



PROFILES

HT MEETS WITH SEIF ABBAS AND HIS FATHER ESSAM ABBAS

By Nermin Marwan

“BEING A FATHER FOR SUCH A SPECIAL, TALENTED CHAMPION LIKE SEIF, MAKES ME VERY HAPPY AND PROUD. I THINK SEIF IS ONE OF THE RIDERS WHO IS PUTS A LOT OF EFFORT FOR THE SAKE OF THE GAME”

Tell us more about yourself. You are a father of a big equestrian champion; how does this feel?

I am Essam Abbas, I was an equestrian rider at Alexandria sporting club, but I had to stop when I became a prosecutor and now, I am a Court Counsellor.

I am a very proud father, Seif works hard to stay in the top sport, he feels obligated to be up his game all the time, he doesn't just seek perfection as a rider but he is so keen to see this sport moving forward as well, I always try to support him as much as I can because he really deserves the best.

Do you have any riders in the family?

Yes, we are 3 brothers, and all of us are riders. I can definitely say it's a family sport.

When and how did Seif's journey start with horse riding?

I used to take Seif with me to my trainings when he was still a baby. The first time he touched a horse he was 6 or seven months, then I tried to test his interest in horse-riding when he was 8 years old. I was so keen to let him travel abroad and learn a lot about the sport from an international perspective, in order to gradually become well-educated in everything related to horse-riding. Till now, Seif trains regularly with prominent riders like Alan Waldman and

Abd Elkader Saeed every year to improve his performance.

How did horse-riding change Seif's personality?

Seif has become more independent and has learnt to make decisions; as horse riding always obliges you to take a decision in a second. A rider has to be a quick thinker and has to take the right decision, because you are dealing with a very intelligent creature who has his own personality as well.

Many accidents happen to horse riders, has this ever affected your support to this sport?

Unfortunately, the equestrian sport has its risks, I had 3 accidents before while riding, and sure Seif had many accidents till now but that didn't urge us to give up or leave what we love.

What's the happiest moment related to Seif that you remember?

When I saw him for the first time riding my horse Roshe Noir, he was very young at that time, and then he competed with him and won.

A moment you felt so proud of Seif.

When he was competing in Germany with his team. With more than 30 teams in competition, he had a clear round and entered the jump-off and won the class.



What do you think was the most challenging period in Seif's life and how did he come over it?

I believe it was that time when he had more than six well-trained horses, and we sold two of them, and then the other three died in less than a year. He only had one injured horse left and he trained it a lot, till he eventually had very successful results with him. It was a very difficult period because these horses were dear to him and they were some of his best horses.

What's the piece of advice that you always give to Seif?

Never stop learning. Whatever level you reach, you have to be always be updated with every new technique, with every style, and always seek to become better.

What do you wish for him?

To always be well and happy, and to make great steps in his path until he rocks.





THE SON A CLOSER LOOK ON THE PROMISING CHAMPION SEIF ABBAS

How did your passion for horses start?

When I was a child, I loved horses so much as most of my family were riding horses and owned ones, so I loved this smart beautiful creature so much. It was my only interest back then, yes in the beginning I was somehow afraid of riding them, but my love overcame that fear.

What did you have in mind growing up as a rider?

Once I started my path in this sport, I always set a goal for my self and worked on it no matter how this goal is small or big. As an example, I put a goal to reach the A1 level in Egypt then to ride internationally. And so, I worked and reached that, then I set up a higher goal; to jump in the Arab League the following year and so on

Who was Seif's idol as a young rider?

Ben Maher and Kent Farrington my personal favorite riders. I really like them since I was a child, I find their riding "mind blowing".

Who were the most influential coaches in your career?

Mouda Zeyada, took charge of me in a very critical period in my life, I wasn't doing too well, he put a lot of effort in me and my horses. Sometimes it was pressuring me but at the end when I saw the results, I couldn't thank him enough, I can see this rider has made a great touch in my career and I owe him a lot

Abdelkader Saieed, he is one of the best for sure, listening and watching him were enough to learn a lot.

Kareem Zohair, he was there for me since day one and till now, he literally helps me in everything, and whoever is training me, I don't feel as comfortable like I do with Kareem.

You have competed in many places around the world; tell us about your favorite arena and why do you find it special?

Fontainebleau in France, the place is magnificent, and I have a lot of good memories and I had good results there.

Tell us about the most challenging time in your career, and how did you get through it?

The period dad mentioned of course, in 2016, it was very tough period, losing such good horses and left with one injured one wasn't easy. I worked very hard on that horse till I leveled it up, but as difficult as this period was, I cherish it a lot. I believe that this challenge taught me a lot.

In your opinion, what is the key to being a successful rider?

Work hard and think smart, you have to think in every step.

Dedication, you will pass by a lot of hardships.

Always track talented riders, watch, listen, and always learn.

Some people are always there during the journey of success. Who shared yours?

Of course, my family, they have got my back since day one and till now. They have never left me or stopped supporting me to become better. Abd Elfatah ElHussien is also considered one of my family members, he is my life time partner, and he is the one who gets my horses usually. I have to mention Mr. Ahmed ElNaggar for sure, he helps me a lot, gives me horses to ride and now he is sponsoring me with the best horse in Egypt, so I am really thankful for all of them.

What do you have in mind for the future?

To become more based in Europe and jump the Arab League of course. In addition to that, I plan to start training youngsters. 🐾



All photos © Hamada hamdy

HORSETIMES
THE LEADING EQUESTRIAN MAGAZINE IN THE MIDDLE EAST

SOCIAL MEDIA LINKS



LIKE our page on Facebook:
facebook.com/HORSETIMESMagazine



Watch our videos & LIVE interviews:
youtube.com/user/HorseTimesEgypt



All our articles & issues are posted on our website:
www.horsetimesegypt.com



We tweet & twatter regularly, follow us:
twitter.com/HORSETIMESMag



We are on Google+ too, add us to your circles:
[gplus.to/HORSETIMESMag](https://plus.to/HORSETIMESMag)



m.facebook.com/HorseTimes-Middle-East-110804034778441/

To HorseTimes Family,
With the New year, we have a NEW PAGE and a New start.
Kindly LIKE and FOLLOW it, to always be updated with the equestrian news WORLDWIDE.