

# CELEBRATING THE APPRENTICE JOCKEYS' SCHOOL 50 YEARS AND BEYOND

见习骑师学校  
50周年共创未来



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.

香港在国际纯种马赛马业占有举足轻重的地位，训练出不少世界知名的马匹、练马师和骑师；各项赛事都受国际重视，并透过越洋转播，让全球数百万马迷共同分享香港的赛马盛事。

如此成就是数十年来努力的成果，当中见习骑师学校的培训更是功不可没。见习骑师学校于今年迎来第五十个年头，一直以来，不但造就世界级的骑师，更着力培训包括练马师、助理练马师、马房领班以及各方面的赛马专业人才，为香港赛马的非凡成就作出贡献。

随着时间的见证，见习骑师学校的成功促成了赛马培训发展委员会的成立，致力为赛马管理及护理等重要职能提供结构化的职业培训。及后，赛马培训发展委员会更把培训扩展至内地，让职业培训成为从化马场马房员工的训练核心。

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.

现在，我们再向前迈进一大步，成立赛马人才培训中心，不仅在香港，以至大湾区以及全国马业发展的推广及促进，发挥举足轻重的角色。

在此祝愿香港赛马业，以及每一位为香港赛马业作出贡献的人才迎来美好前景，期待与您共同分享这段充实的旅程！



Winfried Engelbrecht-Bresges GBS JP  
Chief Executive Officer

行政总裁  
应家柏 GBS JP

# Message from Executive Director of Racing

## 赛马事务执行总监的话

This 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 the Mainland and Hong Kong.

今年是见习骑师学校成立50周年，自学校于1972年成立以来，一直在香港赛马发展担当重要的角色。许多出色的本地骑师包括：何泽尧、杨明纶、潘明辉、蔡明绍、梁家俊等，都受训于见习骑师学校；而不少骑师更成为了赛马行业中的顶尖练马师，如告东尼、姚本辉、吕健威、文家良、沈集成、徐雨石和罗富全。

令人欣喜的是，适逢2022年庆祝见习骑师学校创校纪念日，赛马人才培训中心亦开展新篇章，将与见习骑师学校一起，透过课堂学习和实践经验，进一步为学员提供全面的基础培训，持续为香港赛马发展作出贡献。其中，与广东体育职业技术学院、香港运动医学及科学学会，以及香港教育大学，签订合作备忘录，将有助大大提升及强化赛马人才培训中心在内地及香港的课程，我对此感到无比兴奋。

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，六项优秀的赛马证书课程、竞赛董事文凭课程及蹄铁术证书的认证，再次成功获得香港学术及职业资历评审局(评审局)的认证，继续开办2022年至2027年的证书课程。

在此特别感谢我们的所有学员及其家人、我们的员工和合作伙伴，包括：香港学术及职业资历评审局、中大骨科和创伤学、南澳赛马会和塔斯马尼亚赛马会，感谢您们的持续承诺，与我们实践赛马人才培训中心的使命。期待一起同心同步同进，共创下一个50年！



Andrew C Harding  
Executive Director of Racing

赛马事务执行总监  
夏定安



赛马人才培训中心

# 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 Mainland and Hong Kong 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.

适逢见习骑师学校50周年，赛马培训发展委员会将改名为香港赛马会赛马人才培训中心。赛马人才培训中心旗下设有两所学校，包括见习骑师学校及赛马人材学校。见习骑师学校提供骑术训练，而赛马人才培训学校为非骑术范畴人才(如马房助理、练马师、钉甲匠、出赛马闸前助理课程和赛道助理课程等)提供专门技能训练。作为专业的教育机构，赛马人才培训中心将联系内地及本港社群，以培育及发掘杰出的赛马精英。

自2008年起，已有超过1,800名隶属马会赛马事务处的员工及学员，包括助理练马师、钉甲匠、马房员工、骑术经理及教练、以及见习骑师及见习学员等，修毕由该委员会(现为赛马人才培训中心)所开办的证书课程。

# Our Curriculum

## 我们的课程





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 the Mainland and Hong Kong 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.

香港赛马会赛马人才培训中心一年举办四次大型招生计划，分别招募：香港见习学员、香港马房助理、内地见习学员及内地马房助理，为有志投身赛马专业的人才进行多元化培训。除此之外，更为在职的赛马人才提供培训及进修的机会，致力培育他们成为赛马行业的精英。

在内地及香港所举办的课程，已于2010年通过香港学术及职业资历评审局的评核，并获得第一至四级的资历认可。六项获本地认可的赛马培训课程当中，其中三项为策骑课程，另有三项非策骑课程，通过香港学术及职业资历评审局质素保证机制的评审，就管治架构、学术水平和质素、师资、质素保证机制和财政状况等方面以四阶段进行评审，达致质素保证的要求。完成课程的人士取得专业资格证明，并能为赛马行业作出贡献。

在2022，我们的六个证书课程再次获得香港学术及职业资历评审局的认证，将继续在2022年至2027年度开办课程，为赛马行业发展注入强心针。来年，我们更会开办不同课程，包括赛马教练证书课程，希望秉承理念，培育更多人才。

除了开办不同课程，马会亦特此成立两个委员会进行课程监管，致力确保教学质素，包括：课程发展委员会及质素保证委员会。课程发展委员会致力向赛马人才培训中心的课程进行修改及提供课程发展的建议；质素保证委员会则负责为赛事发展委员会监管课堂，为培训、考核及课程认可等范畴作出质素保证，务求臻于至善。

# Certificate in Racing 赛马证书课程

## Riding

### Riding 策骑

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.

