

I ride three times a week and my horse is such a warm, friendly and kind-hearted mare.

I'd like to participate in international shows and enter the Olympics in 2024.

My horse is special because he is very sweet and gentle when in his stall...

FEROSIA CLUB RIDING PROGRAMME GIRLS, GIRLS, GIRLS!

By Nada H. Abdelmoniem



my love for them grew more and more over the years.

MALAK

I was five years old I rode on the beach and I really liked it so I wanted to learn how to be a better rider.

A

Girls

I started loving horses and I wanted to train professionally.

my passion for riding started when I was 12 years old.

NABILA

THE FEROSIA (CLASSICAL ARABIC TERM FOR HORSEMANSHIP, ALSO SPELT FURUSIYYA) CLUB IN ZAMALEK, CAIRO (ESTABLISHED IN 1938), HAS BEEN INSTRUMENTAL IN SUPPORTING THE DEVELOPMENT OF EQUESTRIAN SPORT BY PRODUCING YOUNG RIDERS REGULARLY. WHILE THE PROGRAMME IS NOT GEARED TO ONE GENDER OR THE OTHER, BY CHANCE THE CURRENT CROP OF YOUNG RIDERS TRAINING AND RIDING THERE ARE PREDOMINANTLY YOUNG GIRL RIDERS. THEY ARE APPARENT NOT JUST IN THEIR QUANTITY, BUT THEIR QUALITY. HT TOOK SOME TIME TO SPEAK TO THEM AND HERE IS WHAT THEY HAD TO SAY ABOUT THEIR TRAINING, THEIR PASSION FOR HORSES AND THE SPORT.

Girls

Passion for Horse

He isn't the kindest of horses, but I love him best each day I go to see him by feeding him and patting him.

AGSHA

Photo-shoot sponsored by KANA Riding Gear
All photos taken by Saleh Mostafa Lotfy at the Ferosia Club

Training
a better rider.

horses and I wanted to

My horse is special because she's loyal and she fulfills my soul
Farida

I ride three times a week and my horse is such a warm, friendly and kind-hearted mare.
Passion
I'd like to participate in international shows and enter the Olympics in 2024.
My horse is special because he is very sweet and gentle and I love him very much.



Aisha & Hana!



AISHA GOHAR

D.O.B: January 3, 1999

SCHOOL: Canadian International School

HORSE: Eldorado

Aisha

"My passion for riding started when I used to watch my best friend training for three years. I used to always go with her just to watch her and I really enjoyed it. I knew that being on a horse was something I wanted to do. I always enjoyed watching riders on television and imagined myself doing the same. I loved the idea of horses and bonding with a horse. I train three times a week and sometimes when I am free during the weekend. I walk my horse around the track and I think he is special in his own way. We have a weird connection together. He isn't the kindest of horses, but I try my best each day to get closer to him by feeding him treats and patting him. After all, the bond between you and your horse is one of the most important things in riding. My dreams for the future is to become the best rider that I can be and I hope to pursue a career in professional riding and amaze people in a way that previous champions and my own heroes haven't done before. Other than that I take riding day by day, I don't really like to think about the future a lot."

...better rider.
...horses and I wanted to
My horse is special because she's loyal and she fulfills my soul
Farida

HANA EBEID

D.O.B: February 6, 2001

SCHOOL: Ecole Oasis Internationale

HORSE: Hope

Hana

My passion for riding started when I was 12 years old.

NABILA

"I've always liked horses. One time, my parents took me to the club and I saw horses around me. I really wanted to ride one of them, so my parents encouraged me to get on the horse's back...and it all started from there. I train three times per week and my horse is special because he is always full of energy. No matter how hard we train, he'll always have some energy left. After riding, I feed my Hope some carrots or apples. Also, sometimes on Saturdays, I go to the club and take him out for a walk. As a rider, I look up to the famous Egyptian rider Nael Nassar who has won many international competitions and for the future, I'd like to participate in international shows and enter the Olympics in 2024."

