses for sale, training techniques, exercise physiology theories and understanding racing rules and regulations. It is taught by industry experts, e.g. Stipendiary Stewards.

本課程為練馬師之路應需配備的技能作好準備，內容包括了解評估馬匹形態以作拍賣會內挑選馬匹，認識不同訓練馬匹的方法及馬匹運動生理學。此外，課程還邀請不同賽馬專才作分享，以全面了解賽馬行業的運作。

QF Level 3 (Hong Kong) 獲資歷架構第三級課程認證 (香港)  
Non-QF Level 3 (Mainland) 獲資歷架構第三級課程認證 (內地)



## Certificate in Farriery 蹄鐵術證書課程

The Certificate in Farriery is a four-year apprenticeship programme. Course content includes forging a standard horse shoe, shoeing a horse to minimise problems such as common conformation faults, and performing shoe modifications.

蹄鐵術證書課程是一個四年制的學徒訓練計劃。課程包括為馬匹打造標準的蹄鐵、為正常健康的馬匹釘上適當的蹄鐵和修正蹄鐵。

QF Level 3 (Hong Kong) 獲資歷架構第三級課程認證 (香港)

## Diploma in Horse Racing Stewarding 競賽董事文憑課程

The Diploma in Horse Racing Stewarding provides cadets with well-rounded Stipendiary Steward training in support of the integrity of Hong Kong racing. Programme content includes racing knowledge, rules and regulations, equine welfare and care responsibilities.

競賽董事文憑課程為學員提供全面的競賽董事訓練，以維持香港賽馬的公正。課程內容包括全面的競賽知識、規則及協議、馬匹福利及護理責任等等。

QF Level 4 (Hong Kong) 獲資歷架構第四級課程認證 (香港)





# Other Racing Courses

## 其他證書課程



### Track Assistant Course 賽道助理課程

The track assistant course covers such areas as handling horses safely, opening and closing gates whilst leading a horse, and helping riders to mount a horse.

賽道助理課程為一個短期課程，課程內容包括安全處理馬匹，開關閘門時帶領馬匹和協助策騎者上馬。

### Barrier Attendant Course 出賽馬閘前助理課程

The barrier attendant course includes handling horses safely while performing duties, checking if the racing gear on the horse fits and is appropriate, and procedures and protocols for helping horses enter the barriers.

出賽馬閘前助理課程為一個短期課程，課程內容包括：於執行閘前助理職務時安全處理馬匹，辨認比賽裝備是否合身及安全及應用把馬匹送進閘箱的開始程序/規則等有關內容。





Instructor Petrina Law  
教練 羅凱霖



/Racing Trainee  
賽事見習學員

## Dragons in the Field

踏上騎師之路，需要過五關斬六將，分別到廣東黃村，廣州從化及香港沙田進行策騎，體能及馬房工作等訓練。雖然過程甚具挑戰，但我們經過努力及堅持，必定會成功。



Jockey Derek Leung  
騎師 梁家俊





飛龍



Jockey Matthew Chadwick  
騎師 蔡明紹

## Will Soon Fly in the Sky

The jockey's journey is filled with challenges. Racing trainees are sent to Guangdong Huangcun, Guangzhou Conghua and Hong Kong Sha Tin for training in riding, fitness and stable work. Despite the hardship, success will be achieved with hard work and persistence.

在天



Jockey Matthew Chadwick and  
Trainer Tony Cruz  
騎師 蔡明紹與練馬師 告東尼



Jockey Vincent Ho  
騎師 何澤堯

# Guangdong 廣東黃村 — Huangcun Stage 1



Prior to professional training in Huangcun, racing trainees complete an onboarding programme in Hong Kong. The programme includes sessions by registered dietitian Dr Susan Chung, riding injury prevention workshops by coach Chow Ting-yu, a first aid certificate course, and a Huangpu Military Academy experience camp. Upon completion of these courses, trainees will commence their riding journey at Huangcun.

進入黃村訓練前，見習學員會先在香港參與準備班，為踏上騎師之路作好準備，包括：註冊營養師鍾素珊博士負責的基本營養學、榮獲三屆世界武術錦標賽冠軍周定宇教練負責的預防受傷訓練、急救證書課程及到黃埔軍校訓練體驗營。完成後便到黃村展開策騎之旅。學員會在廣州黃村進行基礎課程、馬房工作及基本策騎訓練，完成所有黃村高中低三級難度馬匹後，便到從化進行第二階段訓練。



# Life at Huangcun



Senior Instructor Xie Dong Ping  
teaches riding skills  
高級騎術教練謝東萍  
為學員指導策騎技巧



Instructor Chen Zhi Qiang  
teaches riding skills  
騎術教練陳志強  
為學員指導策騎技巧



Instructor Ye Ze Sheng  
teaches riding skills  
騎術教練葉澤升  
為學員指導策騎技巧



A racing trainee washes a horse.  
Every racing trainee will be  
responsible for taking care  
of one horse  
香港學員為馬匹沖身，  
平均每位學員需要照顧一匹馬匹

# Guangzhou 廣州從化 Stage 2

Conghua



Trainees undergo advanced riding training at The HKJC Conghua Racecourse, including grass gallops and galloping in pairs. Trainees who perform well and are able to ride a range of horses will proceed to the third stage of training in Sha Tin, Hong Kong.

