



Lessons from the Racetrack

Jim Bolger



Have Met Many Wonderful People Through Sport



Colm O'Rourke



Anthony Tohill



Jack O'Shea



Eoin Liston

Peter Canavan

Jerry McEntee

Joe Brolly

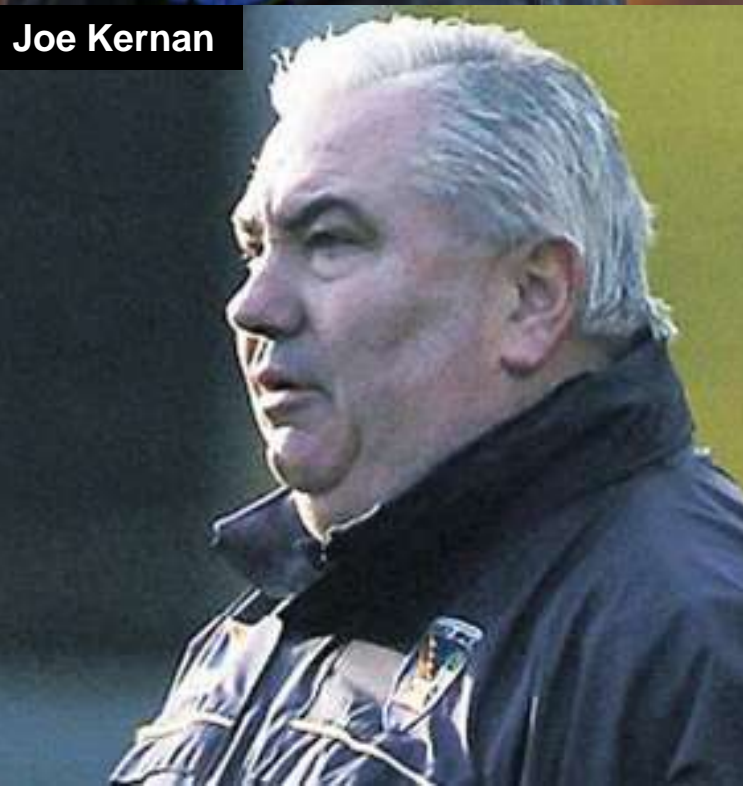
Mick O'Dwyer



Sean Boylan



Joe Kernan



Jimmy Keaveney





DJ Carey

Art Foley

Tomás Mulcahy

Tommy Walsh

Babs Keating



Nicky English



Ger Loughnane



Dave Bernie



Willie McCreery

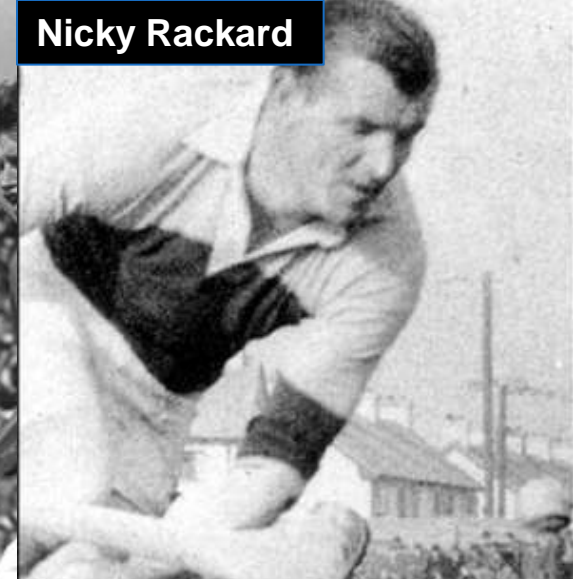
Eddie Keher



Jimmy Barry Murphy



Nicky Rackard



Oliver Hopper McGrath



Rackard Bros

Johnny Clifford



Paddy Kehoe



Micheál O'Hehir



Micheál O' Muircheartaigh

Delirium

Definition

A state of uncontrolled excitement or emotion

A photograph of two Gaelic football players celebrating on a field. The player on the left is shirtless, wearing a white headband with grey stripes and green and yellow shorts. He has his mouth wide open in a shout. The player on the right is wearing a white jersey with yellow and green accents, featuring the number 12 and the text 'Donegal Creameries'. He is also shouting and has his right arm raised, wearing a green glove. The background shows a large crowd in a stadium.