...and the kindest of horses, but I try my best each day to get closer to him by feeding him treats and patting him.
AISHA



MALAK EL-SHERBINY

D.O.B: January 3, 1996
SCHOOL: El Alsson School
HORSE: Candy

“My passion for riding started when I was very young as I used to make my parents take me to feed and play with horses at the club. Eventually, I started riding and have loved it since. I train three times a week and my horse is special because he is very sweet and gentle whilst in his stall. I bond with Candy by talking to him and rewarding him when he has done something good. My dreams for the future are to continue riding throughout university and to compete in higher classes.”

Malak
My passion for riding

“My dreams for the future are to continue riding throughout university”

FARIDA EL-SHERBINY

D.O.B: April 10, 1998
SCHOOL: El Alsson School
HORSE: Allegra

“When we were very young, my parents used to take my sister and I for rides at the Gezira Club. There was something about being on a horse’s back, and around horses in general, which was so welcoming. I ride three times a week and my horse is such a warm, friendly and kind-hearted mare. Even though she still has a lot to learn, she’s such a fast learner who’s willing to please. I try to spend as much time as I can with her by just sitting with her in her stall, bathing her, or simply giving her a forehead massage which she loves. I also make sure I have treats for her every single time to reward her for her effort. No matter how small a thing I do with/ for her, it seems to pay off in her progress. My future dream is that in years from now I will still be riding Allegra, but competing with her in classes much higher and more challenging than the ones we ride in now.”

Farida
My passion for riding started when I was 12 years old.

ALLEGRA

“My horse is the kindest of horses, but I best each day to get closer to him by feeding him treats and patting him.”

My horse is special because she’s loyal and she fulfills my soul
Farida

I ride three times a week and my horse is such a friendly and kind-hearted mare.

I'd like to participate in international shows and enter the Olympics in 2024.

My horse is special because he is very sweet



NABILA EL-SHAWARBY

D.O.B: March 14, 1997

SCHOOL: British International School

HORSES: Too Much, Winning Mood

"My passion for riding started when I was 12 years old. It was when I rode my mother's mare Ram Bam for the first time; I loved it so much I wanted to ride her one day. I usually ride alone three times a week and I train on the weekends with Yasser Assar. My two special horses differ from each other; Too Much is the first horse I competed with and I've achieved things I never thought I could such as the Ladies 6-bar which went up to 150 cm, and Winning Mood teaches me to be patient and makes me a stronger rider. I spend a lot of time with them and I always give them treats and play with them. The more we experience together the closer we become; I've realised that especially with Too Much. Ben Maher is my favourite rider because he's very talented and I like his riding style. My dreams for the future are all about continuing to ride and making a name for myself in this sport."

Nabila

AYA AMR

D.O.B: August 18, 1994

UNIVERSITY: Helwan University, Faculty of Arts, English Department

HORSES: Koheba, Little William, Candy

"I was terrified of horses as a little girl, but my mum loved them and she used to take me riding. After a while I started loving horses and I wanted to train professionally. I train three times per week and all the horses that I ride are very special. Little William is very comfortable and nice to ride without a saddle because he has a very nice arched-in back, Koheba doesn't jump high classes but he is more stable in his pace, but on the other hand Candy jumps bigger although his jumps aren't comfortable. To bond with the horses I talk to them, reward them when they've done well, I try to connect with them while I'm riding by using positive reinforcement and patting them when they do what I want. I try not to give them too many orders so they don't get confused and respond positively. In the box I give them carrots and sugar. As a rider I look up to my coach Khaled Assem because he is a great rider and a great coach. He taught me that I should never underestimate myself and my potential. He believes in me and encourages me and he taught me that one shouldn't give up on his dreams no matter how hard they are. My dreams for the near future are to gain more experience in riding, develop my skills especially my physical abilities, and start competing in the F-Class next season."

