

“Disabled,”
“Differently Abled,”
“Challenged,”
“Special Needs”:

There are as many
expressions for
“handicapped” as
there are
disabilities.

Adaptive Vaulting

welcomes a
handicap as a
means to leveling
the playing field.

The purpose of Adaptive Vaulting is to promote therapeutic and interactive vaulting through the AVA's website, rule book and videos; to sponsor clinics, forums and workshops for the training of clubs, coaches and “special needs” vaulters; to assist in the promotion and development of the sport in all areas, including competitive, recreational, and therapeutic; to encourage inclusion of PARA Nationals; and to maintain records and establish standards for AV achievement awards.

the Adaptive Vaulting Mission

is to promote therapeutic vaulting for all ages and abilities, along side the widely acclaimed sport of equestrian vaulting. Specially trained coaches, spotters, volunteers and horses will support AV nationwide and ensure the development of the sport under safe and secure conditions.



WHAT IS VAULTING?

Equestrian vaulting is a rapidly growing international team sport in which two to three vaulters or a team of up to eight perform static and dynamic exercises on the back of a moving horse -- or stationary barrel -- set to selected music. It is a sport that develops fitness and flexibility, trust and teamwork. It is a sport that welcomes competitive and recreational enthusiasts of all ages and abilities.

Visit Us at

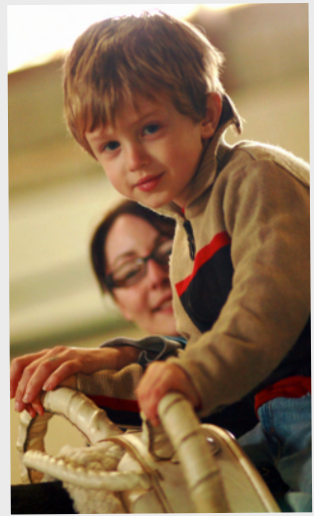
www.americanvaulting.org/scevaulting/therapeutic.php

ADAPTIVE VAULTING



WHAT IS ADAPTIVE VAULTING?

Adaptive Vaulting is the therapeutic branch of the American Vaulting Association. “AV” participants are coached in compulsory and freestyle movements virtually identical to those used at the highest levels of competitive vaulting, adapted to the needs and skill levels of all ages and abilities. “Novice” and “Special Pairs” divisions represent vaulters with disabilities at nation-wide competitions.



Why Vaulting?

Vaulting -- the art and sport of gymnastics on horseback -- combines gymnastics and the skill of horseback riding in a way that is unique among equestrian sports. It is fun and exciting for everyone -- both participants and onlookers. The benefits and challenges of the sport may be adapted to the needs of all ages and abilities.

Vaulting can be described as a competitive sport where participants perform a variety of gymnastic exercises on the horse as it moves in a circle. It is divided into two major categories: Compulsories, (7 required exercises) and "Kur," (free-style exercises). Kur routines are performed to music with one, two, or three vaulters at a time on a moving horse. They are judged on grace, difficulty and quality of performance.

Adaptive Vaulting encourages the participation of handicapped and non-handicapped people

of all ages and abilities. Teams consist of vaulters from ages two and up -- preschool, grade school, high school, college and adults. Vaulting can give families a sport they can participate in together.

With the handicapped and non-handicapped working together in small classes, often only two or three, the results are very positive and rewarding. It is a thrill to see the vaulters work and play together. They share their accomplishments and encourage each other. As they discuss their exercises and practice together, they build great self esteem.

Everyone's input is important, and vaulters come up with some pretty interesting ideas for new moves. Just as importantly, vaulting becomes a part of their physical development and growth. Limitations on an individual's capabilities are usually forgotten, and no one is excluded from any activities.

Adaptive Vaulting supports the CHA (Certified Horseman's Association) testing and certification of vaulting coaches: www.cha-ahse.org/cert.htm#vaulting

AV represents the therapeutic branch of AVA (American Vaulting Association): www.americany Vaulting.org/seevaulting/therapeutic.php

AV member centers can soon be found on the AV website: www.adaptivevaulting.org

