



## USPC INTRODUCTION TO VAULTING

Get ready to learn! Take the opportunity to attend this beginning vaulting clinic that is part of the American Vaulting Association's annual convention and learn the basics of equestrian vaulting. Held in the beautiful arena at the Leatherdale Center – you can vault on our trained vaulting horses in a climate controlled environment no matter the weather outside!

The clinic is geared toward beginning vaulters and DCs that want to learn more about using vaulting exercises in their riding programs or pony club mounted meetings.

**Who Should Attend:** Every DC or riding instructor who wants to add more depth to their current program; any USPC rider that would like to try vaulting or wants to use vaulting exercises to gain a more balanced riding seat.

**Why:** Vaulting has been shown to increase confidence, improve balance and seat.

**What will be gained:** DC/Instructors: You will walk away from this clinic with the knowledge of how to incorporate vaulting into your current program and understand why every rider should vault for six months! Learn to start the horse, start the vaulters, and more! USPC Riders: You will learn how to use vaulting exercises to gain better balance and riding confidence. Gain better insight into the sport of vaulting and how this helps both you and your horse!

Vaulting is the sport of gymnastics and dance on the back of a moving horse. This is performed while the horse moves in a circle and is controlled on the ground by lunge. In 2010, the United States captured the team gold medal at the World Equestrian Games in Lexington, KY. This is your opportunity to learn more about this beautiful partnership between human and horse.