Observed in humans

Horse ?



Finsceal Beo

A large group of Donegal Gaelic football players and staff are celebrating on a field. They are wearing yellow and green jerseys with 'Donegal' and 'Gaelic' visible. Some players are holding a trophy. The background shows a large stadium with many seats. The image is overlaid with a semi-transparent dark grey box containing white text.

Success in Sport At All Levels

- **100% commitment required**

Getting Started Some Friendly Tips

- Shoeing – 35 years
- Good boots
- Secure (preferable with studs)
- All equipment should be well fitted
- Wexford minor hurling trial



Races are won and lost by a short head



Games by points!

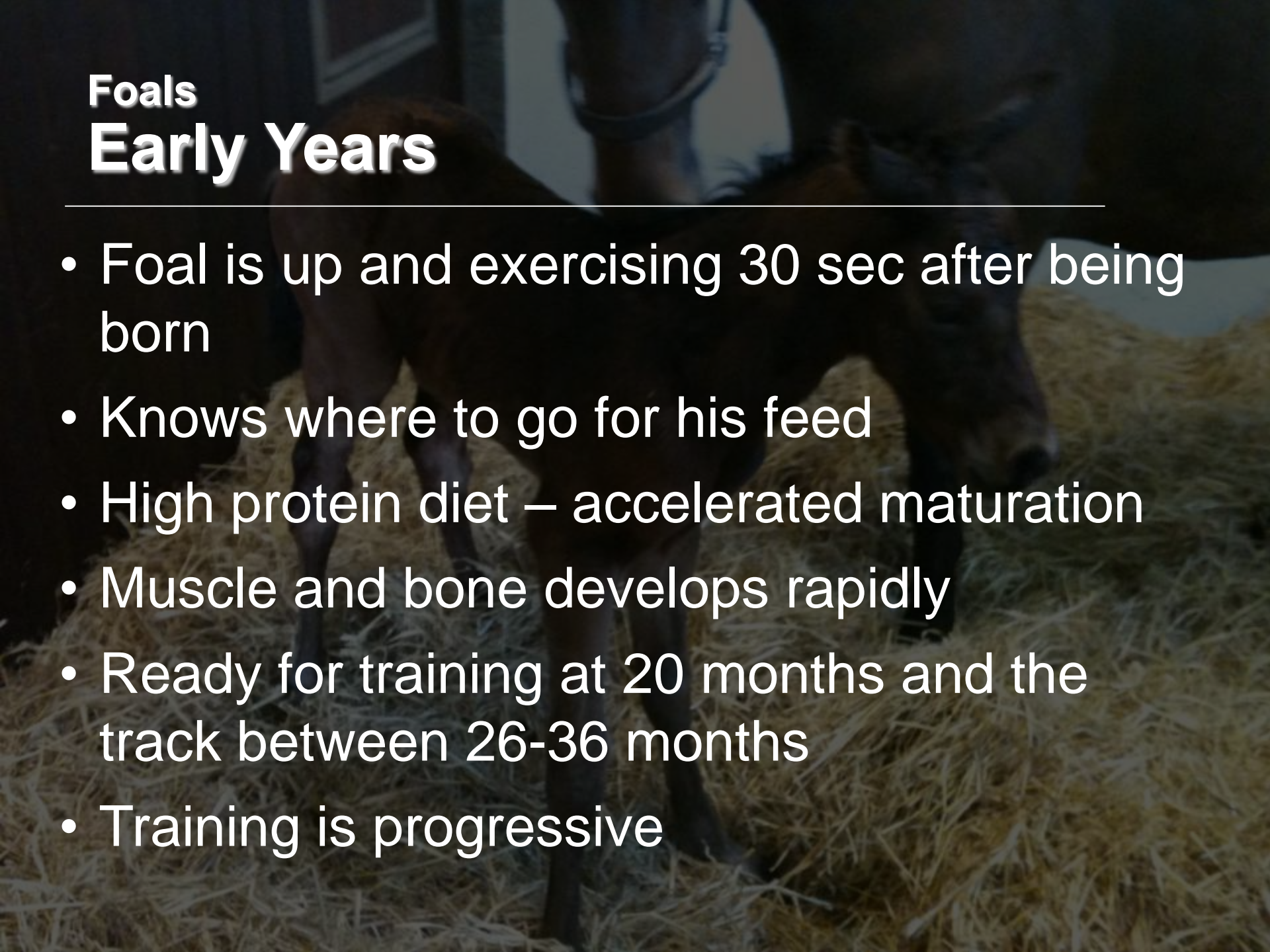
Weight and Hydration Guidelines

- Optimal weight for each horse – weighed weekly
- Each player has an optimal weight
- For rehydration water is adequate in most instances



Foal Birth





Foals Early Years

- Foal is up and exercising 30 sec after being born