Aya

My passion for riding started when I was 12 years old.

MARIPA

but I... him treats and patting him.

AGSHA

a better rider.

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My horse is special because she's loyal and she fulfills my soul

Farida



MALAK ASSEM

D.O.B: July 17, 1999
SCHOOL: El Alsson School
HORSE: Cairo

*My love for horses
grew more and more over the years*
Malak

"My passion for riding began when I was a little girl, riding in front of my dad in the saddle. I suppose because of all the time I spent around horses, my love for them grew more and more over the years. I train three times a week throughout our school year, although during our school holidays, we ride five to six times a week. Cairo is many things: helpful, caring and strong, but most importantly he is special. And the reason for that is I've been through a lot with my old horses, but Cairo specifically brought out the best in me. He helped me achieve my dreams of winning a trophy for the first time and he is always there for me and even through tough times we achieve together. For bonding, I mostly spend time with him, massaging him, playing with him, even if I just sit with him in his stable. If it's one thing I learned from my dad, it's that anyone can ride, but a good rider is the one who loves his horse and gains their love back. Even though there are many great international riders around the world, I look up to my father and I do so because he has been with me through every single step of the way, through the tears and laughs; he taught me how to be determined and how to always put 100% effort in riding, but most importantly to never ever give up and make the best of what I have. My dreams for the future are to become an international rider and enter the World Equestrian Games and hopefully become an Olympian. It sounds farfetched but having goals and dreams are key. Other than that I mostly want to become a role model to young riders, and prove to them that determination and positivity can make them move up in life."

FARIDA SABA

D.O.B: January 10, 2002
SCHOOL: British International School
HORSE: Mandy

Farida
*My passion for riding started
when I was 12 years old.*

"My love for horses started when I was three years old and after feeding the horses at the Gezira Club. When I was six years old, I entered the riding school and I was qualified and I started to take riding more seriously. When I was a bit older, I took it to the next level and Eric started to train me at the Ferosia and Maadi Clubs. Eng. Samir Abdelfatah also trained me by the time I was 10. I travelled and rode during two summers in Holland, and after that I rode in Belgium. It was a huge event for me and it was the first time I entered an international competition. Currently, I ride six times a week. Mandy my horse is special because she's loyal and she fulfils my soul. She's beautiful; she gives me support when I need it. She's always on my side no matter what and I do really adore her. She's unique and I wouldn't ask for a better friend than her. One of her special features is that she's sensitive and she understands when I am and she brings me back to life when I'm down. To bond with her, I pat her when she does something good, I speak to her, I give her support, I feed her carrots, sometimes apples and of course I give her sugar. I give her advice when I need to interact with her. My favourite rider is Karim El Zoghby and my dreams include firstly, becoming a vet as well as a professional rider, and then competing at the Olympia Horse Show."

him treats and patting him.



NADA HANI

D.O.B: January 4, 2001

SCHOOL: El Alsson School

HORSE: No Limit

“When I was five years old I rode a horse on the beach and I really enjoyed it so I wanted to learn how to become a better rider. I train three times a week on school days, and every day during holidays. The season before I had No Limit I was having a hard time with my old horse because we stopped connecting and weren’t able to work together, I couldn’t ride him anymore and thought I would never find a suitable horse for me but then I found No Limit and realised I was wrong. I try my best to bond with her and I massage her and we spend time together. I look up to Khaled Assem as a rider because he taught me never to give up no matter what, and my future dreams are to become an international professional rider.” 🏆

Nada *No Limit* *Horse* *Girls*



The only man in the photo, Karim Safwat, Assistant Coach!



Aya & Farida Saba!



I ride three times a week and my horse is such



I'd like to participate in the Olympics in



Malak Assem!



Girls girls girls!



Nabila!



Hana, Aisha & Farida!



The Sherbiny sisters!



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...better rider.
...horses and I wanted to
My h
Faria