學員在香港賽馬會從化馬場進行進階策騎訓練、草地快跑及拍跳等訓練，表現良好及完成所有難度馬匹訓練，隨即會到香港沙田進行第三階段訓練。



# Life at Conghua



Racing trainees undergo riding training in a small group  
學員進行小組基本策騎訓練



Chief Riding Instructor (Conghua) Michael De Beer teaches riding skills  
首席騎術教練(從化) Michael 為學員指導策騎技巧



Senior Instructor Divan Neethling rides on track with racing trainees  
高級騎術教練Divan 與學員拍跳訓練



Racing trainees practice jump-out exercises  
學員進行彈開訓練



# Hong Kong *Sha Tin* 香港沙田 Stage 3

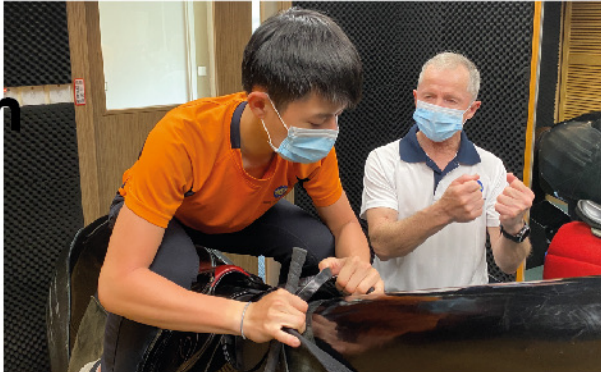


Trainees receive masterclass training in galloping, fast work and jump-outs at Sha Tin Racecourse. They will be assigned to racing stables to gain experience in riding and barrier trials.

學員會在香港沙田見習騎師學校進行頂尖級訓練，在沙田馬場進行快跑及拍跳等訓練，並安排學員到不同馬房進行策騎及試閘以增加經驗。



# Life at Sha Tin



Chief Riding Instructor Felix Coetzee teaches riding skills.  
首席騎術教練高雅志為學員指導策騎技巧

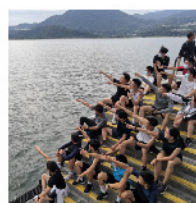


Senior Instructor Mitchell Curtis manages an RTTC stable.  
高級騎術教練Mitchell管理RTTC馬房

Our stable cat Max  
我們馬房的貓 Max



Instructor Petrina Law teaches horse care skills.  
騎術教練Petrina為學員指導照顧馬匹技巧



Racing trainees participate in a volunteer event.  
"Together We Care"

學員參與愛心送暖義工活動



# Overseas 海外訓練 — Training Stage 4



Tasmanian Trainer Leon Wells,  
Victor Wong and Amy Chan  
澳洲塔斯曼尼亞省練馬師Leon Wells,  
黃俊及陳念慈校長

Trainee apprentice jockeys with an outstanding performance will be sent overseas for further training. Here they will work with local trainers, learning advanced riding skills and stable management. Trainees receive an overseas apprentice jockey licence, which enables them to ride in local races and gain more racing experience. After having ridden a certain number of races overseas, they will be licensed as an apprentice jockey by The Hong Kong Jockey Club Licensing Committee and will be able to ride competitively in Hong Kong.



表現出色的見習騎師學員會被派到海外受訓。期間他們會跟隨當地練馬師深造騎術，並參與馬房管理等工作。學員在海外會取得見習騎師牌照，並參與當地賽事，以汲取更多實戰經驗。當他們累積到指定出賽數目後，會被安排返港，並獲香港賽馬會牌照委員會發牌，正式成為本地見習騎師。