- Knows where to go for his feed
- High protein diet – accelerated maturation
- Muscle and bone develops rapidly
- Ready for training at 20 months and the track between 26-36 months
- Training is progressive

Loch Garman

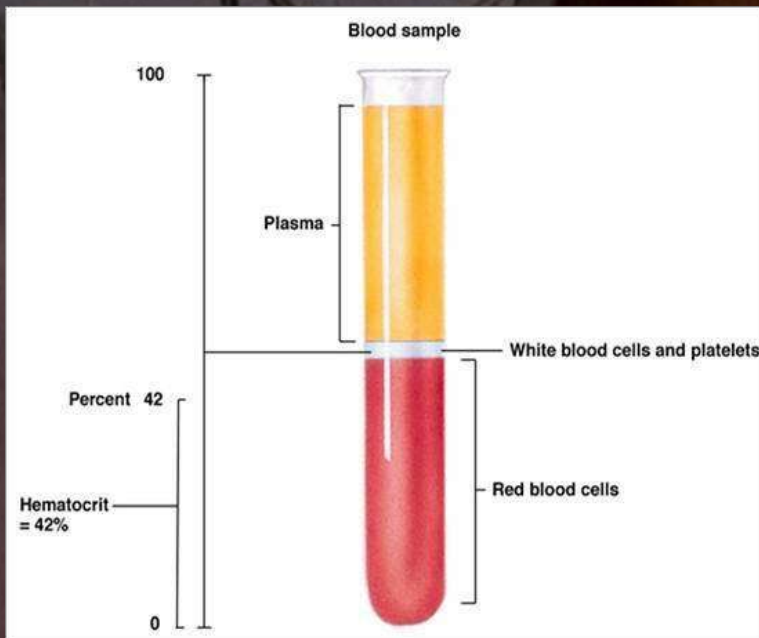


Given plenty of time to adjust to rigours of training

Blood Analysis

PCV (Hematocrit)

- Red blood cells carry oxygen around the body
- Packed cell volume (PCV) measures the percentage of the blood occupied by red blood cells
- Routinely measured
- PCV must be $\geq 35\%$ for the horse to train





- Physiotherapist identifies sore spots
- Treats
- Training is adjusted



Heart



Stomach

Great attention to



Eyes



Teeth



Feet

Routine Scope



X-ray



Management Overview

- Role of the Bainisteoir is equivalent to that of the race horse trainer
- Can't do everything – delegation essential
- Pick a team that shares your objectives
- Clearly outline what you expect and give them every support