本课程在马房助理证书课程内附加策骑理论。策骑部分包括如何在封闭区域安全骑马及四种基本步态的区别，步行、快步、慢跑和快跑。

**QF Level 1 (Hong Kong)** 获资历架构第一级课程认证 (香港)

**Non-QF Level 1 (Mainland)** 获资历架构第一级课程认证 (内地)



### Work Rider 策骑员

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.

本课程由策骑技巧和马房管理两大范畴组成。在马房领班课程内容的基础上，加入策骑元素，例如如何有效地为马匹进行晨操和计算分段时间。

**QF Level 2 (Hong Kong)** 获资历架构第二级课程认证 (香港)

**Non-QF Level 2 (Mainland)** 获资历架构第二级课程认证 (内地)



### Jockey 骑师

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.

本课程为具潜质的见习骑师而设。除了深入的赛马知识，例如分析赛事，赛前准备和如何向练马师报告赛事情况外，还包括面对研讯和媒体采访的技巧，为骑师之路作好准备。

**QF Level 3 (Hong Kong)** 获资历架构第三级课程认证 (香港)

**Non-QF Level 3 (Mainland)** 获资历架构第三级课程认证 (内地)



# Certificate in Racing 赛马证书课程

## Stable Management 马房管理

### Stable Assistant 马房助理



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.

本课程能协助新招募的马房助理，了解基本的马匹知识和护理，例如：马匹的常见疾病和清洁马格。

**QF Level 1 (Hong Kong)** 获资历架构第一级课程认证 (香港)  
**Non-QF Level 1 (Mainland)** 获资历架构第一级课程认证 (内地)

### Advanced Stable Assistant 马房领班

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.

课程的重点是评估健康状况并为纯种马提供急救，例如包扎伤口、窒息、冰敷和药物治疗，以照料一匹健康的马匹以及如何协助副练马师管理马房内部运作。

**QF Level 2 (Hong Kong)** 获资历架构第二级课程认证 (香港)  
**Non-QF Level 2 (Mainland)** 获资历架构第二级课程认证 (内地)



### Assistant Trainer 助理练马师

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.

本课程为练马师之路应需配备的技能作好准备，内容包括了解评估马匹形态以作拍卖会内挑选马匹，认识不同训练马匹的方法及马匹运动生理学。此外，课程还邀请不同赛马专才作分享，以全面了解赛马行业的运作。



**QF Level 3 (Hong Kong)** 获资历架构第三级课程认证 (香港)  
**Non-QF Level 3 (Mainland)** 获资历架构第三级课程认证 (内地)

## Certificate in Farriery 蹄铁术证书课程

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.

蹄铁术证书课程是一个四年制的学徒训练计划。课程包括为马匹打造标准的蹄铁、为正常健康的马匹钉上适当的蹄铁和修正蹄铁。

**QF Level 3 (Hong Kong)** 获资历架构第三级课程认证 (香港)

**Non-QF Level 3 (Mainland)** 获资历架构第三级课程认证 (内地)

## Diploma in Horse Racing Stewarding 竞赛董事文凭课程

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.

竞赛董事文凭课程为学员提供全面的竞赛董事训练，以维持香港赛马的公正。课程内容包括全面的竞赛知识、规则及协议、马匹福利及护理责任等等。

**QF Level 4 (Hong Kong)** 获资历架构第四级课程认证 (香港)





# Other Racing Courses

## 其他证书课程



### Track Assistant Course 赛道助理课程

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.

赛道助理课程为一个短期课程，课程内容包括安全处理马匹，开关闸门时带领马匹和协助策骑者上马。

### Barrier Attendant Course 出赛马闸前助理课程

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.

出赛马闸前助理课程为一个短期课程，课程内容包括：于执行闸前助理职务时安全处理马匹，辨认比赛装备是否合身及安全及应用把马匹送进闸箱的开始程序/规则等有关内容。







Instructor Petrina Law  
教练 罗凯霖



/Racing Trainee  
赛事见习学员

## Dragons in the Field

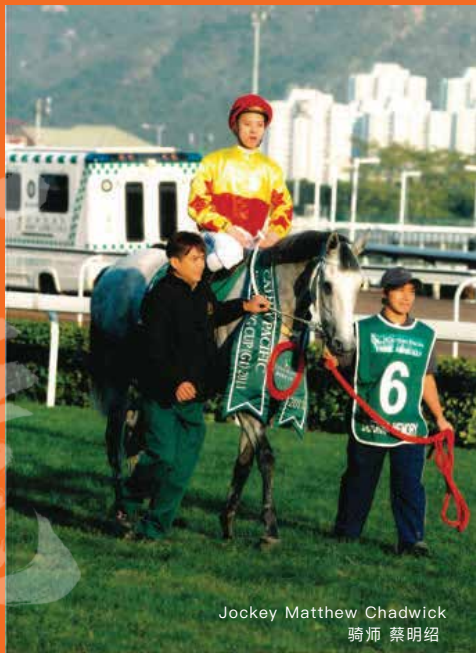
踏上骑师之路，需要过五关斩六将，分别到广东黄村，广州从化及香港沙田进行策骑，体能及马房工作等训练。虽然过程甚具挑战，但我们经过努力及坚持，必定会成功。



