



AVA CONVENTION 2012 SESSION DESCRIPTIONS

All sessions are open to ALL unless otherwise noted.

THURSDAY, MARCH 1 (ALL AT RAMADA)

AVA Strategy: Operation EqC--Adding Vaulting to Existing Equestrian Centers (9-noon)

Session Leader: AVA VP Development Jan Weber with AVA VP Education Carolyn Conner.
The AVA Development and Education teams will tackle our most important strategy for 2012 and beyond: creating a methodical and repeatable system to help existing equestrian centers, small and large, add vaulting to their already successful program list. Join us if you'd like to help us brainstorm on the various marketing, communications and educational components that will make this program a repeatable reality across the nation!

US Regional Clinics Strategy: Brainstorming Session (1-2:30 p.m.)

Session Leader: AVA VP Education Carolyn Conner
VP Education Carolyn Conner is looking for input on the AVA's move from an every-other-year National Summer Camp to more frequent camps, at different levels, in each of the regions. Join us if you have input on what your region needs, and how we can make this program a success.

All About the Horse Session: Horse Committee Meeting (2:30-4:30 p.m.)

Session Leader: AVA VP Education Carolyn Conner
Come share ideas for the different horse sub-committees:

- Lunger Training/Certification
- Horse Fitness/Wellness
- Vaulting Horsemanship
- AVA Horse Score
- Horse Recognition/Awards
- Horse Section of Website
- Communication to Members: Blast Items and EV Magazine Articles.

AVA Proposed Rule Changes Session (4:30-6 p.m.)

Session Leader: Technical Committee Chair Kelley Holly
The Technical Committee will bring members up to date on recent rule changes for AVA competitions, including some changes to the compulsories as well as changes in the scoring system. If you have questions you'd like to see addressed at the meeting, please email Kelley Holly (tambourine-farm@att.net) in advance so she can make sure your question will be answered.

Session Descriptions continued

2012 National Championships Organizing Committee Meeting (7:30-9 p.m.)

Session Leader: Linda Bibbler
Closed Session for NCOOC

Thursday Night Field Trip! (6:30-9:30 p.m.)

Take a trip to the famous Mall of America: 520+ Stores and 50+ Restaurants, plus its own Nickelodeon Amusement Park and Sea Life Aquarium. Sign up for a shuttle bus Thursday morning to drop you off at the light rail, which takes you directly to Mall of America! Have a little dinner there, and browse or buy to your heart's content!

FRIDAY, MARCH 2 (ALL AT THE LEATHERDALE EQUINE CENTER)

Executive Board Meeting (8:30 to 10:15 a.m.)

Session Leader: AVA President Sheri Benjamin
Open to all to listen in. Mandatory for Executive Board members.

Horse Biomechanics: Classroom Session (8:30 to 9:30 a.m.)

Session Leader: Carolyn Bland
For: Lungers, coaches, vaulters or anyone interested in the biomechanics of the horse.
In this one hour classroom prelude to the arena session, participants will learn about the form and function of the horse in motion—the muscle structure needed to carry a vaulter and keep the horse structurally healthy.

Horse Biomechanics: With the Horse in Arena (9:30 to 10:45 a.m.)

Session Leader: Carolyn Bland
For: Lungers, coaches, vaulters or anyone interested in the biomechanics of the horse.
Participants will look at a variety of horses and how they move biomechanically, and how form and function would enhance the movement of a vaulting horse.

Riding the Vaulting Horse (10:45 to 12:15 p.m.)

Session Leader: Carolyn Bland
For: Lungers, coaches, vaulters or anyone who rides a vaulting horse.
A comprehensive lecture and demonstration on correct riding techniques and exercises to improve the vaulting horse regardless of breed.

Building a Team Freestyle (10:30 to Noon)

Session Leader: Emma Garrod Seely
For Coaches, vaulters or anyone interested in building a freestyle.
In this workshop especially for coaches, Emma Garrod Seely (AVA Mentor of the Year, USEF Coach of the Year, and FEI Vaulting Committee Chair) will explain strategies for building a team freestyle, team member selection, the key elements that judges look for, training schedules and answer questions you have about building a team freestyle from trot to A teams.

Tour of Equine Hospital (12:30)

Explore the Leatherdale Center

Session Descriptions continued

Creating Individual Freestyles (12:30-2 p.m.)

Session Leader: Samantha Smith-Matson

For: Coaches, vaulters and anyone interested in building individual freestyles

This session focuses on giving coaches and vaulters the skills they need to build individual freestyles that are safe, clean and exciting for the audience to watch-- appropriate for any level! Session leader Samantha Smith-Matson has been a vaulter and coach for over 20 years and is currently the 2012 A Team coach for the Woodside Vaulters in California. Last year Sam coached the 2011 Men's Gold National Champion, Women's Gold Reserve National Champion, the Women's Silver National Champion and the A Team National Champions.