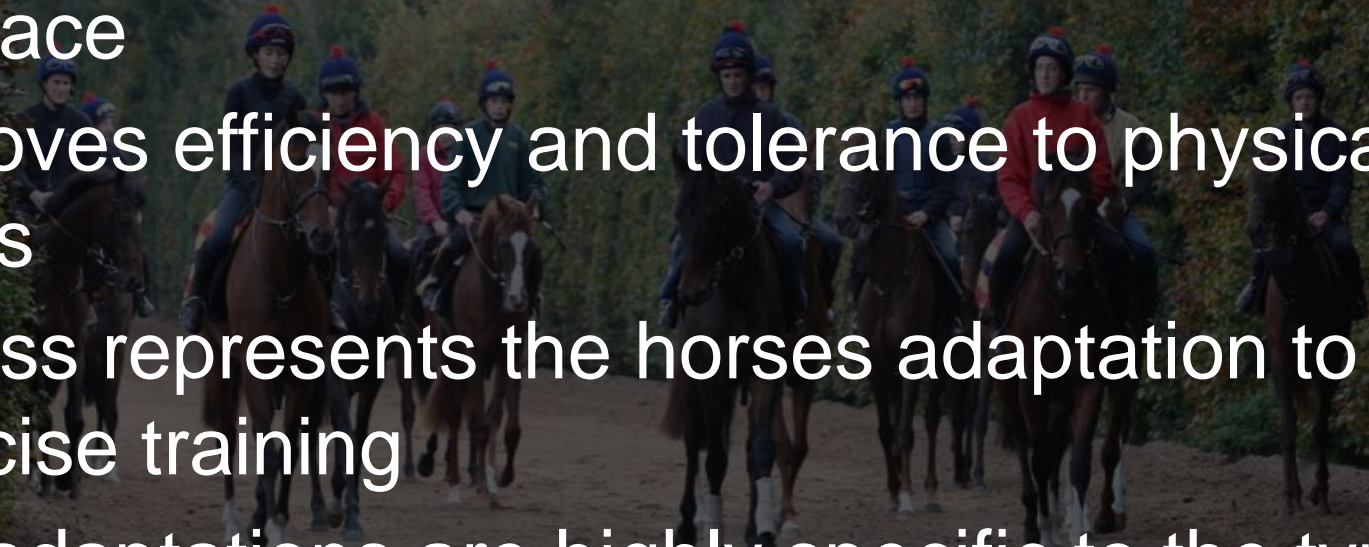
Key Staff

- **Brian O'Connor (General Manager)**
- **Pat O'Donovan (Assistant Trainer)**
- **Adrian Taylor (Assistant Trainer)**
- **Gerard Flynn (Travelling Head Lad)**



Training and Fitness Overview

- Training is a process to maximize performance in a race
- Improves efficiency and tolerance to physical stress
- Fitness represents the horses adaptation to exercise training
- The adaptations are highly specific to the type of training
- Magnitude of the adaptations are related to the volume and intensity of training



Individualization Overview

1. Different horses respond to the same training in different ways
2. Training program must take into account the specific needs and abilities of the animal for whom it is designed



Training Optimal Overload

- Hard work must be done but should be monitored carefully
- More is not always better
- Animals must be kept fresh
- **KEEP THEM BOUNCING**
- Not all animals will need the same amount of training/graft
- Important for trainers/managers to have confidence

Training Overload-Recovery Balance

- Less than confident manager/coach can pile on the work
- End up with a flat and tired crew/horses
- Get the hard work done in stages
- Allow ample time for **RECOVERY**
- Some of that time can be used for ball work
- **KEEP THE BOUNCING**
- **KEEP THEM BOUNCING**

