



POWER
Favourite place
greatest motivations
SPORTING HERO

60 SECONDS WITH JAD DANA

JAD DANA

DATE OF BIRTH: February 13, 1995

STAR SIGN: Aquarius

PROFESSION: Show Jumper

TELL US A BIT ABOUT YOURSELF

I have a Bachelor's degree in Economics from the American University of Beirut. I rode in **Lebanon** all my life and **won the Lebanon national championship 6 times**, I trained in Holland with Karim Fares every summer and then I got the opportunity to ride and train at Spruce Meadows so I've lived in Calgary, Canada for 2 years .

DESCRIBE YOUR TYPICAL PRACTICE?

I believe a good warm up is very important for all horses to supple and loosen their backs and legs. Sometimes I put the horses on the **lunge line for 10 minutes** before I get on or take them for a long walk around the barns before I start working. I include a lot of ground poles and small jumps in my day-to-day work.

WHERE IS YOUR FAVOURITE PLACE FOR PRACTICE?

I enjoy riding in a big grass field. I think horses are more motivated there too!

No matter how many places I ride in, it's always special going back to the stable I rode in since I was 5 years old, **Mechref Club in Lebanon**.

TELL US ONE OR TWO THINGS IN YOUR TRAINING THAT CONTRIBUTED TO YOUR SUCCESS.

This year I got to train with **American Olympian Leslie Burr-Howard**. I do not think that I could have had a better trainer for myself. She made me a better rider and a better horseman!

The last two years, I got to ride a few talented horses that I successfully built a strong bond with. They definitely contributed to my success. I could not have competed at the 5* level without these horses.

WHAT WAS THE BEST ADVICE YOU WERE GIVEN?

I think the best advice I was given lately was to **believe in myself and enjoy my sport**. I was told to stay focused and set a clear goal, and most importantly ,to worry about where I need to be, to get to where I want to be.

What advice would you give to young athletes?

Stay humble, follow your dreams, work hard and never give up. **Respect your horses and treat them with care**, work with them, listen to their body language and find a way to make them feel as good as possible.

WHAT IS YOUR BEST ACHIEVEMENT?

My best accomplishment is that I got to train and ride with one of the biggest stables and show venues in the world and **that is Spruce Meadows (2016-2018)**. To live, ride, and show there is absolutely incredible. It's an opportunity of a lifetime!

WHAT ARE THE GOALS THAT YOU ASPIRE TO ACHIEVE?

I have been pursuing this sport for the past 17 years; having competed at the 5* Level, I am highly motivated and ambitious to make my way to the **highest level** of this sport.

WHO HAS BEEN YOUR GREATEST SUPPORT?

My parents have been my backbone. They believe in me and give me so much confidence. They push me and support me all the way. I am so blessed!

WHAT ARE YOUR GREATEST MOTIVATIONS?

Achieving good results and seeing the horses improving are my greatest motivations. Riding talented horses and having a strong team behind me definitely motivate me to become a better rider/competitor and bring the best out of these horses.

WHO IS YOUR SPORTING HERO?

Swiss rider **Steve Guerdat**, He is very competitive and manages to stay at the top.

And my trainer, **Leslie**, I look up to her in every way. She's an incredible rider and trainer and an even better person!

WHAT IS YOUR SECOND FAVOURITE SPORT?

Skiing.

WHAT IS YOUR FAVOURITE GENRE OF MOVIES?

Action , Comedy.

WHAT KIND OF MUSIC DO YOU ENJOY LISTENING TO?

Depends on the mood .

WHAT IS YOUR FAVOURITE FOOD?

Lebanese food.

WHAT IS THE MOST MEMORABLE PLACE YOU EVER VISITED?

Spruce Meadows. The facility is beautiful and everything is well thought out and is done as best as possible; stabling, footing, organization. Riding and showing there gives me a feeling like no other.

WHAT IS YOUR STRENGTH AND WEAKNESS?

I am optimistic, determined and very driven and passionate about what I do. I give it all my time and effort and believe that one day I will reach the top.

My weakness is that I sometimes **get emotional** and it could affect my performance.

WHAT IS THE BIGGEST REWARD YOU EVER GOT?

The support I get from my parents and my team. The recognition of my talent from successful horsemen that I look up to has also been a great reward.

IF YOU HAD THE POWER TO CHANGE SOMETHING IN THIS WORLD, WHAT WOULD YOU CHANGE?

I would set laws to alleviate the geographical and financial constraints that sometimes hinder sportsmen from reaching utmost potential.

IF THERE IS SOMETHING ABOUT YOURSELF THAT YOU WOULD LIKE TO CHANGE, WHAT WOULD THAT BE?

I wouldn't change anything about myself. I have my strengths and I have my weaknesses; **they form my identity and make me who I am.**