

60 SECONDS WITH AMR GAMAL

By Aya Amr

COUNTRY: Alexandria

DATE OF BIRTH: 24 September, 1990

STAR SIGN: Scorpion

PROFESSION: Professional Show Jumper

Please tell us a little about yourself.

I am Amr, I was born in Alexandria and I have one sister who is two years older than me. Riding is my addiction, it motivates me in all aspects of my life. I started riding when I was 8 years old and I graduated 3 years ago from the Arab Academy for Science and Maritime Transport Logistics.

After I finished my education I started taking the sport up to the professional level. My family and my club "Smouha" have been helping me and supporting me throughout the years. I help my dad with his business, he is an engineer.

I travel every summer to take a clinic outside Egypt to work on myself and gain different experiences.

Describe your typical practice?

I always walk my horses around the track and then do some flatwork. I make a plan for each horse and I follow the plan. I prefer to focus more on the flatwork and gymnastics than jumping to make the horses more fit; however, before the shows I tend to jump them more often. I start riding every day at 8 am and I ride 10 horses per day.

Where is your favourite place for practice?

For sure my club "Smouha".

Describe some of the funny experiences you have had practicing?

I was in Holland and I was riding a 4-year-old horse; he was a bit stupid and didn't want to move, so I put some legs and moved him. When we started galloping, the saddle suddenly turned around and half of me was underneath the horse and the other half trying to hold on until I fell and hit the wall! The funny thing is that after I fell the horse was super and he jumped beautifully!

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

The most important thing I learned

is that I have to make my horse happy! When the horse is happy and has a strong bond with me, he will give me his best.

Also, having a strong plan and some goals helps me achieve good results.

What was the best advice you were given?

Always work on myself, there is always room for improvement and never to give up no matter what the results are.

What advice would you give to young athletes?

Always compete, work hard, don't give up and love your horses.

What is your best achievement?

I won the Grand Prix in Sharm El Sheikh. My mare is 9 years old and she is still new in this class but she is great and she wants to win.

What are the goals that you aspire to achieve?

For short term goals, I want to ride in bigger shows and I will start riding in the CSI3* next season.

Who has been your greatest support?

My family has always been my greatest support; and also Karim El Zoghby, he is the best rider in Egypt and he helped me a lot. I go to his farm in Holland when I don't have shows, to train and work on myself.

What are your greatest motivations?

I like to drink Redbull before any show, it gives me energy and I just love it!

Who is your sporting hero?

The Egyptian football player, Mohammed Salah.

What is your second favourite sport?

Football.

What is your favourite genre of movies?

I love action movies.

What is your favourite gadget that you are obsessed with?

My iPhone!

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

I don't really have the time to read, but I like to read books about horses and training tips.

What is your favourite food?

Chicken.

What is the most memorable place you ever visited?

Holland, it's a mesmerising country!

What is your strength and what is your weakness?

My strength is that I work really hard and my weakness is that I get scared sometimes when something goes wrong with my plan.

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

I would make Egypt on the top of the rankings all the time and not only in show jumping, but in all fields.

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

I would like to quit smoking.

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

A successful businessman.

Finally, which question would you ask yourself?

Where will I be and what will I have achieved in 5 years? 🐾