# Apprentice Jockeys



Ellis Wong started overseas training in 2021

黃智弘  
於2021年開始海外訓練



Angus Chung started overseas training in 2021

鍾易禮  
於2021年開始海外訓練



Nichola Yuen started overseas training in 2021

袁幸堯  
於2021年開始海外訓練

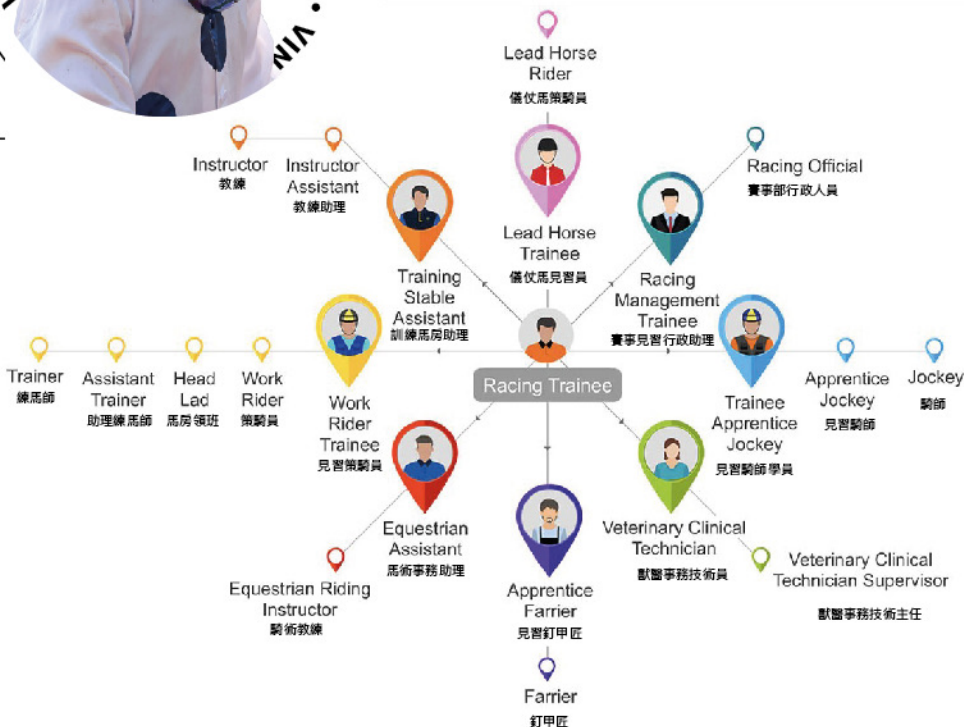


Overseas training in recent years  
過往畢業生海外訓練



2006 Racing trainee  
2008 Trainee apprentice jockey  
2010 Apprentice jockey  
2012 Jockey

賽事見習學員  
見習騎師學員  
見習騎師  
騎師



# Where the Spark Begins to Shine

Though every trainee's journey starts at the Apprentice Jockeys' School, every graduate will have a different career path and shine in his or her own way. The career possibilities and opportunities are wide-ranging. Apart from becoming a jockey, trainees can pursue roles in riding, stable management, education, farriery, veterinary and other racing activities.





1981 Racing trainee  
1987 Jockey  
1995 Work rider  
1997 Head lad  
1998 Assistant trainer  
2017 Trainer

賽事見習學員  
騎師  
策騎員  
馬房領班  
助理練馬師  
練馬師



1974 Racing trainee  
1976 Apprentice jockey  
1987 Senior instructor, assistant starter  
1995 Deputy stable manager  
2021 Training manager / safety manager

賽事見習學員  
見習騎師  
高級教練  
助理馬房經理  
訓練/安全經理



2013 Racing trainee  
2015 Training stable assistant  
2016 Instructor assistant  
2019 Instructor

賽事見習學員  
訓練馬房助理  
教練助理  
教練

# 光芒 由這裏開始

每一個賽事見習學員可能都是從見習騎師學校開始，但每一位畢業生也有著不一樣的職業生涯，於不同崗位綻放光芒。賽事見習學員的就業機會很多，充滿不同的可能性。除了騎師以外，學員可以在不同領域發展，例如策騎，馬房管理，教育，釘甲，獸醫和賽馬事務。



2013 Racing trainee  
2015 Work rider  
2019 Assistant trainer

賽事見習學員  
策騎員  
助理練馬師



/ Partnership 合作伙伴

## Guangdong Vocational Institute of Sport 與廣東體育職業技術學院合作

Mr Xu Ji 徐佶校長  
Principal of GDVIS  
廣東體育職業技術學院校長

The Hong Kong Jockey Club and GDVIS are keen to strengthen collaboration. Through rounds of negotiation, both have agreed to sign a MOU to launch a school-business partnership for the development of racing talent. The partnership includes racing talent identification and recruitment, internships for adult students and the establishment of a Professional Sports Training Course (Horse Racing) for students under the age of 18. This collaboration aims to nurture quality apprentice jockeys and racing talents from the Mainland.

馬會與省體職雙方有意深化未來的合作關係，經過工作小組多次磋商，雙方取得了原則性的約定，共同開辦「校企合作培養賽馬人才專案」並簽署戰略合作框架協議。合作領域包括賽馬人才識別及招募、成年學生的實習項目以及針對未滿18歲學生而設的「運動訓練專業賽馬方向」課程。期望日後能培育出有質素的內地賽馬人才。

### About GDVIS

Guangdong Vocational Institute of Sport (GDVIS) was founded in August 1956 (Formerly Guangdong Provincial Sports School). In May of 2003, GDVIS was endorsed as a full-time sporting vocational college by People's Government of Guangdong Province. Previously under the Guangdong Provincial Sports Bureau, it was managed by Department of Education of Guangdong Province from June of 2020. GDVIS aims to nurture all-rounded racing talents with the vision to be the most influential national training base for the horse racing sport.

廣東體育職業技術學院（省體職）創建於1956年8月，前身是廣東省體育運動學校。2003年5月經廣東省人民政府批准為全日制高等體育職業院校，原隸屬於廣東省體育局。2020年6月整體劃轉廣東省教育廳管理。省體職致力於培養德智體美勞全面發展的賽馬人才，目標成為具有全國影響力的賽馬人才培養基地。

# MOU SIGNING



/ Partnership 合作伙伴

## The Education University of Hong Kong 與香港教育大學合作

The RTTC has signed a memorandum of understanding with The Education University of Hong Kong to provide further education for current and retired jockeys. Three of our jockeys (Derek Leung, Keith Yeung and Jack Wong) will be the first students attending the BSC (Hon) Health Education degree course in September 2022.

