



# 60 SECONDS WITH Aly Sabbour

By Catherine James

Aly Sabbour & Layaly.

**COUNTRY:** Egypt

**DATE OF BIRTH:** 03/07/1994

**STAR SIGN:** Cancer

**PROFESSION:** Business owner/professional ShowJumper

**Give us a short introduction about yourself**

Horses are my passion and definitely a large part of my future. My daily schedule revolves around my training time while still staying totally focused on my office. In the ring, I forget everything and focus on my riding craft. Riding and competing is the adrenaline that navigates my momentum forward.

**Describe your typical practice?**

My practice in general depends on the horse, but mainly I work on the horses' down sides and the issues I face during shows. The issue I usually face with my main mare 'Layaly' is that you can never expect what her reactions are, she has a very unique character and she becomes very tense in competitions, so usually I focus on discipline while working her at home and I try to be very spontaneous to how she would react during shows.

**Where is your favourite place for practice?**

Platinum Club, New Cairo. Platinum is one of the top places to ride in Egypt, it offers every single facility a horse and a rider needs in addition to the exceptional ambiance.

**Tell us one or two things in your training that contributed to your success.**

Like all riders, riding different horses taught me a lot but what really made a huge difference in my riding was my trainer, I was blessed to have a true horseman who gave me his all. Alaa Mayssara, who brought me up from the 80cm class up to the A class. Alaa taught me a lot in terms of horsemanship, establishing the connection between myself and the horses in general and of course giving me all he has in terms of ring craft.

**What was the best advice you were given?**

My father always told me to follow my passion no matter how hard it was.

**What advice would you give to young athletes?**

Only effort, wisdom and commitment lead to success!

**What is your best achievement?**

Being part of the winning team in the World Cup 2010 for young riders.

**What are the goals that you aspire to achieve?**

I dream to raise the Egyptian flag on the podium of the Olympic Games.

**Who has been your greatest support?**

My family of course, they are always there for me every time I need them.

**What are your greatest motivations?**

To watch other great riders, like Marcus Ehning, it makes me feel humble and motivated that I still have so much more to learn and achieve.

**Who is your sporting hero?**

Mohammed Ali

**What is your second favourite sport?**

Like all Egyptians, my second favourite sport is Football.

**What is your favourite genre of movies?**

Comedy.

**What kind of music do you enjoy listening to?**

I am a huge fan of minimal house.

**What is your favourite book and who is your favourite author?**

The forty eight laws of power by Robert Greene.

**What is your favourite food?**

McDonalds!

**What is the most memorable place you ever visited?**

Bali! It is mesmerising.

**What is your strength and what is your weakness?**

My strength is my passion for the sport which motivates me to work even harder, and my weakness is that I am a perfectionist so sometimes I stress a bit too much.

**What is the biggest challenge you have ever faced?**

To start riding again after being away for five years; and going right back to jumping big classes.

Another challenge was with 'Layaly' my mare; I bought her when she was 3 years old. At the beginning there was a 50 percent chance I won't be able to ride her and that's what most people thought, as she was a really stubborn young mare but I always knew she has plenty of ability to learn and show off her talent; and now she is 13 years old proving everyone wrong and my patience payed off by being placed in most of the classes we compete at.

**What is the biggest reward you ever got?**

An outstanding mare called Andiamo, she won each and every class she entered.

**If you had the power to change something in this world, what would you change?**

I would take away hatred and negativity from people's hearts.

**If there is something about yourself that you would like to change, what would that be?**

To spend more time with my family.

**If you weren't who you are today, what would you rather be?**

I would have wanted to be my father, he has always been my role model ever since I was a child, his success has been my true inspiration and he always supports me by all means and how he believed in me and pushed me to my limits. 🙏