Applying the Horse Training Scale (1 to 2:30 p.m.)

Session Leader: Carolyn Bland

For: Lungers, coaches or anyone interested in horse training.

Session Leader Carolyn Bland firmly believes "ANY horse, regardless of breed, can obtain a 7 in the horse score." In this session she explains the training scale, and how to apply it to increase your horse score.

Open Judges Forum (2:30 to 6:30 p.m.)

Session Leaders: Suzanne Detol

For: Coaches, Lungers, Parents, Vaulters, Judges

Do you ever wonder....

- Why did that basic seat receive an 8 and the next one only receive a 5? Why did that mill receive a 7.5 and the next one only a 4? They both looked basically the same. What are those judges looking for, and at?
- Why did that vaulter receive a 5.5 on their composition score, and the next vaulter receive a 6.8? How did they differ and how are they scored?
- How do I interpret and then explain all the markings on my vaulter's score sheet? What is all this D2, M3, E stuff?

Come to this special Open Judges Forum (the cost is \$50, with profits going toward the Judges Travel Fund to assist our judges with travel grants to attend the 4-5 trainings held each year) to find out what the judges are looking for when they are judging compulsory exercises: find out what the "essence" of each exercise is. Learn what elements go into a good composition in a freestyle. Learn to decipher the hieroglyphics on the performance and degree of difficulty portion of your scoresheet. Questions are encouraged!

The First Impression: Showmanship and Turnout of the Horse and Lunger (2:30 to 3:30 p.m.)

Session Leader: Carolyn Bland

For: Lungers, coaches, vaulters and anyone interested in horse showmanship.

In the vaulting world, showmanship and turnout of the horse and lunger are understated but highly important aspects of your "first impression." In this session, you'll learn tips and tricks to preparing your horse for the vet check so that both of you have the best chance of making a great first impression!

New Clubs 101 (3:30-5 p.m.)

In this session for new club coaches and managers, we will cover insurance, the difference between for-profit and non-profit, finding/training a horse, etc.

Session Descriptions continued

Goal Setting for Everyone (5-6 p.m.)

Session Leader: Sheri Benjamin

For: Clubs, coaches, vaulters, parents

Participants will learn a simple technique for goal setting, including how to create SCHMART goals, how to keep yourself accountable for the goals you've set, and how to celebrate once you've achieved them!

Adding Adaptive Vaulting to Your Therapeutic Equestrian Program (2:30-6:30 p.m.)

Session Leader: Pete Senn

This hands-on program is for coaches who want to add an adaptive vaulting component, and for therapeutic riding instructors or centers who are looking for an additional dimension to their riding programs. The special program will cover:

- How does adaptive vaulting get results
- Easy ways to incorporate vaulting into your existing program
- Vaulting Logistics... Horse/equipment
- Incorporating volunteer assistance into an Adaptive Vaulting lesson
- Determining rider eligibility for adaptive vaulting
- Structuring lessons
- Choosing a good vaulting horse from your existing horses

SATURDAY, MARCH 2 (VAULTERS SCHEDULE OF EVENTS) AT LEATHERDALE EQUINE CENTER, GLEASON'S GYMNASTICS SCHOOL AND RAMADA (NATIONAL CHAMPION'S RECEPTION AND BANQUET)

Vaulter/Horse Clinic (8:30 am to Noon)

This clinic is a fast-moving round-robin format:

- Better Compulsory Scores by Paying Attention to Detail (Patrick Stevens)
- Harmony with the Horse/Safety Around Horses (Carolyn Bland)
- Improving Your Freestyle Composition Score (Emma Garrod Seely)
- Conditioning Exercises and Vaulting Games (Leoni Schmidt)

Vaulter Lunch (Noon to 12:45 p.m.)

Vaulter Bus to Circus School (1 p.m. sharp!)

Circus Arts for Vaulters (1:30 to 4:30 p.m.)

You're never too old or young to try the circus! Circus arts are a great way to improve fitness, coordination, strength and flexibility. For vaulters, it's a non-competitive way to develop confidence while having fun! Vaulters will take a short bus ride to the famous Gleason's Gymnastics School, where they will learn exciting circus skills, including the basics on aerial silks, hammock, hoops, straps, solo and triple trapeze, juggling and hand balancing!
Aerial Silks - Come climb the silk, a piece of fabric suspended in the air! Students learn the basic climb, simple moves and eventually wraps that allow them to perform impressive –yet safe - drops! Great for building upper-body and core strength!

Hoops - Learn trapeze-like movements on a large metal hoop suspended in the air. Similar to trapeze, but with the option for students to spin and swing!