Jockey Derek Leung  
骑师 梁家俊



飛龍



Jockey Matthew Chadwick  
骑师 蔡明绍

## 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  
骑师 蔡明绍与练马师 告东尼



Jockey Vincent Ho  
骑师 何泽尧

# Guangdong 广东黄村 — 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.

进入黄村训练前，见习学员会先在香港参与准备班，为踏上骑师之路作好准备，包括：注册营养师钟素珊博士负责的基本营养学、荣获三届世界武术锦标赛冠军周定宇教练负责的预防受伤训练、急救证书课程及到黄埔军校训练体验营。完成后便到黄村展开策骑之旅。学员会在广州黄村进行基础课程、马房工作及基本策骑训练，完成所有黄村高中低三级难度马匹后，便到从化进行第二阶段训练。



# Life at Huangcun



Senior Instructor Xie Dong Ping  
teaches riding skills  
高级骑术教练谢东萍  
为学员指导策骑技巧



Instructor Chen Zhi Qiang  
teaches riding skills  
骑术教练陈志强  
为学员指导策骑技巧



Instructor Ye Ze Sheng  
teaches riding skills  
骑术教练叶泽升  
为学员指导策骑技巧



A racing trainee washes a horse.  
Every racing trainee will be  
responsible for taking care of  
one horse  
香港学员为马匹冲身，  
平均每位学员需要照顾一匹马匹

# Guangzhou 广州从化 Conghua Stage 2



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.

学员在香港赛马会从化马场进行进阶策骑训练、草地快跑及拍跳等训练，表现良好及完成所有难度马匹训练，随即会到香港沙田进行第三阶段训练。



# Life at Conghua



Racing trainees undergo riding training in a small group  
学员进行小组基本策骑训练



Chief Riding Instructor (Conghua) Michael De Beer teaches riding skills  
首席骑术教练(从化) Michael 为学员指导策骑技巧



Senior Instructor Divan Neethling rides on track with racing trainees  
高级骑术教练Divan 与学员拍跳训练



Racing trainees practice jump-out exercises  
学员进行弹闸训练

# 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.

学员会在香港沙田见骑师学校进行顶尖级训练，在沙田马场进行快跑及拍跳等训练，并安排学员到不同马房进行策骑及试闸以增加经验。





Chief Riding Instructor Felix Coetzee teaches riding skills  
首席骑术教练高雅志 Felix 为学员指导策骑技巧



Senior Instructor Mitchell Curtis manages an RTTC stable  
高级骑术教练 Mitchell 管理 RTTC 马房

Our stable cat Max  
我们马房的猫 Max



Instructor Petrina Law teaches horse care skills  
骑术教练 Petrina 为学员指导照顾马匹技巧

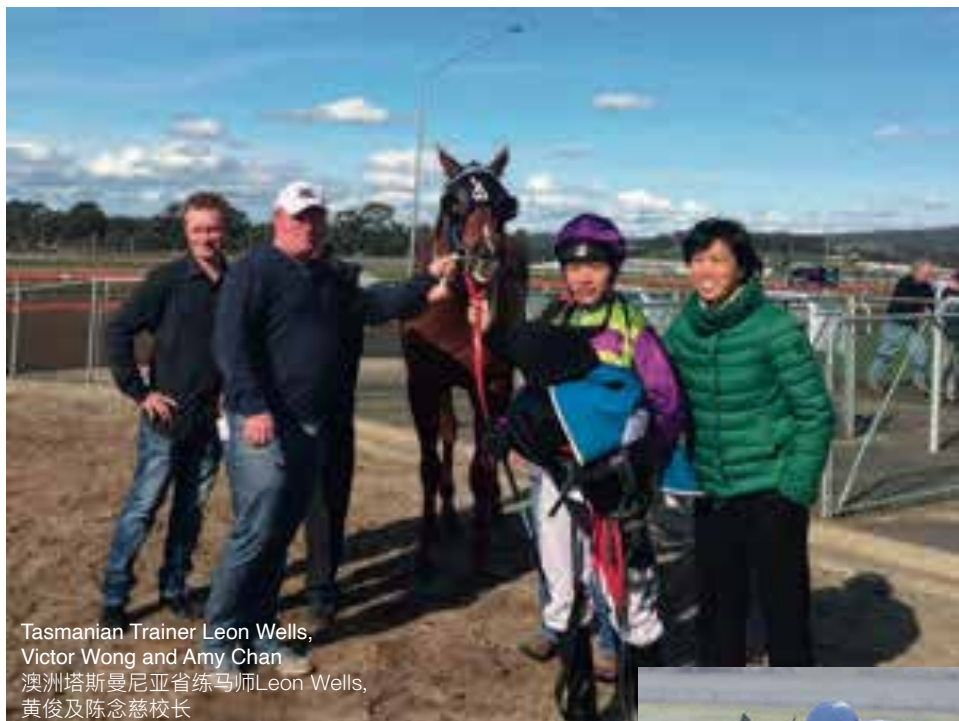


Racing trainees participate in a volunteer event  
“Together We Care”

学员参与爱心送暖义工活动



# Overseas 海外训练 — Training Stage 4



Tasmanian Trainer Leon Wells,  
Victor Wong and Amy Chan  
澳洲塔斯曼尼亚省练马师Leon Wells,  
黄俊及陈念慈校长

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.



