NEWS FLASH!

Congratulations to 2006 Team USA for the WEG in Achen:

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YOUR History

Nancy Stevens-Brown

As the AVA Historian, I have been simply a repository for musty boxes, old clippings and aging photos accrued since visionaries Elizabeth Searle and Jeff Moore first founded the association. The archive was incomplete by the time it came to me because so much of what we, as vaulting folks, do proudly gets into our own scrapbooks. Often material is not copied and forwarded for inclusion in the AVA collection.

I want to accumulate the most complete record of the AVA’s history possible but I can’t do it without your ongoing contributions. Please send me copies of any media (articles, pictures, etc.) about your vaulters, club or region. I promise that it won’t disappear forever into a forgotten file but will be added to the collection being prepared for future access by all who are interested. The AVA’s history is your history so remember to share the fun and facts about your vaulters for our future members to learn from and enjoy!

You can send any items to me either by email (ncnature@pacbell.net) or mail to 4910 Cherryvale Avenue, Soquel, CA 95073. Thank you very much and I’m looking forward to your contributions.

New AVA Clubs

Complete Equestrian Vaulters
469 West County Road 66E
Fort Collins, Colorado 80524
970/968-9090, info@completeeq.com
Coach: Nicole Rau
www.CompleteEq.com

Lone Star Vaulters
11316 Jollyville #167
Austin, Texas 78759
512/968-1561,
rosie@americanvaulting.org
Coach: Rosie Brown
www.lonestarvaulters.com

Western Slope Vaulters
Western Slope Vaulters
800-1400 Lane, Delta, Colorado 81416
248/933-2822,
vaultingcowgirl@yahoo.com
Coach: Kat Metzger

WELCOME!

AVA Forums Now Online

Rosie Brown

Hello AVA members. We are proud to announce the long awaited launch of the AVA forums. Please visit the forum upon your next visit to the AVA Members Only site by clicking on the forums link on the left side navigational bar.

The new forums include special sections for vaulters to talk with each other in a safe on-line environment, as well as offer sections focusing on different types of vaulting. And the classifieds are free! Special sections for judges, coaches and the AVA board allow these groups to have private discussions and conduct business between in-person committee and board meetings.

All forums are meant to eventually replace the various Yahoo Groups that have been in existence for the past few years. So please take the time to familiarize yourself with the new forum.

Only current AVA members will be able to access these forums, and the new AVA forums feature an important threading feature that will allow participants to easily follow all responses to a particular posting - a feature not offered in Yahoo Groups. Please keep your posts appropriate and enjoy!

Current Forums:
* VaulterSpace
  For vaulters only. A friendly environment for vaulters all over the country to keep in touch.
* Competitive Vaulting
  A place to discuss medal tests and US and international competitions.
* Recreational Vaulting
  A place to discuss vaulting for riders, camps, Pony Clubs, 4-H and all other recreational programs.
* Therapeutic Vaulting
  A place to discuss hippotherapy, equine-facilitated psychotherapy (EFP) and vaulting for the handicapped.
* For Alumni only.
  A place to keep in touch with voices from the past.
* For AVA Board of Directors only.
* For coaches only.
  A place to discuss any hot topics from starting a team to entering the international competition arena.
* Longeurs
  A place to trade horse training tips and discuss anything horse related.
* Adult Members
  A place for vaulting parents and other adults interested in vaulting to discuss a wide variety of issues.
* Want Ads
  Post your for sale or want ads here. Please, no commercial posts.

WEG Tickets

Sheri Benjamin

I’d like to start a US vaulting “central clearing house” for WEG tickets and hotels. If you find yourself with WEG tickets and/or hotel rooms, and know (as of the final selection trial decision, of course) that you/your vaulting parents and friends won’t be hooping it to the World Equestrian games this August, please do not give up your WEG performance tickets and/or hotel reservations. Please let me know if you have desirable hotel reservations you’d be willing to transfer to others, or performance tickets you’d like to sell (for whatever price you choose) and I will try to match you with someone in need. Email me at sherib@benjaminsci.com.

For more information about WEG 2006 please visit www.aachen2006.de

USEF Competitions Handbook

Sara Ike

In an effort to encourage more USEF licensed vaulting competitions, the United States Equestrian Federation, Inc., (USEF) is pleased to announce that a Secretaries and Managers Handbook for hosting a USEF Vaulting Competition has been published. If you would like a hard copy, please contact Sara Ike, Director of Vaulting Activities, 908/326-1164, sara.ike@usef.org. In addition, the handbook can be downloaded from our website: www.usef.org, under Forms and Publications, Competitions. We hope you find the handbook helpful.
What We Stand For

Nancy Stevens-Brown

As far back as I can trace, humans have stood on horses. The reasons were varied but the effect was always the same: somehow risking to stand on a horse elevated the body, mind and spirit.

Today, the stand is perhaps the premier compulsory move and once mastered it becomes the basis for many of the amazing freestyles that vaulters perform. The technical elements of a compulsory stand call for perfect posture, balance, proper alignment and harmony with the horse. Beyond that, the stand requires daring! Often, once a vaulter stands, he begins to believe that he can do anything he sets his minds to.

Take a Stand

With all of the ways that vaulting may be enjoyed, it is more important than ever that everyone stand up for their part in the overall advancement of American vaulting. Let your contributions to vaulting be known by sharing your tricks and insights. If you do, we see vaulting expand and thrive in America. It is vital that each of you contribute your expertise to our Association. In this way we may develop better programs to serve you and others who share your vision. So, please stand up and be counted. It is worth the risk!
At Aachen in 2006 there will be a handful of individual vaulters from South Africa and, if all goes well, a team too. This does not sound very special but they will be the first vaulters from South Africa – and the entire continent of Africa – ever to compete at the World Equestrian Games.