Hammock - Climb around in the hammock, a piece of fabric suspended in a loop that forms a cocoon around

Session Descriptions - Circus Arts continued

the student's body, creating beautiful shapes inside and fantastic tricks outside of the apparatus.

Hand Balancing - Students start with the very basics of balancing, practicing transferring weight back and forth between partners, gaining trust and skill as they work to arrange their bodies into unusual positions involving anywhere from two to five people!

Straps - Two nylon straps with hand loops that students use to roll up, spin and swing on, straps is an act that both incredibly fun as well as a great upper body work-out! Come suspend yourself in the air and build some great muscles as you learn the aerial straps!

Trapeze - An act where students learn a wide range of movements including poses, hangs and balances on the trapeze bar and in the ropes of the trapeze. Learn the basic moves by yourself on the solo trapeze, or practice working with a partner.

Vaulter Bus from Circus School to Ramada (4:30-5 p.m.)

National Champions Reception (6-7 p.m.)

If you are an individual 2011 AVA National Champion, or a member of a 2011 AVA National Championship Team (or the coach or lunger for any of the above), you'll be receiving a special invitation to the AVA's National Champions Reception, to be held directly before the Recognition Banquet.

It's a chance to dress up in something other than spandex, let your hair down, meet the very best of the best, and network before the banquet. When you get your invitation, please be sure to follow the directions for RSVPs!

AVA Recognition Banquet (7-9 p.m.)

EVERYONE is invited to attend our Annual Recognition Banquet and celebrate the successes of USA vaulting in 2011, honor our champions, and pay homage to our most important resource: our AVA volunteers! Join us for dinner and then a fast-moving awards program where the following 2011 champions and honorees will receive awards:

- National Team Vaulting Champions
- National Individual Vaulting Champions
- National High Point Winners
- Zone Award Winners and Regional High Point Winners
- Teams of the Year (Trot, C, B, A)
- Club Excellence Award
- Horse of the Year
- Mentor of the Year
- Trainer of the Year
- Volunteer of the Year

Session Descriptions continued

**SATURDAY, MARCH 2 (NON-VAULTERS SCHEDULE OF EVENTS)
ALLAT LEATHERDALE EQUINE CENTER EXCEPT FOR
NATIONAL CHAMPIONS RECEPTION & BANQUET AT HOTEL**

Board Breakfast (8 am-9 a.m.)

For current AVA board members only.

AVA Board Meeting (9 am-noon)

Mandatory for current AVA board members. All AVA members are welcome to attend and listen in.

Harmony Between the Horse and Lungers (10:30-noon)

Session Leader: Carolyn Bland

In this session for lungers, coaches and vaulters, Carolyn will discuss the importance of the “triad” (horse, vaulter and lunger) all being in harmony with one another.

Networking Lunch (noon-1:30 p.m.)

Join your fellow attendees for a very casual lunch, where you can meet new people, catch up with your colleagues from all over the nation, and compare notes on best practices and learnings from the Convention!

AVA Regional Supervisors Meeting (noon-1:30 p.m.)

A brainstorming and networking lunch for current AVA Regional Supervisors hosted by VP Membership Connie Geisler.

Social Media for Clubs (1:30-2:30 p.m.)

Session Leader: Sheri Benjamin

For: Club managers, coaches, parents

If you're wondering how to make best use of the newer technology tools such as Facebook, Google+ and Twitter to build your vaulting program and continuously engage your current vaulters, parents and prospective vaulters, join in on this information and brainstorming session, where current clubs will share best practices and you'll walk away with over a dozen tools for success.

Enhancing Performance Through Correct Timing of Aids (2:30-4 p.m.)

Session Leader: Carolyn Bland

A session that will proactively help lungers learn the correct timing of aids to enhance the vaulter and not hinder the vaulter's performance.

Run Your First AVA Competition without Losing Your Mind, Your Hair or Your Shirt! (2:30-4 p.m.)

Session Leaders: Marianne Rose and Linda Bibbler

For: Anyone wanting to run an AVA competition

Session leaders will go through a 1-2-3 program for first competition success, and tell you the Top Ten Reasons why you CAN pull off your first AVA competition!

Session Descriptions continued

Navigating the World of the AVA Subordinate Non-Profit: Tools for Success (4-5 p.m.)

Session Leaders: Jodi Rinard/Craig Coburn

In this session club managers and coaches will learn why they might want to consider becoming an AVA Subordinate Non-Profit. The session leaders will also walk attendees through the paperwork associated with becoming a Subordinate Non-Profit.

USEF Informational Session (5-6 p.m.)

