

## TRACK WORK IS HARD WORK – A SUCCESS STORY OF A TRACKWORK RIDER

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**APPRENTICE  
JORDAN QUINCE**

**REGION NSW**

**EMPLOYED BY**  
Freedman Training Pty Ltd



Jordan Quince was fascinated with horses and horse movies as a young girl. She attended Rodeo competitions at twelve years old, went to an Agriculture School with a Horse Racing Program in W.A., started doing track work at fourteen, and moved to New South Wales four years later to pursue her dream. She sought an opportunity and was offered a trackwork trial for a few months at Freedman Training, which resulted in an Australian Apprenticeship.

**Jordan is now completing a Certificate III in Racing (Trackwork Rider) as a jockey apprentice at Freedman Training Pty Ltd.**

Her typical day starts early, at 3:30 am. Upon arriving at work, she puts on all her riding gear and saddles the first horse. She typically rides 6-9 sets each morning. After this, she would ice the horse's legs to help keep the tendons cool after a hard track session. Then, she heads home to eat, shower, and continue to races or trials, depending on the day. After a long day, she returns to bed and repeats the next day!

Apprenticeship Support Australia has been supportive of Jordan's apprenticeship journey. Her local Industry Training Consultant at Apprenticeship Support Australia, Susie Eldrige, has been there for Jordan along the way, whether it was keeping in touch, supporting, or helping in any way possible. Jordan explains:

*"ASA kept in touch, and if I didn't understand something, I would contact them directly, which was very valuable. ASA regularly checked on me and supported me as a female in a male-dominated industry, which was very valuable."*

Jordan advises anyone else considering a career in the racing industry:

*"Track work is challenging, but I love the horses so much that it makes it all worthwhile. Getting into a gallop is a thrill and rewarding for all the work that leads up to it. Be prepared to work; if you don't enjoy the challenges and hard work, find something else."*

Jordan and other women apprentices can also benefit from Apprenticeship Support Australia NSW's Women in Non-Traditional Trade Mentoring program to ensure they are supported throughout their trade and beyond.