

## 見習騎師課程 [第三年及以後]

具備天分、才能及有志從事賽馬工作的學員，將獲馬會簽約取錄，首先成為見習騎師學員，然後晉身見習騎師行列。

### 課程內容

#### 見習騎師學員

- 學員均獲指派追隨練馬師，學習騎術和馬房管理。
- 他們亦須接受馬會騎術教練的指導。
- 課程並設有下列科目，以小組形式教授：電腦應用、電腦輔助英語學習、數學、體能、體育專題講座、壓力處理、危機處理、溝通技巧、財政管理、飲食/體重管理，以及傳媒應對訓練。
- 學員會於暑期獲派前往海外受訓，學習其他地方的賽馬文化。

#### 見習騎師

- 學員可參加晨操、試閘及策騎出賽，從而汲取經驗。
- 學員會獲派前往海外，追隨指定的練馬師學藝，從而提高出賽時的策騎技巧。他們須在海外受訓十二至十八個月才可返港。



## The Apprentice Jockey Programme

[Year 3+]

Those who have the talent, aptitude and determination to pursue a race riding career are indentured to the Jockey Club first as Trainee Apprentice Jockeys (TAJ) and then as Apprentice Jockeys (AJ).

### Course Content

#### Training for TAJs

- They are allocated to trainers who give them tuition in riding and stable management.
- They also receive instructions from the Club's riding instructors.
- Group teaching of the following subjects is also provided: computer application, computer-assisted English learning, mathematics, fitness, sport talks, stress management, crisis management, communication, financial management, diet/weight management and media training.
- TAJs are sent overseas for training during the summer to learn more about other racing cultures.

#### Training for AJs

- Hands on experience gained through riding trackwork, in barrier trials and races.
- Apprentices are sent overseas to be attached to trainers to strengthen race-riding skills. They return to Hong Kong after 12 to 18 months.