I am the sports medicine sports medicine manager with Equestrian Australia and that that involves looking after our Olympic discipline, our Paralympics discipline and our elite programs across all of our Elite equestrian sport. What that involves for me is coordinating and facilitating sports science and sports medicine programs for our athletes who are based all over the world.

As equestrian athletes its really important they have good core stability, good strength, good endurance, good cardiovascular fitness, off the horse so they can contribute with the horse in a performance environment. Because our athletes are based all over the world, it means we have to have networks of service providers both in Australia and overseas so that athletes are able to achieve these goals.

In their daily training environment it’s really important that we’re maintaining good health practices, so hydration is very important, nutrition is very important and if we can facilitate contact with networks near where the athletes are based it means that they’re able to have very personalised, specific programs to not only their individual needs, but the needs of their individual disciplines as well.

I have regular communication with our athletes, often they will report if they have had an increase in soreness or an injury weather they wish to speak to a dietician or a psychologist, or a doctor. At the moment a lot of my organising is getting ready for the Olympics and the Paralympics and making sure we have all of our paperwork in order and facilitating contact with the Olympic headquarters and the Paralympics headquarters to ensure that our athletes are going to have the best treatment possible while we are there.

I have always been driven by sport – I think that comes from my parents and also from my participation as a junior athlete I saw physio as a way of working with in sport asi was a ‘failed’ athlete myself and they sports physio program further develop that ability to work within sporting teams and circles.

It’s a really diverse job, I am very fortunate I am very fortunate to work with a wide range of athlete’s in equestrian with a large demographic of ages, we have young juniors coming through the program and our elite riders who have been to multiple Olympic and Paralympics games. So I think working with such a diverse group is really exciting and always different challenges involved with such a diverse group.

With our Paralympics team we have a number of considerations and it turns out that we need to include how our Paralympics athletes travel, how they get on and off the horses and how they are able to get around the stables. Our Paralympics discipline is dressage and our riders are classed into five different grades based on their functional ability. Each grade performs different tests, based on what the ability of that grade is.

Working with Equestrian athletes, both Olympic and Paralympics athletes- the commitment to their sport is second to none. Often riders will be competing well into their 50’s and that takes years of hard work and discipline, their dedication to their hose given their horse is a primary athlete in that combination, its really exciting to be a part of such a unique team.