

## Do I have to know how to ride a horse to begin vaulting?

No, you don't need to be able to ride to vault, but vaulting can greatly improve your riding skills.

## What are the skills that vaulting helps develop?

- \* Coordination
- \* Balance
- \* Strength
- \* Creativity
- \* Trust
- \* Teamwork
  
- \* Responsibility
- \* Self Confidence



**It's Equestrian.  
It's Dance.  
It's Gymnastics.  
It's FUN!**



## For more information on...

- \* Vaulting clubs near you
- \* Competitions and demonstrations
- \* Videos and instruction books
- \* How to start a club
- \* Joining the AVA



## Contact: American Vaulting Association

Celebrating more than 40 years  
of organized vaulting in the USA

Email us at  
NationalOffice@AmericanVaulting.org  
8205 Santa Monica Blvd, #1-288  
West Hollywood, CA 90046  
Phone: 323-654-0800

Office hours are M, T, W, F, 8-noon,  
Tues 8-10 am, 2-4 pm PST.

Visit [www.AmericanVaulting.org](http://www.AmericanVaulting.org)

**Equestrian  
Vaulting  
Wants YOU!**



# Equestrian Vaulting is for everyone!

If you love horses, dance, gymnastics and fun, equestrian vaulting wants you! Brought to the United States more than 40 years ago from Europe, vaulting is one of the nation's most exciting and creative sports.

## What is equestrian vaulting?

Vaulting is a unique and growing sport which combines dance and gymnastics on a moving horse. It's a wonderful way to develop coordination, balance, strength, and creativity while working in harmony with the horse.

## Who can vault?

Anyone! Vaulting programs are not only for competitive teams, but include recreational groups, US Pony Clubs, 4-H Clubs and therapeutic vaulting programs.

## Is it like trick riding or circus riding?

No. Vaulting is always done in a very controlled environment — in a large circle with soft footing. The horse, trainer and vaulter work as a team, with the trainer controlling the horse, the horse moving at a continuous walk, trot or canter gait and the vaulter performing gymnastic and dance moves.



## What kinds of horses are used?

Many breeds and sizes of horses can be used for vaulting. The best vaulting horses are calm, strong, fit and kind with a steady gait.

## Do the horses like to vault?

Our horses love to vault! They are given lots of love and attention by their trainers and vaulters.

## Is it a team or individual sport?

Both! Vaulters may participate individually, in pairs or as part of a team. In team competition up to three members on the horse at once literally supporting each other.

## What if you don't own a horse?

No problem! Since vaulting is a team sport as well as an individual one, most clubs own and train the horses. The horse's cost and care is shared by the entire team,

making vaulting the most accessible of equestrian sports.

## Where can I vault?

Almost anywhere! You may connect with a local group or begin your own group. It's easy! Visit the AVA's website, [www.americanvaulting.org](http://www.americanvaulting.org) for a list of clubs, or contact the AVA for instructional materials and local groups that can help you get started. The AVA can even help you find an experienced coach who can provide support via email, phone and clinics.



## Is vaulting safe?

Yes. Many factors contribute to the safety of our sport. The horse, which is chosen for its calm personality, is controlled by a trainer standing on the ground. Vaulters are taught strength-building and stretching exercises. At all levels they learn safe mounts and dismounts. Exercises are practiced on a stationary vaulting barrel before they are performed on the horse.



## At what age can you start vaulting?

One of the beauties of this terrific sport is that vaulters can be pre-schoolers or adults and any age in between!