表现出色的见习骑师学员会被派到海外受训。期间他们会跟随当地练马师深造骑术，并参与马房管理等工作。学员在海外取得见习骑师牌照，并参与当地赛事，以汲取更多实战经验。当他们累积到指定出赛数目后，会被安排返港，并获香港赛马会牌照委员会发牌，正式成为本地见习骑师。

# Apprentice Jockeys



Ellis Wong started overseas training in 2021

黄智弘  
于2021年开始海外训练



Angus Chung started overseas training in 2021

钟易礼  
于2021年开始海外训练



Nichola Yuen started overseas training in 2021

袁幸尧  
于2021年开始海外训练



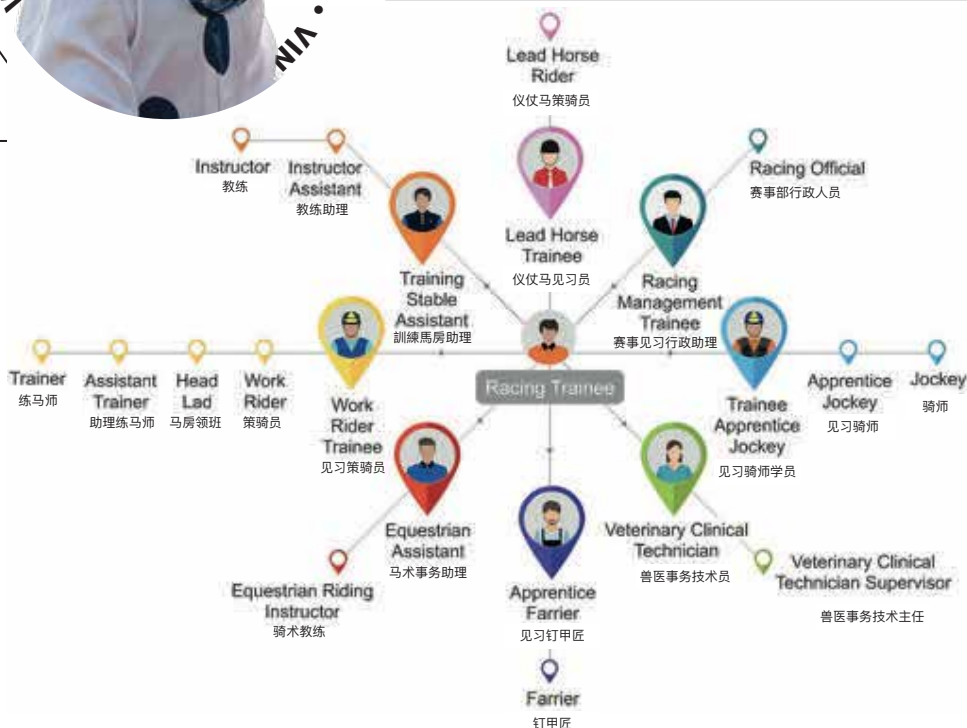
Overseas training in recent years  
过往毕业生海外训练





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

赛事见习学员  
见习骑师学员  
见习骑师  
骑师



# 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 赛事见习学员  
1987 Jockey 骑师  
1995 Work rider 策骑员  
1997 Head lad 马房领班  
1998 Assistant trainer 助理练马师  
2017 Trainer 练马师



1974 Racing trainee 赛事见习学员  
1976 Apprentice jockey 见习骑师  
1987 Senior instructor, assistant starter 高级教练  
1995 Deputy stable manager 助理马房经理  
2021 Training manager / safety manager 训练/安全经理



2013 Racing trainee 赛事见习学员  
2015 Training stable assistant 训练马房助理  
2016 Instructor assistant 教练助理  
2019 Instructor 教练

# 光芒 由这里开始

每一个赛事见习学员可能都是从见习骑师学校开始，但每一位毕业生也有着不一样的职业生涯，于不同岗位绽放光芒。赛事见习学员的就业机会很多，充满不同的可能性。除了骑师以外，学员可以在不同领域发展，例如策骑，马房管理，教育，钉甲，兽医和赛马事务。



2013 Racing trainee 赛事见习学员  
2015 Work rider 策骑员  
2019 Assistant trainer 助理练马师

# MOU SIGNING



/ Partnership 合作伙伴

Mr Xu Ji 徐佶校长  
Principal of GDVIS  
广东体育职业技术学院校长

## Guangdong Vocational Institute of Sport 与广东体育职业技术学院合作

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.

