



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 19th 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? 🙏