

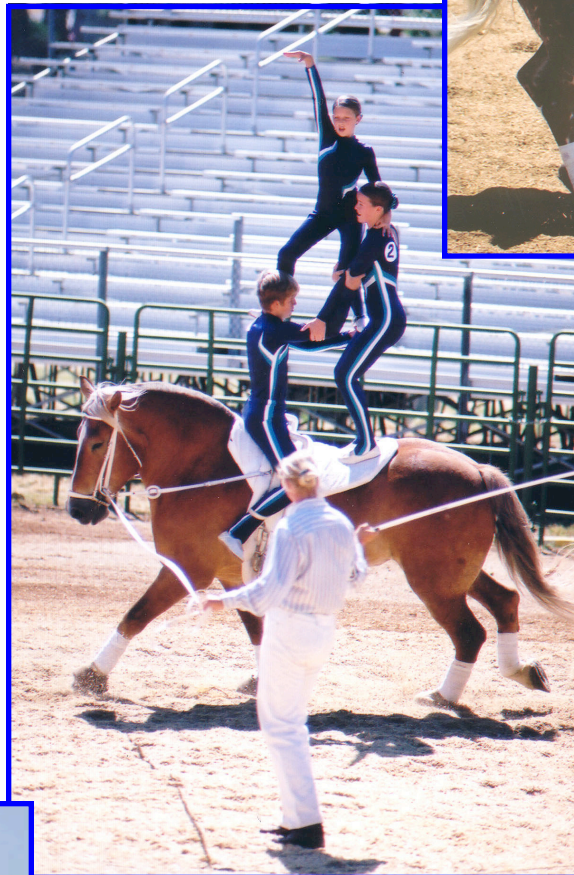
GYMNASTICS ON HORSEBACK

HISTORY

Equestrian vaulting is the sport of gymnastics on a moving horse. It was used to train ancient Rome's mounted soldiers. The exercises became more stylized as the "combatants" entered the gymnasium. In Europe, vaulting has become a leading youth sport. It is spreading throughout Canada, the USA and South America. Vaulting is an important part of the international competition scene. American vaulters earned medals at all the recent World Championships.

SAFETY

Sports enthusiasts and horse lovers may enjoy this unique athletic activity. Safety is most important in vaulting training. By developing balance, strength and teamwork while learning to understand their equine partner, chances of injury decrease.



BENEFITS

Individual achievements may be rewarded early in a vaulter's training. Most competitions offer all vaulters, young and old, beginner through Gold level, the chance to demonstrate his or her individual excellence. Boys, girls, men and women may all work together on a team without rushing beginners or holding back accomplished students.

More people have the opportunity to experience the special interaction between horse and human as a team or eight or more share the cost and care of the horse.

Organizations such as summer camps, riding stables, horse clubs, US Pony Clubs, 4-H Clubs, colleges and handicapped/community service programs embrace equestrian vaulting as an excellent athletic activity requiring little space and expense while promoting athletic skills, team spirit, courage, self confidence and pride.

**FOR MORE INFORMATION ABOUT VAULTING VISIT THE
AMERICAN VAULTING ASSOCIATION AT
www.americanvaulting.org**