马会与省体职双方有意深化未来的合作关系，经过工作小组多次磋商，双方取得了原则性的约定，共同开办“校企合作培养赛马人才专案”并签署战略合作框架协议。合作领域包括赛马人才识别及招募、成年学生的实习项目以及针对未满18岁学生而设的“运动训练专业赛马方向”课程。期望日后能培育出有素质的内地赛马人才。

### 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.

广东体育职业技术学院（省体职）创建于1956年8月，前身是广东省体育运动学校。2003年5月经广东省人民政府批准为全日制高等体育职业院校，原隶属于广东省体育局。2020年6月整体划转广东省教育厅管理。省体职致力于培养德智体美劳全面发展的赛马人才，目标成为具有全国影响力的赛马人才培养基地。

# MOU SIGNING



/ Partnership 合作伙伴

## The Education University of Hong Kong 与香港教育大学合作

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.

赛马人才培养中心除了提供多方面的课程外，亦与香港教育大学签订骑师专上教育合作备忘录，支援骑师在学习及赛马两方面并行发展，为现役及准备退役骑师提供教育服务。

骑师入读健康教育荣誉学士学位课程。首届被录取的三位骑师梁家俊，杨明纶及黄皓楠将于2022年9月开始课程。



(from left) Derek Leung, Keith Yeung and Jack Wong  
(左起) 梁家俊、杨明纶及黄皓楠



Prof Stephen Y. L. Cheung  
张仁良教授  
President of EdUHK  
香港教育大学校长

## 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.

课程结构强调健康理论和实践的综合，透过与学校和社福机构合办不同类型的学习活动，提供多元化的实践机会，例如：评估医疗保健中的现代健康问题及制定健康教育策略。

OU  
IN  
JU

TRAINEE  
TOP



STABLE  
BAG



INSTRUCTOR  
TOP



FOR  
TRAINING



广州香港马会赛马训练有限公司  
赛马人才培训中心  
Guangzhou HKJC Race Horse Training Limited  
Racing Talent Training Centre

NEW



DESIGNED  
FOR  
ATH

STABLE  
CAP



TRAINEE  
TRACKSUIT



APPTENTICE JOCKEYS' SCHOOL  
50TH ANNIVERSARY POLO







# SHINING IN NEW OUTFITS

## 新校服登陆

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.

我们与运动品牌李宁合作为赛事见习学员及教练设计新制服，采用全新配色和设计元素。整套制服系列共有九件单品，包括上衣、全套运动装、一个背包、一顶帽子，以及见习骑师学校50周年纪念Polo衫。

这个系列的配色鲜明抖擞，采用了代表见习骑师学校经典的橙色、马场的草地绿色和赛马会的宝蓝色，为学员和教练注入生气和力量。单品上的线条和印花的灵感来自马匹肌肉线条，象征赛马运动中“人马合一”的精髓。



The power of

# Sports Jockey Science

赛马的运动科学

Riding Fitness | Nutrition | Psychology  
赛马体能 营养学 心理学

# 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.

骑手需要具备极佳的体能水平，以稳定的策骑姿势，驾驭比自己重达十倍的马匹。因此，良好的体能除了有助提升运动表现外，更重要的是保护骑手的安全。当中，核心肌肉力量、下肢力量、柔软度、平衡性、协调性、即时反应能力和心肺适能等，都是提升策骑速度和安全性的关键，并有助骑手应付任何在马背上可能发生的突发情况。



# The Demands of Riding

## 策骑的体能需求

### 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骑手维持稳定的半蹲策骑姿势，避免头部和颈部于过度伸展的情况下受伤

### 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.

赛事期间，为了在疾驰的马匹上保持极度稳定的状态，骑手必须适当地调整其站姿和姿势，以适应马匹躯干随着速度加快的变化（1）。为了保持动作的稳定性，骑师的臀肌、股四头肌和腘绳肌都要有足够的耐力和力量

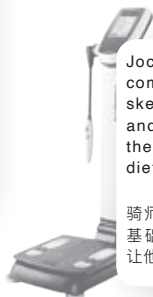
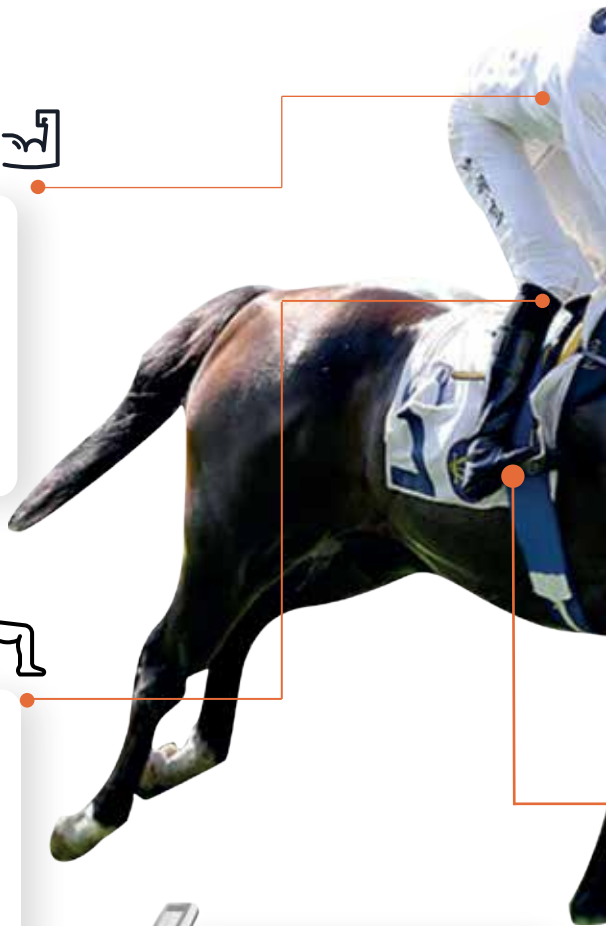
Jockeys regularly make use of the body composition analyser to measure their skeletal muscle mass, body fat mass and basal metabolic rate. This helps them plan their fitness training and diet.