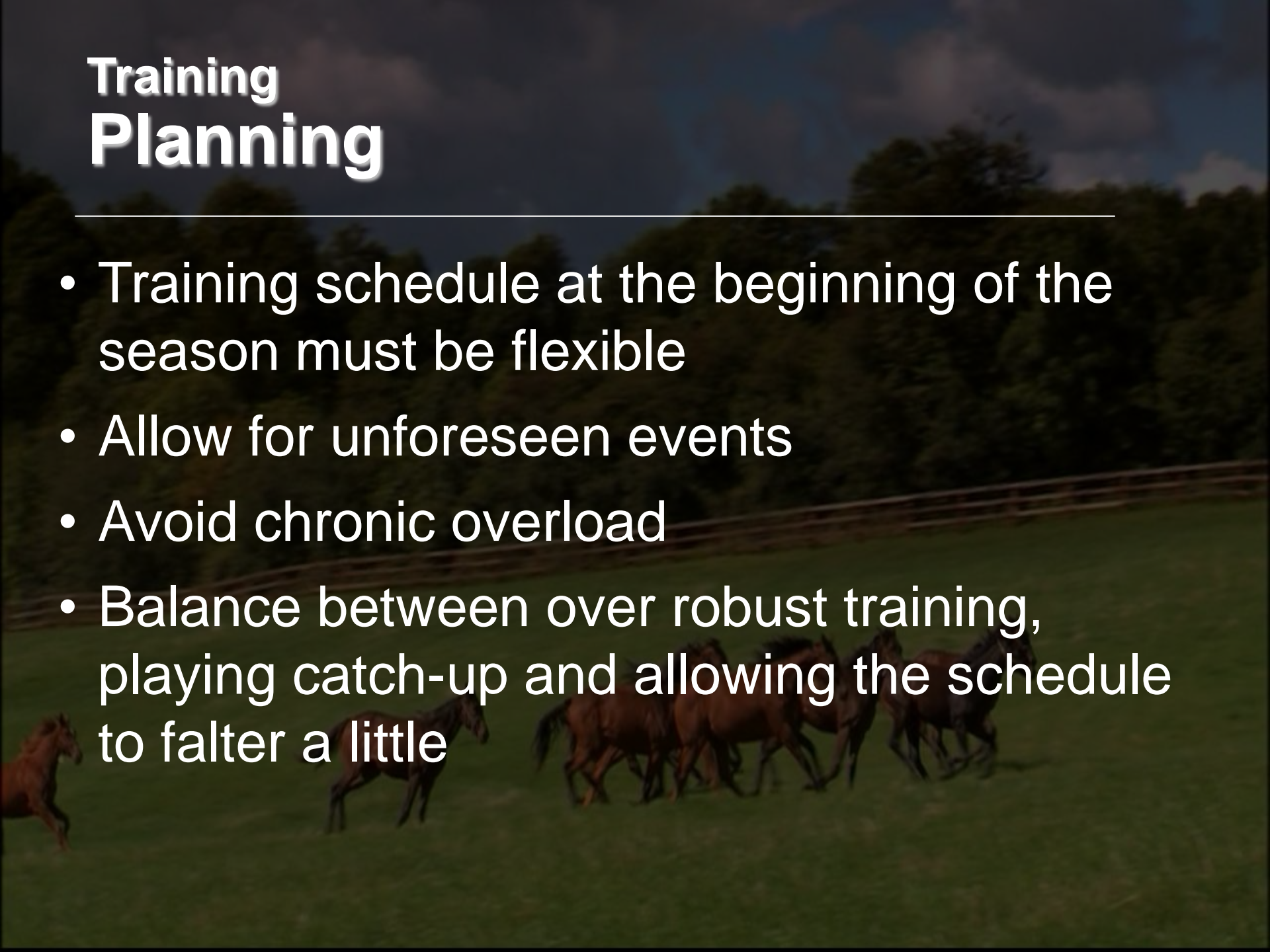
Training Recovery



- Not all horses will recover at the same rate
- Some of the recovery time can be used for ball work in Gaelic games
- Important to have a clear schedule
- Fresh mind is the one that will perform to the maximum
- **Cannot over-emphasise the importance of freshness and a feeling of well being**
- Paudie O Shea – great example