賽馬人才培訓中心除了提供多方面的課程外，亦與香港教育大學簽訂騎師專上教育合作備忘錄，支援騎師在學習及賽馬兩方面並行發展，為現役及準備退役騎師提供教育服務。

騎師入讀健康教育榮譽學士學位課程。首屆被錄取的三位騎師梁家俊，楊明綸及黃皓楠將於2022年9月開始課程。



(from left) Derek Leung, Keith Yeung and Jack Wong  
(左起) 梁家俊，楊明綸及黃皓楠



Prof. Stephen Y. L. Cheung  
張仁良教授  
President of The Education University of Hong Kong  
香港教育大學校長

## About Bachelor of Health Education (Honours)

This programme focuses on integrating theory and practice, with activities organised in collaboration with schools and social welfare organisations. There are opportunities to engage with issues in contemporary healthcare and to plan health education strategies.

課程結構強調健康理論和實踐的綜合，透過與學校和社福機構合辦不同類型的學習活動，提供多元化的實踐機會，例如：評估醫療保健中的現代健康問題及制定健康教育策略。



OUT  
IN  
JU

TRAINEE  
TOP



STABLE  
BAG



INSTRUCTOR  
TOP



FOR  
TRAINING



香港賽馬會賽馬人才培訓中心  
The Hong Kong Jockey Club  
Racing Talent Training Centre

NEW  
UNIFORM  
ALERT



DESIGNED  
FOR  
ATH

STABLE  
CAP



TRAINEE  
TRACKSUIT



APPRENTICE JOCKEYS' SCHOOL  
50TH ANNIVERSARY POLO





# SHINING IN NEW OUTFITS

## 新校服登陸

New uniforms for racing trainees and instructors have been designed in collaboration with Li Ning, featuring a new colour scheme and design. The collection features nine items, including tops, a full tracksuit, a bag, a cap and the AJS 50th Anniversary polo shirt.

Through the use of bright colours often found in racing, including AJS heritage orange, racecourse green and HKJC blue, the collection delivers a refreshing energy boost for our trainees and instructors to shine every day. Inspired by horse and muscle silhouettes, line patterns symbolise the horse-human essence of the sport.

我們與運動品牌李寧合作為賽事見習學員及教練設計新制服，採用全新配色和設計元素。整套制服系列共有九件單品，包括上衣、全套運動裝、一個背包、一頂帽子，以及見習騎師學校50週年紀念Polo衫。

這個系列的配色鮮明抖擻，採用了代表見習騎師學校經典的橙色、馬場的草地綠色和賽馬會的寶藍色，為學員和教練注入生氣和力量。單品上的線條和印花的靈感來自馬匹肌肉線條，象徵賽馬運動中「人馬合一」的精髓。





The power of

# Sports Jockey Science

賽馬的運動科學

Riding Fitness | Nutrition | Psychology  
賽馬體能 | 營養學 | 心理學



# RIDING FITNESS



Being a jockey requires an enormous amount of athleticism. The physical ability required to sustain a strong riding posture and control a thoroughbred horse ten times their weight is not just about sports performance, but also the jockey's safety. Core and lower limb strength, flexibility, balance, co-ordination, immediate response and cardiorespiratory fitness are all essential to riding faster and, more importantly, riding safely.

騎師需要具備極佳的體能水平，以穩定的策騎姿勢，駕馭比自己重達十倍的馬匹。因此，良好的體能除了有助提升運動表現外，更重要的是保護騎師的安全。當中，核心肌肉力量、下肢力量、柔軟度、平衡性、協調性、即時反應能力和心肺適能等，都是提升策騎速度和安全性的關鍵，並有助騎師應付任何在馬背上可能發生的突發情況。

# The Demands of Riding

## 策騎的體能需求

### Endurance and Strength

耐力和力量



To maintain a static semi-squat riding position a rider needs strong trapezius and core muscles with hyperextended alignment of their head and neck

斜方肌和核心肌群的力有助騎師維持穩定的半蹲策騎姿勢，避免頭部和頸部於過度伸展的情況下受傷

### Endurance and Strength

耐力和力量

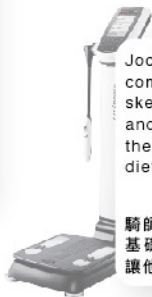


To remain stable on top of a galloping horse, jockeys must adapt their stance and position to accommodate the vertical acceleration of the horse's trunk (1). This demands endurance and strength in the jockey's gluteal muscles, quadriceps and hamstrings.

賽事期間，為了在疾馳的馬匹上保持極度穩定的狀態，騎師必須適當地調整其站姿和姿勢，以適應馬匹軀幹隨著速度加快的變化 (1)。為了保持動作的穩定性，騎師的臀肌、股四頭肌和腘繩肌都要有足夠的耐力和力量