骑手定期透过体脂机测出体脂率、肌肉量、基础代谢率等等全方位身体组成的数据，让他们有效针对体能训练及饮食控制

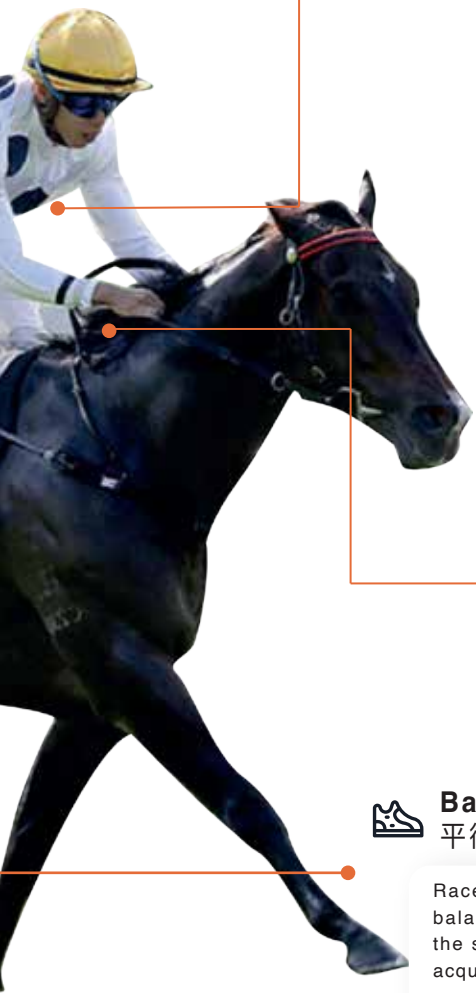
#### References

#### 参考资料

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 心肺适能

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.

在平地上赛马时，骑师的心跳最高可高达每分钟190下。赛事期间，他们的平均心跳为每分钟 $167(\pm 12)$ 下，达最高心跳的90%



## Balance, Coordination and Reaction

### 平衡、协调和反应能力

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

骑师需要拥有高超的平衡力和协调能力，无论在马匹休息或全速奔腾时，都可快速作出反应，以应付马匹无法预料的行为



## Balance, Coordination and Reaction 平衡、协调和反应能力

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

骑师策骑时并非坐在马鞍上，而是要透过踏稳马镫，才能在马匹上平衡，因此需要拥有高超的平衡力和协调能力

# Jockey Strength & Conditioning

## 骑师的体能训练

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

赛事见习学员每天做运动。以下是骑师的体能训练。

All activities must be conducted under the supervision of an instructor

所有活动必须在教练指导下进行

## Ball Push-Up Single Leg

### 单脚俯卧撑

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.

一脚脚尖放上球上俯卧撑可提高平衡力，同时增强胸肌和手臂力。

## Ball Wall Sit

### 靠墙半蹲

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，背靠墙壁并把药球放在背后，缓慢地上下作半蹲动作。此锻炼可加强肌力及肌耐力，并集中强化股四头肌，臀大肌及小腿肌肉。



# Jockey Seat Pushing

## 赛马坐姿上肢伸展

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.

持骑马姿势，把弹力带握着并前后推出。  
此可强化上下肢肌力及核心稳定性。



# Bicep Curl in Seated Squat

## 深蹲二头肌伸展

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.

半蹲姿势握着弹力带作二头肌伸展动力，可强化上肢及腰腹力量及达至核心稳定。



## Single Leg Balance Dome Squat

### 单腿半圆平衡球深蹲

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.

单腿站立在半圆平衡球上，下蹲至90度，並重复这个动作，此可以锻炼平衡力及腿部力量。

## 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.

单腿站在半圆平衡球上，转换脚并保持半圆平衡球稳定，这能锻炼腿部和臀肌







## Horse-riding Posture Endurance Training

### 策骑姿势耐力训练

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.

采用模拟马上策骑姿势，以单臂反覆交替拉推马颈。

## Ball Throw

### 传球

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.

将药球扔给仰卧起坐姿势的搭档把脚抬高离地6英寸。此能改善核心及肩部的力量。



## Conclusion

### 总结

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.

为达至较低的身体重心，骑师的体能训练主要集中核心肌肉和下肢的训练。这样才可以让策骑者在马身上保持平衡，稳定地策骑马匹。

# MOU SIGNING



## About HKASMSS

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

专门管辖、研究和推广香港的运动医学与科学的机构，致力推动与运动相关的教育和实用的科学研究。

/ Partnership 合作伙伴

## Hong Kong Association of Sports Medicine and Sports Science 与香港运动医学及科学学会合作

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.

