

EDUCATION CASE STUDY

Jump Jockey turned Sports & Exercise Therapist

Megan Carberry



Riding Career

Megan rode 39 winners in a six year career as a jockey but struggled with injuries. Whilst being treated at Jack Berry House, the Injured Jockeys Fund rehabilitation centre in Malton, she had a eureka moment realising that she wanted to pursue a second career as a physiotherapist.

Student Career

Megan successfully applied for a scholarship from JETS (Jockeys Education & Training Scheme) which has co-funded a four year BSc Sports & Exercise Therapy degree course at York St. John University. She gained a 1st in her placement which she did at Jack Berry House and is awaiting her final result. She also did a final year dissertation focusing on Gender & Equality in Horseracing. Whilst studying Megan has been working as a work rider for a local trainer and also had to contend with the challenges of COVID whilst also having a second child during her second year of studies.

JETS Support

Megan worked closely with JETS Personal Development Manager Phil Kinsella to prepare an application for the course and has stayed in regular contact with him. Whilst not initially having enough points, her background as a professional sportsperson and a good reference from the team at Jack Berry House was enough to secure her a place on the course.

PHIL KINSELLA, JETS PERSONAL
DEVELOPMENT MANAGER:

“It was clear from the start that Megan was exceptionally motivated to becoming a physiotherapist. She deserves a great deal of credit for managing her studies so well alongside work and a family and we’re delighted that a JETS scholarship has helped her establish a brilliant second career.”

What Next?

Megan has recently decided to move with her family back to Ireland where she’s from. She has secured a two day a week role as a Sports & Exercise Therapist and is hoping to apply all the skills she’s learned to help injured jockeys in Ireland.

“I couldn’t have done this without Phil and the team at JETS. I’m over the moon to have gained my degree and especially getting 74% in my placement which is 10% higher than anyone else in my year. It’s not been easy juggling everything with the children and and work and I had to do a lot of studying at night. I never thought I’d do it but I’m proud I have and have had an amazing support team around me and am excited about the future.”

FIND OUT MORE:

JETS Scholarships and other services: www.jets-uk.org/jockeys/jets-services/

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