



## 60 SECONDS WITH AMINA AMMAR

By Aya Amr

**COUNTRY:** EGYPT

**DATE OF BIRTH:** JUNE 19

**STAR SIGN:** GEMINI

**PROFESSION:** PROFESSIONAL SHOW JUMPING  
RIDER

### Tell us a little about yourself.

My name is Amina Ammar. I was born in Augsburg, Germany on the 19<sup>th</sup> of June, so I'm a Gemini!

My father is Egyptian and my mother is German. I have one younger brother.

I grew up in Ismailia where I started my riding journey at the Suez Canal Club, yet all the credit goes to my mother's sister who discovered my passion for horses when I was only two years old and that was my first time being on a horse's back!

I have graduated from the Suez Canal University earning a bachelor's degree in Business Administration.

### Can you describe your typical practice?

I go check on my horse, Big Ben, daily. First, I take him for a 30-minute-walk in the track, then back to the arena to work him out. And then, I like to let him free in the paddock and by end of the day, he gets another 30-minute-walk.

### Where is your favourite place for practice?

There is no specific place that I like; I am fine with any place as long as it has greenery in the area. Simply, a nice, big and well established arena with good facilities for jumping would do. What matters most is my horse's happiness in the place. As long as he is happy, I am happy.

### Describe some of the funny experiences you have had practicing?

Couple of years ago, my horse was still green and I was riding him at a stable in Sakkara practicing some flat work as usual. Suddenly, my horse decided to take me for a run! He jumped over the arena fence, ran as a Ferrari and all of a sudden stopped at the edge of a small canal! I just could not do anything but slide down his neck, in a very elegant way, of course! landing inside the dark water enjoying the lovely smell of it! I won't forget that evil smile on my horse's face while looking at me down in the water!

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

Show jumping is a sport performed by a rider and a horse. I strongly believe that the best way to willingly get the maximum potential out of my horse is by building a strong bond between us and dealing with my horse as a partner not just a tool!

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

To set a clear goal and to believe in my capabilities to achieve it through hard work, focus and faith. That was the best advice I was given.

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

It is a long journey to success. It takes a lot of hard work, patience and real passion for the sport.

### What is your best achievement?

I got Big Ben, my horse, when he was four years old. He was a totally green horse, and I took him gradually up from that stage to be one of the Top six in the C Class 2013, winner of the Egyptian National League and Egyptian Cup in the B Class 2014, landing in the A1 Class. We're achieving good results so far.

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

My real dream and biggest goal is to reach and participate in the Olympic Games.

### Who has been your greatest support?

My parents were my greatest support at a very young age. They believed in me and gave me all the love and support needed at that time. The trainers I had at each stage of my life as well.

Now, I am very grateful for the non-stop support I get from my partner and best friend who always gives me all the possible support and never stopped believing in me.

### What are your greatest motivations?

My greatest motivations are my results and chocolate!

### Who is your sporting hero?

I do not have a specific sporting hero, but I have an idol who is a French rider; she is called Penelope Leprovost.

### What is your second favourite sport?

Horseback riding is MY LIFE! sometimes I jog to stay fit.

### What is your favourite genre of movies?

I am totally into movies. All kinds of movies are okay with me except horror movies, I get scared!

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

I mostly listen to Pop music.

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

Honestly, I am not a big fan of reading but, when I do, I read mostly about horses and horse's nutrition.

### What is your favourite food?

Sushi and pizza. Plus chocolate of course!

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

I travel around quite often. But I guess that Venice was the place that most amazed me.

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

I am very passionate about what I am doing; I am very ambitious as well. But I think I need to work more on my long-term future plans.

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

The loss of my beloved grandfather. I have never stopped missing him.

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

My parents being proud of me!

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

In Egypt, I would solve the traffic problems - ha! But seriously, I would love to have this power to stop war and people killing each other around the world.

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

We are all just humans! Having our good and bad sides in our personalities, but I would appreciate if my heart could give some more space to my mind when making decisions in my life!

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

Nobody else, I am thankful and grateful to Allah for who I am.

### Finally, which question would you ask yourself?

Have I set achievable goals? Am I good enough? 🙏