香港运动医学及科学学会为赛事见习学员提供医疗支援、体能监察及运动心理咨询服务，透过运动科学帮助学员提升表现及培训成效。运动学会主席容树恒教授的团队将于香港中文大学医院，为学员进行（心肺及肌肉力量）科学化的表现分析。

双方首次合作的项目将包括与见习学员进行测试，在木马上模拟赛马训练，并对体能、运动学及肌肉募集模式方面进行动作分析，及进行最大摄氧量测试，收集数据，从而提升整个培训的成效。



Prof Patrick Yung 容树恒教授  
President of HKASMSS  
香港运动医学及科学学会会长



见习骑师学校厨师煌姐、明姐及航姐





第一组食谱

星期	早餐	午餐	晚餐
星期一	煮鸡蛋、牛奶、面包	猪肉白菜炖豆腐	西红柿炒鸡蛋
星期二	煮鸡蛋、牛奶、面包	猪肉白菜炖豆腐	西红柿炒鸡蛋
星期三	煮鸡蛋、牛奶、面包	猪肉白菜炖豆腐	西红柿炒鸡蛋
星期四	煮鸡蛋、牛奶、面包	猪肉白菜炖豆腐	西红柿炒鸡蛋
星期五	煮鸡蛋、牛奶、面包	猪肉白菜炖豆腐	西红柿炒鸡蛋
星期六	煮鸡蛋、牛奶、面包	猪肉白菜炖豆腐	西红柿炒鸡蛋
星期日	煮鸡蛋、牛奶、面包	猪肉白菜炖豆腐	西红柿炒鸡蛋

# Eat Like a Jockey

## 骑师的膳食



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.

除了课程架构及设施配套外，膳食、体能及心理都与学员的发展息息相关。见习骑师学校在培养学员的营养知识上扮演着重要的角色。我们鼓励学员拥有良好的饮食习惯，包括定期进餐、保持水分充足、每3 - 4小时提供蛋白质(以增加净体重)，亦要对碳水化合物有一定认识，从而提升运动表现及长期保持健康体能。

体重是决定能否当上骑师的重大因素。轻磅不但可以提升策骑速度，还能确保马匹不会承受过重负担，所以学员的目标体重是维持在103磅以下。



## Secret to a Jockey's Menu 骑师餐单大揭秘

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.

香港赛马会见习骑师学校在培养见习骑师的营养知识上扮演着重要的角色。学校鼓励见习骑师拥有良好饮食习惯。这对他们的运动表现，以及长期健康体能都很重要。



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

所有膳食都应包含有丰富蛋白质的食物，包括鸡蛋、瘦肉(牛肉、猪肉、羊肉)、去皮禽肉、海鲜。



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

选择低脂肉块（极少大理石脂肪纹、已切除肉类的脂肪）、去皮禽肉



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

不要选取高脂肪和腌制的肉类（意大利腊肠、香肠）



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.

选择含有丰富健康脂肪的食物，例如坚果、种子、牛油果、三文鱼等油性鱼类。食用油如米糠油则含丰富的维他命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.

建议使用低脂肪烹调方法来烹调菜式，例如蒸、焯、炖、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.

所有膳食都应包含各种不同颜色（煮熟或生吃）的新鲜蔬菜。深绿色菜叶的蔬菜蕴含丰富的维他命B9、钙质、β-胡萝卜素和纤维，例如菜心、芥兰。水果和蔬菜含有丰富的维他命、矿物质和纤维。它们还可以增加饱足感和减少饥饿感。每天至少应食用2种不同类型的蔬菜（一种绿色蔬菜和另一种颜色的蔬菜），以获取各种营养。



Beverage choices: water, tea, clear broth/soup

饮品选择: 水、茶、清汤 / 汤

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

吸收适当的营养，对见习骑师的训练和发展息息相关

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.

膳食应以优质碳水化合物(最好是全谷物)为基础，包括面包、强化谷物早餐（例如Quaker燕麦方脆谷类）、燕麦、谷物、面食、大米、面条、根茎类蔬菜和新鲜水果。此外，应提供全谷物和天然的高纤维碳水化合物。这些类型的食物提供多种维生素B，增加饱足感和减少饥饿感。



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.

佐料和调味品: 如果吃沙拉，应尽量把调味汁和沙拉分开，以及应包括意大利黑醋 / 柠檬汁 / 低脂或脱脂调味酱等调味品作选项。烹饪时应使用天然香料，例如蒜、洋葱、葱、香草、辣椒、胡椒粉、适量的盐。此外，应减少使用高糖、高钠的调味酱。



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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.

## 基本赛马骑师 运动心理学

骑师（或运动员）一般期望从运动心理学家中得到建议。而事实上，运动心理学家的角色是通过反问骑师问题和挑战他们的想法，引导他们达到自己的答案。透过这个谘询过程，骑师会逐渐更加意识到自己的

的需要，减少对运动心理学家过度依赖，变得更自主解决问题和勇于作出深思熟虑后的决定。

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.

