

What important life skills can vaulting/riding offer?

Confidence

Working with large animals and learning how to be in charge of yourself can create a big confidence lift for people of all ages.

Social Skills

Learning how to communicate clearly with horses, coaches and other vaulters transfers to interpersonal communication. Working with a team encourages valuable team building skills

Responsibility

Learning to care for a horse and work with vaulters of all ages teaches vaulters how to respect and nurture both animals and people.

Physical coordination

Acquiring coordination is a big part of vaulting, with the ability to maintain balance as well as separate the use of legs and arms and differentiate upper body from lower body and left from right.

Challenge and Determination

Vaulting offers amazing challenges. Seeing yourself and others incrementally improving and being successful encourages drive and determination.

Patience

Learning new physical activities or working through problem issues requires good patience skills

Musical Appreciation

Vaulting encourages an ability to really listen to and appreciate music, to hear and use the rhythm, beat and melody to enhance performance.

At the National Equestrian Centre we believe that there is much more to vaulting/riding than just being mounted on a horse. We incorporate horsemanship and handling techniques into our program so vaulters gain greater confidence with horses and become 'Horse people'.



NATIONAL EQUESTRIAN VAULTING

Gymnastics on horseback



CONTACT US ON
(02) 6288 5555
919 Cotter Rd,
Weston Creek
ACT 2611

What a great sport and what a wonderful way to have fun with horses! Learn about horsemanship, work with others on ground equipment and on the horse and learn how to utilise and interpret music to your advantage for performance.

Vaulting is gymnastics on horseback and combines the skills of both gymnastics and horsemanship. It provides opportunities for both individuals as well as for team participation. Vaulting improves individual balance, flexibility, rhythm and coordination as well as confidence. In many clubs in Europe a period of vaulting is a prerequisite to riding because apart from the above, it also teaches harmony with the horse.

Vaulting is arguably the most spectacular of the equestrian sports

It is a relatively new sport to Australia (20yrs), but it is long established in Europe and North America

It is an ancient sport dating back to the Minoan period demonstrating flexibility and mobility whilst on horseback. There are a large number of competitors in North America and Europe with over 100,000 vaulters in Germany alone. In competition [similar to skating and gymnastics] there are compulsory routines as well as freestyle and it is all performed to music. The routines are very varied as the range of performances on a horse is greater than is possible on a floor. The preparation of a vaulter involves fun, gymnastics and fitness work as well as training with the horse.

It is an internationally competed sport and competitions are the same as for all equestrian sports - including World and European Championships every two years. It is one of the 7 disciplines in the World Equestrian Games which are held every four years.

Success in vaulting requires specialist training not only of the competitor but also of the horse.

The execution of the more difficult gymnastic movements requires high levels of agility and rhythm as well as strength. The moves are practised on the floor and on a barrel before being transferred to the horse. At the higher levels, movements on the horse are executed at the canter and for this to be done successfully the vaulter must not only be in control of their own rhythm but must also interpret and predict the rhythm and capabilities of the horse. In order to withstand the rigours of competition, and of regular practice, which is essential for improvement, the vaulter needs to be fit and so does the horse. In addition, it is important for a group or team of vaulters to have more than one horse available for practise and use.

The ACT region can be very proud of its achievements in equestrian vaulting. Vaulting, although not one of the Olympic sports (as there is a limit of 3 equestrian sports for the Olympics) is one of the 7 official international FEI sports. The ACT has been represented at many of the World and European Championships and CVM's since

1996 and at the World Equestrian Games in Farnborough (Italy) in 1998, Jerez (Spain) 2002, Aachen (Germany) 2006 and Kentucky (USA) 2010.

An ongoing vaulting program for all levels from beginners to international competitors is provided by the National Equestrian Centre, at Kerrabee in Canberra. **Anybody** can vault and become a top level vaulter. A background or cross training in gymnastics, diving, ballet, dance or riding can be helpful but is not necessary.

The National Equestrian Centre club runs an annual National Vaulting Workshop for vaulters, coaches, lungers and judges from all over Australia with our own as well as International Coaches. The club also travels overseas and hosts clubs from other countries as an international exchange program.

Further information can be obtained from the Centre on 6288 5555.