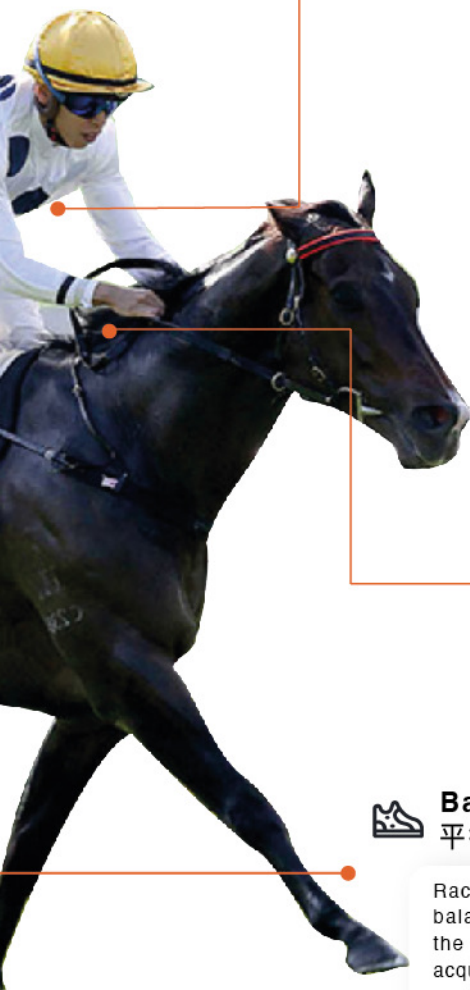
Jockeys regularly make use of the body composition analyser to measure their skeletal muscle mass, body fat mass and basal metabolic rate. This helps them plan their fitness training and diet.

騎師定期透過體脂機測出體脂率、肌肉量、基礎代謝率等等全方位身體組成的數據，讓他們有效針對體能訓練及飲食控制



References  
參考資料

1) Clayton H, Hobbs S. The role of biomechanical analysis of horse and rider in equitation science. *App Animal Behav Sci.* 2017; 190.



## Cardiorespiratory Fitness 心肺適能

The peak heart rate of a jockey in a flat race is around 190 beats per minute. The measured average heart rate is  $167 \pm 12$  beats per minute with the heart operating at 90% of its maximum rate.

在平地上賽馬時，騎師的心跳最高可高達每分鐘190下。賽事期間，他們的平均心跳為每分鐘167 ( $\pm 12$ ) 下，達最高心跳的90%



## Balance, Coordination and Reaction

### 平衡、協調和反應能力

A jockey needs to have excellent balance and coordination in order to react rapidly to an unpredictable movement by a horse, whether at rest or in full gallop

騎師需要擁有高超的平衡力和協調能力，無論在馬匹休息或全速奔騰時，都可快速作出反應，以應付馬匹無法預料的行為



## Balance, Coordination and Reaction 平衡、協調和反應能力

Race riding requires the jockey to balance in the stirrups, without sitting in the saddle. A jockey must therefore acquire excellent balance and coordination

騎師策騎時並非坐在馬鞍上，而是要透過踏穩馬鏢，才能在馬匹上平衡，因此需要擁有高超的平衡力和協調能力



# Jockey Strength & Conditioning

## 騎師的體能訓練

A racing trainee works out every day. Here are some jockey strength and conditioning exercises.

賽事見習學員每天做運動。以下是騎師的體能訓練。

All activities must be conducted under the supervision of an instructor

所有活動必須在教練指導下進行



## Ball Push-Up Single Leg

### 單腳俯臥撐

10 times each leg x 3 sets

With one foot on a medicine ball, perform a push-up. This improves balance and strength of the chest, arms and core.

一腳腳尖放上球上俯臥撐可提高平衡力，同時增強胸肌和手臂力。

## Ball Wall Sit

### 靠牆半蹲

30 secs x 3 sets

Lean against a wall with the medicine ball behind your back, move slowly up and down into a squat position with your knees at 90 degrees. This builds strength and endurance in the quadriceps, glutes and calves.

大腿小腿屈曲成90度，背靠牆壁並把藥球放在背後，緩慢地上下作半蹲動作。此鍛鍊可加強肌力及肌耐力，並集中強化股四頭肌，臀大肌及小腿肌肉。



# Jockey Seat Pushing

## 賽馬坐姿上肢伸展

30 secs x 3 sets

With the band held securely beneath the shoulders, take a jockey's seating position and push out the band with both hands. This strengthens upper and lower limbs and core stability.

持騎馬姿勢，把彈力帶握著並前後推出。  
此可強化上下肢肌力及核心穩定性。



# Bicep Curl in Seated Squat

## 深蹲二頭肌伸展

15 times x 3 sets

Position yourself in a half squat, flex and extend biceps. This increases strength in the biceps and lower back to promote core stability.

半蹲姿勢握著彈力帶作二頭肌伸展動力，  
可強化上肢及腰腹力量及達至核心穩定。

## Single Leg Balance Dome Squat

### 單腿半圓平衡球深蹲

6 times each leg x 3 sets



Stand with a single leg on the balance dome, squat to 90 degrees and repeat. This can build balance and leg strength.

單腿站在半圓平衡球上，下蹲至90度，並重覆這個動作，此可以鍛鍊平衡力及腿部力量。

## Lunge

### 弓箭步

10 times each leg x 3 sets

Step on the balance dome with one leg and keep the balance dome steady, then swap legs. This tones your entire leg and gluteal muscles.

單腿站在半圓平衡球上，轉換腳並保持半圓平衡球穩定，這能鍛鍊腿部和臀肌。







## Horse-riding Posture Endurance Training

### 策騎姿勢耐力訓練

20 secs each arm x 3 sets

Adopt a jockey's seating position on a mechanical horse and push the horse's neck with one arm, and then the other arm.