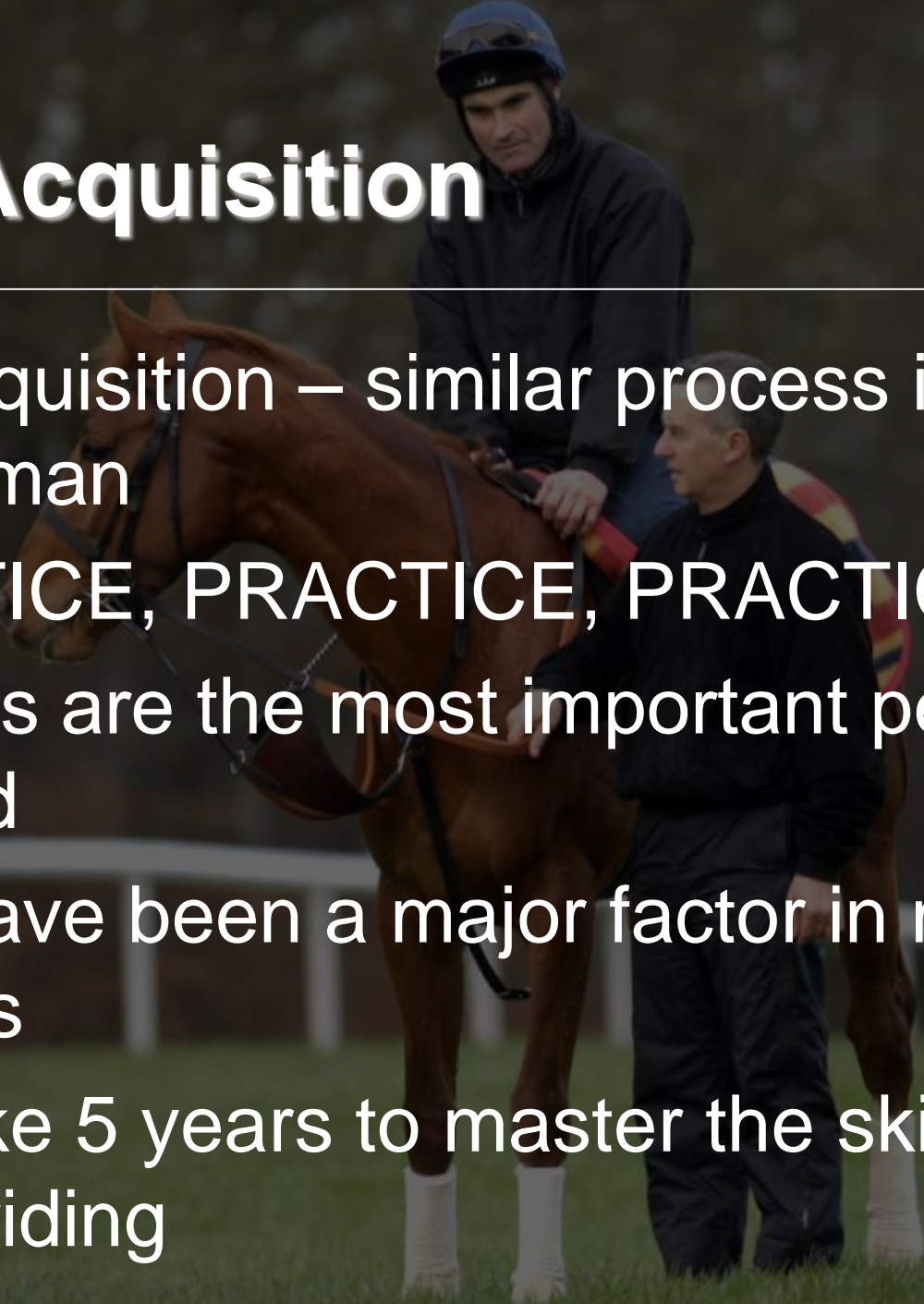
Training Planning

- Training schedule at the beginning of the season must be flexible
- Allow for unforeseen events
- Avoid chronic overload
- Balance between over robust training, playing catch-up and allowing the schedule to falter a little