增加对情感的自我意识，找出问题的核心原因。很多时候，骑师倾向为自己的问题作诊断（自信心、专注力、动力问题等等），然后找方法去解决问题。但是，运动心理学家能够从对话中辨别问题背后的原因，可以对症下药，更有效与骑师一同解决问题。

建立属于自己的心理技巧，最终提升运动表现。运动心理学家一般会在评估骑师的核心问题后教授心理学技巧。这些心理学技巧包括订立目标、意象训练、自我对话、压力管理和调整应付比赛的心态等等。骑师会从中得着，在生活中应用和实践。







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 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.)  
(由于保护资料隐私，赛马骑师名字经过修改。)

心态决定境界；  
态度决定高度

堕马后，Jockey A 在重回赛事前已确保脑震荡症后群得以康复。可是，他发现了一些变化：他在赛事中变得过分小心，导致他数次错失赢马的机会。他的要求很简单：他希望在赛马中重获信心，不再过于忧虑堕马，将自己的专注力集中於当下。

## 真实案例1

一名曾堕马的  
骑师希望克服恐惧

我们建立了一个清单，写下他在赛事中需要集中的事项，把比较不重要的东西删掉后，收窄到3个项目，并利用3个简单提示词语概括。我们把一场赛事切割成3个部分，分别用3个提示词语代表每个部分。这个方法逐渐帮助他提升在赛事的专注力。我们亦尝试忘记和抛弃让他造成堕马的行为，不再重蹈覆辙，以重建他的自信。随着教练的指导，Jockey A 学习了更好的方法应对高危动作。在随后的运动心理学咨询里，我们利用意象训练技术演练其技巧，加强他的肌肉记忆和对赛事的自信。



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 最初为了希望赢马来到我的办公室，一谈动力的问题。他留意到自己注意力和表现常常在第4场后下跌。由于他一般出赛7-8场，这个情况对他而言不太理想。

## 真实案例2

**一名骑师希望  
重燃动力，面对职业转变**

我们针对更高效利用精力做了一个计划，让 Jockey B 可以懂得按情况“启动”和“关闭”精力。根据赛事的性质，我们把赛事区分为他需要高强度专注力（赛事开始前1-2分钟），中强度专注力（赛事开始前5分钟）和低强度专注力（在亮相圈走动）的时段。我们尝试不同策略令他可以在专注力范围中上下调整，当中包含“激发增加”（Arousal-inducing）和“激发减弱”（Arousal-reduction）的技巧。成功管理他的专注力后，Jockey B 即将毕业，他希望在过渡至职业骑师前做好心理准备。我们首先预计职业上的改变会带来可能性和如何处理问题，包括马迷数目下降，相比起其他骑师没有优势等。这些对话帮助他明白如何应对未来成为职业骑师的要求，让他在展开人生新一页前做好心理准备。

**“Your attitude  
determines  
your attitude”**

Ms Karen C H Lo , M.Ed.  
卢绮衡女士 M.Ed.



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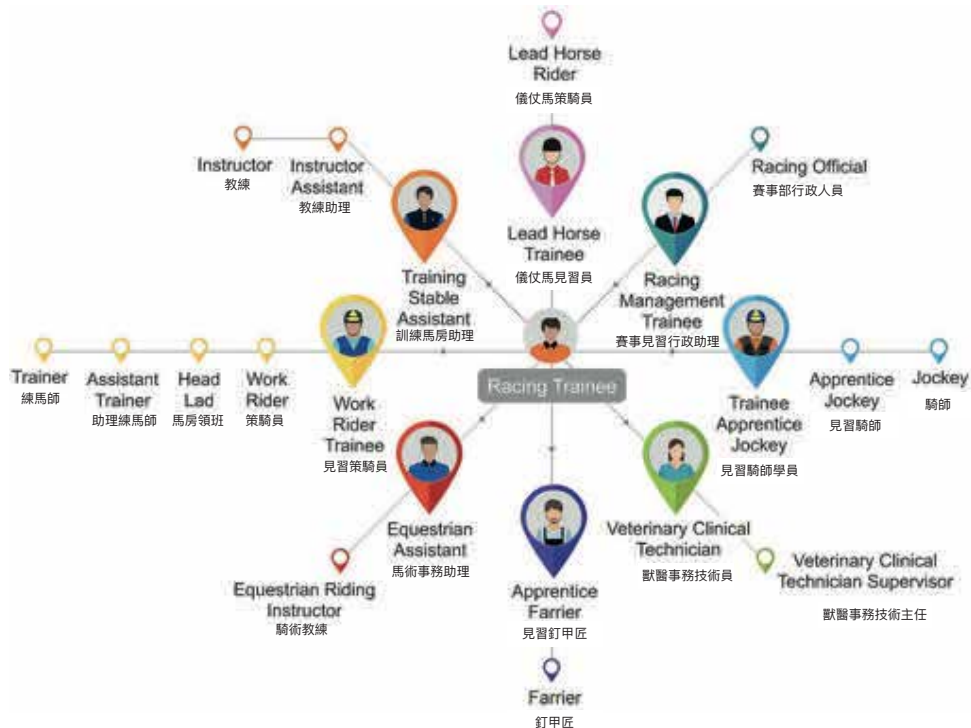
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