採用模擬馬上策騎姿勢，以單臂反覆交替拉推馬頸。



## Ball Throw

### 傳球

10 times x 3 sets

Throw the medicine ball to a partner in a sit-up position while the upper body is six inches off the ground. This improves core and shoulder strength.

將藥球扔給仰臥起坐姿勢的搭檔把腳抬高離地6英寸。此能改善核心及肩部的力量。



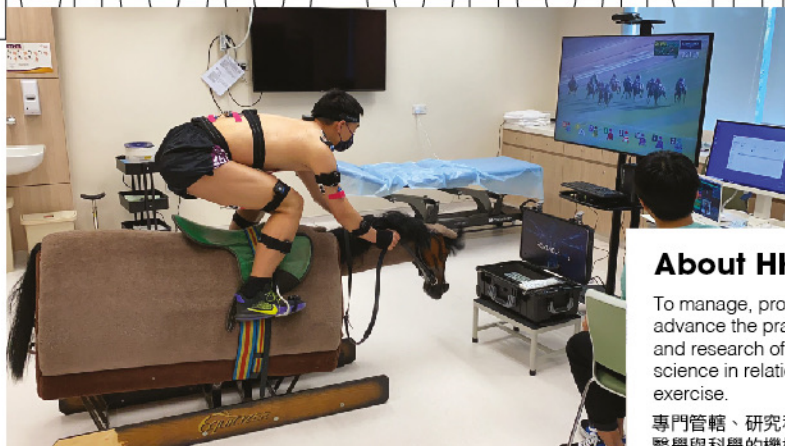
## Conclusion

### 總結

Most exercises focus on the core and lower body. This is to help jockeys achieve a low centre of gravity and a high level of balance on a horse in order to improve their stability and to co-ordinate with the horse's rhythm.

為達至較低的身體重心，騎師的體能訓練主要集中核心肌肉和下肢的訓練。這樣才可以讓策騎者在馬身上保持平衡，穩定地策騎馬匹。

# MOU SIGNING



## About HKASMSS

To manage, promote and advance the practice, education and research of medicine and science in relation to sports and exercise.

專門管轄、研究和推廣香港的運動醫學與科學的機構，致力推動與運動相關的教育和實用的科學研究。

/ Partnership 合作伙伴

## Hong Kong Association of Sports Medicine and Sports Science 與香港運動醫學及科學學會合作

The HKASMSS provides medical support, fitness monitoring and sport psychology counselling services. With the help of HKASMSS, we can see an improvement in the performance of trainees. The chairman of HKASMSS Prof Yung Shu-hang and his team conduct performance analysis (cardiovascular function and muscle strength) for trainees using scientific methods.

This initially involves performing tests on racing trainees, a race simulation test on a mechanical horse, analysis of fitness and muscle recruitment, test on VO2 max and collection of data, so as to increase the effectiveness of training.

香港運動醫學及科學學會為賽事見習學員提供醫療支援、體能監察及運動心理諮詢服務，透過運動科學幫助學員提升表現及培訓成效。運動學會主席容樹恒教授的團隊將於香港中文大學醫院，為學員進行（心肺及肌肉力量）科學化的表現分析。

雙方首次合作的項目將包括與見習學員進行測試，在木馬上模擬賽馬訓練，並對體能、運動學及肌肉募集模式方面進行動作分析，及進行最大攝氧量測試，收集數據，從而提升整個培訓的成效。



Prof Patrick Yung 容樹恒教授  
President of HKASMSS  
香港運動醫學及科學學會會長



見習騎師學校廚師煌姐、明姐及航姐







# Eat Like a Jockey

## 騎師的膳食



Diet, fitness and psychology are also essential to the trainees' development. The Apprentice Jockeys' School makes a special effort to equip trainees with a knowledge of nutrition. Trainees are encouraged to follow a healthy diet, including having meals at regular times, staying hydrated, consuming protein every three to four hours (to increase body mass) and gaining an understanding of carbohydrates, so as to boost sports performance and maintain fitness.

Weight is a critical factor in becoming a jockey. A light body weight allows the horse to travel faster. Therefore, trainees should ideally maintain their weight below 103 lbs.

除了課程架構及設施配套外，膳食、體能及心理都與學員的發展息息相關。見習騎師學校在培養學員的營養知識上扮演著重要的角色。我們鼓勵學員擁有良好的飲食習慣，包括定期進餐、保持水分充足、每3－4小時提供蛋白質（以增加淨體重），亦要對碳水化合物有一定認識，從而提升運動表現及長期保持健康體能。

體重是決定能否當上騎師的重大因素。輕磅不但可以提升策騎速度，還能確保馬匹不會承受過重負擔，所以學員的目標體重是維持在103磅以下。

## Secret to a Jockey's Menu 騎師餐單大揭秘

The Hong Kong Jockey Club Apprentice Jockeys' School encourages trainees to adopt the healthy eating habits necessary for sports performance as well as long-term health and well-being.

