

Eclipse Award Winning Jockey Frank Lovato Jr. Presents

*DVD  
Content  
Guide*

WHAT IT TAKES  
TO BE A JOCKEY



# What It Takes to be a Jockey

## DVD Contents

I Introduction

### CHAPTERS

1. How To get Started
2. Getting Started Riding Race Horses
3. Learning Your Race Track
4. Day in The Life of a Jockey
5. Health, Nutrition, and Discipline
6. Race Riding Tips and Techniques

### **Intro: (3:00 minutes)**

Discusses my background and the content and mission of the DVD

### **Chapter I “How To Get Started” (10:00 minutes)**

My top 10 recommendations on getting started in the business and what to expect.

Find a job on horse farm or training center

Family or friends for leads. or search directory

Equipment you would need

Will start out as an exercise rider

How does someone get started as an exercise rider?

What a jockey should weigh

Fear issues;

Age

Gender, if you are a female

Education matter?

List of resources here in US. NARA, Garza, Jockey Camp

### **Chapter II “Getting Started Riding Race Horses” (30:00 min.)**

Intro and Statement, have to start out as exercise rider

Explanation between exercise saddle and racing saddle

Before mounting, Check you equipment, checklist for your safety

Check your girth, make sure you have the right size girth, how to do that

Saddle sitting on your horse properly, on the withers

When tightening your girth, standing on the left side of the girth

Leg up and techniques and process

Tightening girth when mounted

Adjusting your equipment once mounted.

Racing reins, tying your knot in the reins, Different kinds, demos

Crosse (holds) with your reins demos

Form, balance & position

Feet/Stirrups, balance starts in your feet.

Length to ride in the stirrups

Your hands in the reins, horse sense, communication, set your hands low, have quiet hands

Proper Leads, how to get your horse to switch leads, what leads they should be on

Quick Tip, cross and mane are for, and have good spring in your leg up

How to use your mane to brace yourself if your horse acts up

Riding ace deuce in the stirrups explanation

### **Chapter III “Learning your Race Track” (4:20 min.)**

Learn your track off your horse, layout, size

Learn the walk to the track from the barn

Furlong makers in a one mile track  
Where the gates are set during training hours  
Learn the rules of your race track (may not be American racing rules depending  
your location/country)  
The rules & guidelines here for North American tracks during training  
How to go to the gates for gate schooling

#### **IV “A Day in the Life of a Jockey” (24:00 min.)**

Typical day of a jockey starts with morning workouts  
Staying Fit For Riding Horses  
Preparing For The Races  
Weight Requirements  
How Jockeys Make Various Weight Assignments.  
Average races I would ride a day and Valet.  
What A Valet’s Job Is  
Jockey would know the horses 48-72 hours prior  
Studying a race before you ride it  
Trainers Instructions Before The Race  
Speaking to a Trainer After The Race  
Trainer Mike Stidham, Jockey James Graham piece. Jockey, trainer interview from  
jockey camp, before the actual race. Interviews before and after with both.  
Watching Race Replays  
Back to James Graham for interview after the race  
The Uncertainty Of A Jockey’s Job  
How A Jockey Gets Paid and pays their agent an valet.  
What a jockey agent’s job  
Understanding when you hear a jockeys earnings is not the jockeys actual earnings  
Finished For The Day

#### **V “Diet, Nutrition & Discipline” (9:15 min.)**

Average jockey weights, apprentices  
No weight restriction on exercise riders  
You will need discipline though stay healthy  
Jockey bootcamp experiment  
Weigh in’s 2nd day  
Be true to yourself (diet, food intake)  
The results  
Serious lecture, recommendation

#### **VI “Race Riding Tips” (16:00 min)**

How to use your goggles  
How jockeys break from the starting gates  
Riding away from gates for position  
Settling in the middle of the race  
Getting ready for the stretch drive and preparing to use the whip  
Stay collected and in control of your horse when going to the whip  
The proper use of the whip and whipping areas  
Bringing the whip to the up position “twirling” your whip  
Switching your whip

#### **Bonus Clips**

Templeton Thompson Music Video “A Horse That Can Fly”  
Chris McCarron (Hall Of Fame Jockey talks about his North American Racing  
Academy)  
Pat Day (Hall Of Fame Jockey Talks about his career and ministry)  
Mike Smith (Hall Of Fame Jockey talks about how he got started and maintains his  
weight)

*Sponsors & Supporters*



**JOCKEYTACK.COM**

*Jockey + Racing Equipment • English • Western Tack • Apparel*



*TempletonThompson.com*

**CAJUN JOCKEY SUPPLY**

337-212-3023

*Thank You to  
Sandra Lovato  
Sarah Beard*

*Produced by Dan Rood Productions, Norwalk, OH*

*Cover design by LWVideo Productions*

*If you like more information in becoming a sponsor, please contact.....*

***Wooden Horse Corporation***

*819 W. Dublin Rd  
Norwalk, OH 44857  
phone/fax (419) 663-1472  
equicizer@aol.com  
www.equicizer.com*