Session Leaders: Pam Lane/Craig Coburn

USEF Vaulting Discipline Director and USEF Vaulting Technical Committee Chair will chair this Q&A session for members who have questions about anything USEF related. The session leaders will review the 2011 activities, discuss the 2010-2014 USEF High Performance Plan, and review planned activities for 2012.

Recreational Vaulting Roundtable (5-6 p.m.)

Could a recreational vaulting program benefit your club? How can recreational and competitive vaulting programs complement each other and make your total vaulting program stronger and more profitable? Come share your knowledge and gain some insight on the recreational vaulting!

National Champions Reception (6-7 p.m.)

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- National High Point Winners
- Zone Award Winners and Regional High Point Winners
- Teams of the Year (Trot, C, B, A)
- Club Excellence Award
- Horse of the Year
- Mentor of the Year
- Trainer of the Year
- Volunteer of the Year

**SUNDAY, MARCH 4 (VAULTER SCHEDULE OF EVENTS)
ALL AT THE LEATHERDALE EQUINE CENTER**

Vaulter/Horse Clinic: Flight Exercises—Take Yourself to New Heights! (9-10:30 a.m.)

Session Leaders: Samantha Smith-Matson and Patrick Stevens

In this session vaulters will learn how to improve their technique, elevation and form for scissors, flank and swings.

Music Interpretation Challenge (10:30-noon)

Session Leader: Samantha Smith-Matson

Vaulters will perform short barrel freestyles using the music and exercises they are given at registration. All vaulters will have similar exercises but different music! Samantha Smith-Matson will provide feedback and suggestions for the vaulters to improve their use of music.

Lunch on the Go (noon-12:30 p.m.)

Panel: Barrel Exercises 12:30-1:30 p.m.)

A panel discussion on making the most of your barrel. The winter months can be very productive even when the weather prevents horse practice! Come learn and share how barrel work can enhance the fitness and skills of any vaulter.

**SUNDAY, MARCH 4 (NON-VAULTER SCHEDULE OF EVENTS)
ALL AT THE LEATHERDALE EQUINE CENTER**

National Championships Committee Open Meeting (8:30-10 a.m.)

Session Leader: VP Competitions Linda Bibbler

For: Anyone interested in our National Championships

This session will cover plans for 2012, a discussion of Nationals 2013 (Denver), solicitation of proposals for 2014 on the West Coast, and a review of other National Championships issues.

AVA Competitions Open Meeting (10-11 a.m.)

Session Leader: VP Competitions Linda Bibbler

For: Anyone interested in organizing or helping with Local and Regional Competitions, especially competition managers. This session will cover

- Discussion of proposed rule changes that could impact competition management
- Discussion of needs of competition management
- Improvement of AVA website
- Vaulting TD program
- Training of clerks, timers, other volunteers
- What kind of help do you need?

AVA Annual Meeting of the Members (11-12:30 p.m.)

Per our AVA Bylaws, our mandatory meeting of AVA members.

Session Descriptions continued

Panel: Barrel Exercises (12:30-1:30 p.m.)

A panel discussion on making the most of your barrel. The winter months can be very productive even when the weather prevents horse practice! Come learn and share how barrel work can enhance the fitness and skills of any vaulter.

Trot to Canter for Coaches (1:30-3 p.m.)

How do you know when vaulters are ready to go from Trot to Canter? What do you do if you only have one or two canter-ready vaulters and a sea of trot and walk vaulters? How do you get the horse ready for the basics of canter? What are the major differences between the vaulter handling the different gait? How do you teach that all-important mount? This session for coaches will cover all of the above, and more!

US Pony Club Clinic (2-5 p.m.)

Session Leaders: Karin Schmidt, Beth Whillock

For: Beginning vaulters, USPC members, DCs, Riding Instructors

DCs & Instructors: You will walk away from this clinic with the knowledge of how to incorporate vaulting into your current training program and why understand why every rider should vault for six months! Learn to start the horse, start the vaulters, and more!

Vaulters/USPC: Learn the basic vaulting exercises that can help develop a balanced riding seat. Learn how vaulting can be a great cross training tool for both the rider and the horse.

Certified Horsemanship Association (CHA) Vaulting Coach Certification (2-9 p.m.)

Go to www.americanvaulting.org -->Convention-->CHA for complete information on this separate program!

**MONDAY, MARCH 5
ALL AT THE LEATHERDALE EQUINE CENTER**

Certified Horsemanship Association (CHA) Vaulting Coach Certification (8-8 p.m.)

Go to www.americanvaulting.org -->Convention-->CHA for complete information on this separate program!

**TUESDAY, MARCH 6
LOCATION TO BE DETERMINED**

Certified Horsemanship Association (CHA) Vaulting Coach Certification (8-8 p.m.)

Go to www.americanvaulting.org -->Convention-->CHA for complete information on this separate program!