香港賽馬會見習騎師學校在培養見習騎師的營養知識上扮演著重要的角色。學校鼓勵見習騎師擁有良好飲食習慣。這對他們的運動表現，以及長期健康體能都很重要。



Protein-rich foods should be provided for all meals. These includes eggs, lean meat (beef, pork, lamb), skinless poultry and seafood.

所有膳食都應包含有豐富蛋白質的食物，包括雞蛋、瘦肉（牛肉、豬肉、羊肉）、去皮禽肉、海鮮。



Low-fat cuts of meat (minimal marbling, fat trimmed), skinless poultry.

選擇低脂肪肉塊（極少大理石脂肪紋、已切除肉類的脂肪）、去皮禽肉



No high-fat processed meats (salami, sausages).

不要選取高脂肪和醃製的肉類（意大利臘腸、香腸）



Choose good fats including nuts and seeds, avocado and oily fish such as salmon. Cooking oil like rice bran oil is an excellent source of vitamin E.

選擇含有豐富健康脂肪的食物，例如堅果、種子、牛油果、三文魚等油性魚類。食用油如米糠油則含豐富的維他命E



Cooking methods that require minimal use of fat are recommended, e.g. steaming, boiling, stewing, stir-fry with minimal added oil. Specifically avoid deep-frying and meals made with cream.

建議使用低脂肪烹調方法來烹調菜式，例如蒸、焯、燉、用最少的油炒，尤其要避免油炸和使用奶油煮食





A variety of fresh vegetables of different colours (cooked or raw) should be served with all meals. Dark green leafy vegetables are good sources of vitamin B9, calcium, beta-carotene and fibre, e.g. choy sum, kai lan. Fruit and vegetables are high in vitamins, minerals and fibre. They also increase satiety and stave off hunger. At least two different types of vegetables should be served each day (a green vegetable and one of another colour) to provide a variety of nutrients.

所有膳食都應包含各種不同顏色（煮熟或生吃）的新鮮蔬菜。深綠色葉菜的蔬菜蘊含豐富的維他命B9、鈣質、β-胡蘿蔔素和纖維，例如菜心、芥蘭。水果和蔬菜含有豐富的維他命、礦物質和纖維。它們還可以增加飽足感和減少飢餓感。每天至少應食用2種不同類型的蔬菜（一種綠色蔬菜和另一種顏色的蔬菜），以獲取各種營養。



Beverage choices: water, tea, clear broth/soup

飲品選擇：水、茶、清湯 / 湯

Intake of the correct nutrients is a critical factor in the good performance of apprentice jockeys during their training.

吸收適當的營養，對見習騎師的訓練和發展息息相關

Meals should be based on good-quality carbohydrate sources (preferably wholegrain) including bread, fortified breakfast cereal (e.g. Quaker oatmeal squares), oats, grains, pasta, rice, noodles, root vegetables and fresh fruit. Wholegrain and natural sources of high-fibre carbohydrates should be offered. These types of foods provide a variety of B vitamins, increase satiety and stave off hunger.

膳食應以優質碳水化合物（最好是全穀物）為基礎，包括麵包、強化穀物早餐（例如Quaker燕麥方脆穀類）、燕麥、穀物、麵食、大米、麵條、根莖類蔬菜和新鮮水果。此外，應提供全穀物和天然的高纖維碳水化合物。這些類型的食物提供多種維他命B，增加飽足感和減少飢餓感。



Seasoning and condiments: dressings should be served separately to salads where possible, and should include balsamic vinegar/lemon juice/low-fat or non-fat dressing as options. Natural spices should be used in cooking, e.g. garlic, onions, green onions, herbs, chili, pepper, moderate salt. Limit use of commercial sauces, which are often high in sugar and sodium.

佐料和調味品：如果吃沙拉，應儘量把調味汁和沙拉分開，以及應包括意大利黑醋 / 檸檬汁 / 低脂或脫脂調味醬等調味品作選項。烹飪時應使用天然香料，例如蒜、洋蔥、蔥、香草、辣椒、胡椒粉、適量的鹽。此外，應減少使用高糖、高鈉的調味醬。



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## The Nuts and Bolts *for Jockeys* of Sport Psychology

Jockeys (and athletes in general) go into a consultation with a sport psychologist with the notion that they will give them advice, when in fact it is the complete opposite. The role of the sport psychologist is to guide the jockey into finding their own answers by asking questions and challenging their thinking. The jockey will reach a stage where they become more attuned to their needs, develop solutions on their own through the therapeutic process, and become empowered to make informed decisions.

## 基本賽馬騎師 運動心理學

騎師（或運動員）一般期望從運動心理學家中得到建議。而事實上，運動心理學家的角色是通過反問騎師問題和挑戰他們的想法，引導他們達到自己的答案。透過這個諮詢過程，騎師會逐漸更加意識到自己的

的需要，減少對運動心理學家過度依賴，變得更自主解決問題和勇於作出深思熟慮後的決定。

The jockey will become self-aware about their thoughts and feelings and identify core issues. Most of the time, jockeys tend to make their own diagnosis of a problem (whether it is a confidence/ concentration/ motivation issue, etc) and look for tools to tackle the issue. But the sport psychologist can identify through talking with the jockey if there are underlying issues that are more important to address.