Training Skill Acquisition

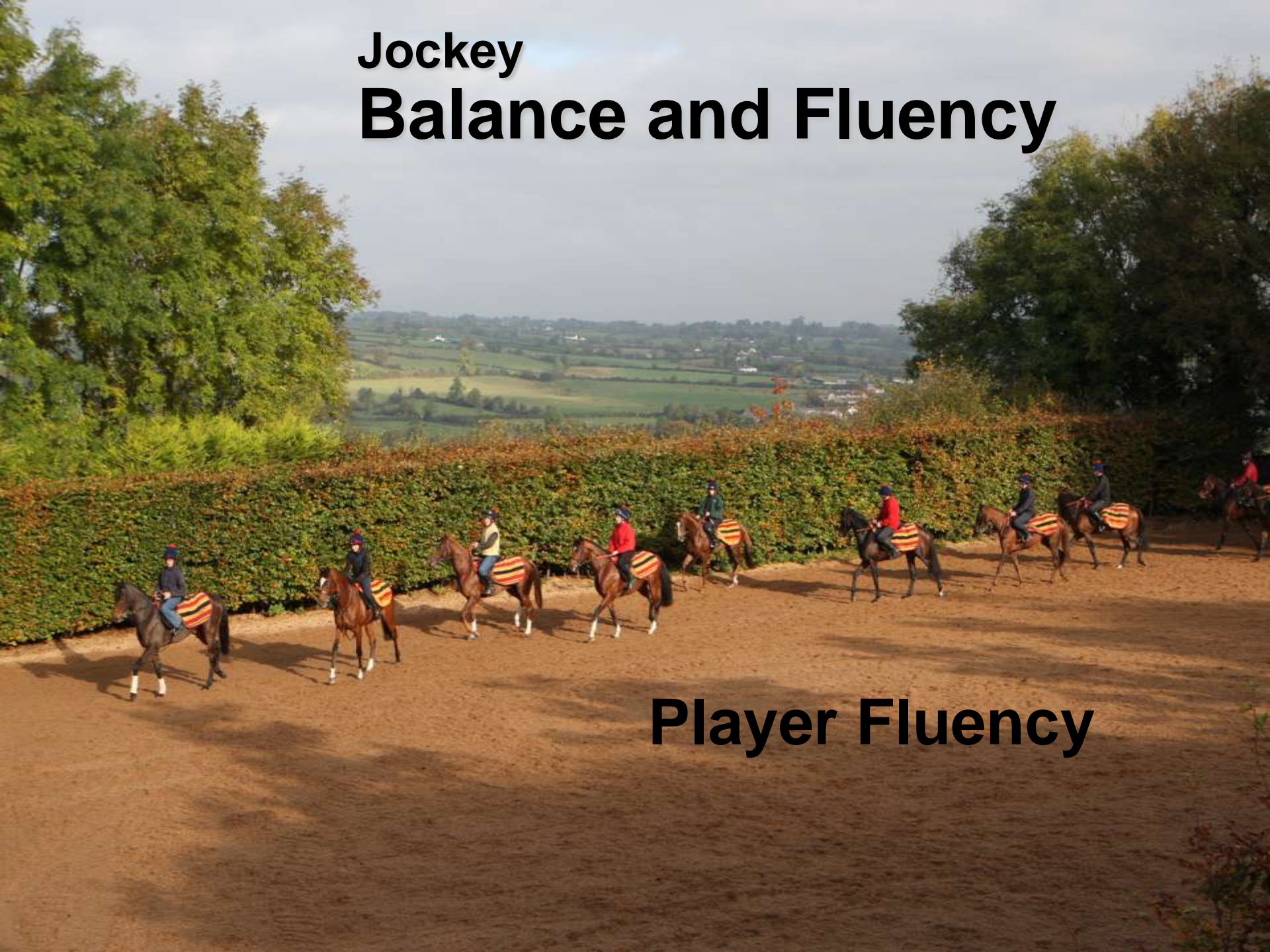
- Skill acquisition – similar process in horse and human
- PRACTICE, PRACTICE, PRACTICE
- Jockey's are the most important people in my yard
- They have been a major factor in my success
- Can take 5 years to master the skills of racing riding



Training Skill Acquisition

- Rider- balance and fluency
- Player fluency
- Starting stalls
- Turnstiles is mastered very quickly by the sport fan not so the starting stalls for the young horse

Jockey Balance and Fluency



Player Fluency

Skill Acquisition

Starting Stalls

Turnstiles are mastered very quickly by the sport fan not so the starting stalls for the young horse



Tactics Importance?

- Important in both racing and Gaelic games
- Final 2 furlongs – eyeball opposition and foot to the metal



Hurling For Cancer Research





**Saint Conleth's Park, Newbridge at 6pm August 14,
2012**

**Commentry by Micheal O Muircheartaigh
Referee Jimmy Barry Murphy
Artane Boys Band will perform**









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