They will build their own repertoire of psychological skills and ultimately improve their sports performance. A sport psychologist will teach mental skills, most likely after assessing the jockey's core issues. These mental skills include goal-setting, imagery training, self-talk, stress and anxiety management, and getting into the right mindset to compete. Jockeys will go away with tangible tools they can put into practice.

增加對情感自我意識，找出問題的核心原因。很多時候，騎師傾向為自己的問題作診斷（自信心、專注力、動力問題等等），然後找方法去解決問題。但是，運動心理學家能夠從對話中辨別問題背後的原因，可以對症下藥，更有效與騎師一同解決問題。

建立屬於自己的心理技巧，最終提升運動表現。運動心理學家一般會在評估騎師的核心問題後教授心理學技巧。這些心理學技巧包括訂立目標、意象訓練、自我對話、壓力管理和調整應付比賽的心態等等。騎師會從中得著，在生活中應用和實踐。







After a nasty fall, Jockey A wanted to be sure he was free from post-concussion syndrome before he started to race again. However, he noticed something different: he felt overly cautious during every race, and that cost him many winning chances. His request was simple: he wanted to regain his confidence when racing without overthinking about falling, and keep his concentration focused on the present moment.

## Case Study 1

Case of a jockey overcoming his fear after a fall

We worked on a list of things he needed to think about during the race, deleted the less useful ones, and narrowed the list down to only three things using three simple cue words. We also dissected the race into three segments and used one cue word for each segment. This helped him slowly increase his focus during the race. We also tried to rebuild his confidence by getting him to unlearn what he did that contributed to the mistake that ultimately led to his fall. With the help of his trainer, he also learned the best way to respond to that risky move. Subsequent sport psychology sessions were used to rehearse that skill using imagery techniques to increase his muscle memory and build his confidence.

(Jockeys' names have been changed to protect confidentiality.)  
(由於保護資料隱私，賽馬騎師名字經過修改。)

心態決定境界；  
態度決定高度

墮馬後，Jockey A 在重回賽事前已確保腦震盪症候群得以康復。可是，他發現了一些變化：他在賽事中變得過分小心，導致他數次錯失贏馬的機會。他的要求很簡單：他希望在賽馬中重獲信心，不再過於憂慮墮馬，將自己的專注力集中於當下。

## 真實案例 1

一名曾墮馬的  
騎師希望克服恐懼

我們建立了一個清單，寫下他在賽事中需要集中的事項，把比較不重要的東西刪掉後，收窄到3項項目，並利用3個簡單提示詞語概括。我們把一場賽事切割成3個部分，分別用3個提示詞語代表每個部分。這個方法逐漸幫助他提升在賽事的專注力。我們亦嘗試忘記和拋棄讓他造成墮馬的行為，不再重蹈覆轍，以重建他的自信。隨著教練的指導，Jockey A 學習了更好的方法應對高危動作。在隨後的運動心理學諮詢裏，我們利用意象訓練技術演練其技巧，加強他的肌肉記憶和對賽事的自信。





Jockey B came to my office initially wanting to speak about motivation so that he could get more wins under his belt. He noticed that his focus and performance would normally drop after the fourth race, which is not ideal since he normally races seven or eight times on race days.

## Case Study 2

**Case of a jockey wanting to rebuild motivation and deal with a career transition**

We worked out a plan to better utilise his energy so that he could “switch on” his energy when he needed to and “switch off” when he could find the time to zone out. Due to the nature of racing, we dissected the times when he would need extremely high levels of concentration (one to two minutes in each race), moderate levels of concentration (five minutes before each race) and low levels of concentration (walking around the parade ring). We worked on different strategies that would allow him to move up and down his concentration spectrum, which included arousal-inducing and arousal-reduction techniques.

He also wanted to speak about being more psychologically prepared to transition to a professional jockey, which was imminent. We worked on a few things that could potentially happen and how he would handle them, including a drop in the fan base and having no advantage over other jockeys due to the loss of his weight allowance. These conversations helped him understand how to respond to future demands as a professional jockey and allowed him to become more mentally prepared for the next phase of his life.

Jockey B 最初為了希望贏馬來到我的辦公室，一談動力的問題。他留意到自己注意力和表現常常在第4場後下跌。由於他一般出賽7-8場，這個情況對他而言不太理想。

## 真實案例2

**一名騎師希望  
重燃動力，面對職業轉變**

我們針對更高效利用精力做了一個計劃，讓 Jockey B 可以懂得按情況「啟動」和「關閉」精力。根據賽事的性質，我們把賽事區分為他需要高強度專注力（賽事開始前1-2分鐘），中強度專注力（賽事開始前5分鐘）和低強度專注力（在亮相圈走動）的時段。我們嘗試不同策略令他可以在專注力範圍中上下調整，當中包含「激發增加」（Arousal-inducing）和「激發減弱」（Arousal-reduction）的技巧。成功管理他的專注力後，Jockey B 即將畢業，他希望在過渡至職業騎師前做好心理準備。我們首先預計職業上的改變會帶來的可能性和如何處理問題，包括馬迷數目下降，相比起其他騎師沒有優勢等。這些對話幫助了他明白如何應對未來成為職業騎師的要求，讓他在展開人生新一頁前做好心理準備。

**“Your attitude  
determines  
your attitude”**

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