South Africa will probably have more vaulters at WEG 2006 than competitors from any other discipline. This is because, while a dressage or reining rider really needs to live and train abroad given the stringent quarantine regulations that apply to horses from Africa, it is possible to vault at the highest level on a borrowed horse.

Five years ago, nothing was further from our minds than attempting to convince our National Federation to allow us to take a vaulting team to WEG. All we hoped to do was begin establishing what was a new discipline in South Africa.

Armed with an FEI rulebook and a couple of glossy coffee-table books we began at Riba Stables, a stable-yard in Kyalami, an area north of Johannesburg in the Gauteng Province of South Africa. Riba is a commercial yard that offers riding lessons, livery, and tuition in dressage, show-jumping, equitation and showing. We planned to do vaulting as well.

Vaulting barrels were easy to make: finding a suitable horse was a different proposition. Really big, heavy horses are rare in South Africa. We have no indigenous breeds. As happened in North America, we have developed a couple of our own breeds, most notably the Boerperd (Afrikaans for ‘farmer horse’). Boerperds are usually solid, steady, kind horses but they seldom reach 16 hands.

Many failed racehorses become riding-school, dressage, jumping, showing or event horses. In South Africa these are all Thoroughbreds which can have tricky temperaments and tend to be tall rather than big. Warmbloods have recently become extremely popular and successful in all kinds of competition, but even local varieties (the Namibian Warmblood and South African Warmblood) are relatively expensive. We decided to start with a 15-hand Boerperd called Boet: his name means “Brother” and this suggests his easy, kind temperamento.

We got our first vaulting surcingle from a circus and cleaned the glitter off it, and made our own vaulting pad. We were ready to start.

We were fortunate to have a past member of the German Team, Andrea Kellerman, living in South Africa, and she, together with the USA’s Emma Seely, gave advice to the committee that put together our first rule-book. The result was that we began with a walk-only training grade that we called E-grade. The rule-book also defined D-grade, where the compulsory exercises were performed at the canter and the freestyles at the walk, and C-grade, the lowest all-canter grade.

We started training for E-grade, and our first show was held at Stilfontein, Free State Province in September 2001, under the auspices of the Free State and Northern Cape Horse Society. Four clubs from two provinces were represented, and only E-grade was offered.

Three months later, Riba vaulters competed at the canter in D-grade. This was at the South African Equestrian Championships, where vaulting was included for the first time. D-grade was the championship grade, and four out of our five Provincial Horse Societies sent teams of individual vaulters, to whom provincial colors were awarded. The Riba team was sent from Gauteng Province, and narrowly lost to the team from Western Cape, which had been longer established. Since 2002, however, the Riba team has represented Gauteng every year, and has won every year; to date, the team competition has always been at the walk. Riba’s individual vaulters have also made up the majority of the teams in each age-group.

Eventually we had too many vaulters in our club for Boet to handle them all, and some vaulters who were too tall for him (a push-up doesn’t work when the vaulter’s knees are on the horse’s dock!), so we started training Cobra, a 16hh Thoroughbred, as a vaulting horse. Cobra proved to be unreliable at...
In 2005, according to our National Equestrian Federation’s regulations, vaulting could change its rulebook. It was decided to upgrade it fully, in order to align it as closely as possible with the relevant FEI rules and standards, and to allow for vaulting at higher grades than C-grade. The new book still includes rules for a walk-only E-grade, since this encourages people to start, but it now also includes rules for B-grade and A-grade, which are equivalent to the FEI international grades. Some of our local competitions have since offered B-grade classes.

In 2005 four of Riba’s vaulters attended the CVI in Nitra, Slovakia and European Championships in Brescia, Italy, and all four of them qualified for the Individual Championships at WEG 2006. Other South African vaulters from other clubs also attended various CVI competitions in Brazil and the USA, gaining invaluable experience.

Emma Seely and Ulrike Rieder are only two of the many international vaulting judges, trainers, horse-owners and officials who have helped South African vaulters and vaulting. Dalibor Blasek, Lukas Klouda, Devon Maitozo and Roland Böhlen have visited us to run vaulting, judging or coaching clinics, or to judge competitions. Germany’s Hendrik Breuhl coached in the Western Cape for several months, and Poland’s Agata Pekala has been coaching at Riba for 13 months. Her experience as coach for the Polish team has been invaluable to us as we have begun to compete abroad. She is able to help us gauge our readiness and her contacts in European vaulting have enabled us to find the most wonderful people to help us with horses, facilities, training and transport.

By the beginning of 2005 we were beginning to feel the need of a big, solid, unflappable horse if we were ever to attempt team-work at the canter. Boet is too small, and Fantasy occasionally puts in a little buck at the canter, and it would have been too dangerous to try team-work with him. We tried Dvojak, a 16.2 hand Namibian Warmblood but he so clearly hated vaulting that we had to let him go back to dressage. Then we acquired Thunder, a 17 hand Percheron-Shire cross. He had been a stud stallion living out with his mares but began to be ridden with no fuss. When we broke for December (when it is very hot and we give our horses a holiday) we confidently expected to begin serious work with our canter horse in the new year. Sadly, early in 2006, Thunder succumbed to a viral disease and died.

South Africa, and particularly the inland areas, is unfortunately home to a number of unpleasant viral equine diseases. The virus that killed Thunder seems to be a new one, and a number of our horses have since had it, and recovered. There is African Horse Sickness, a midge-borne virus for which we practice a rigorous vaccination regime, but there are many strains of the virus, and wet summers with many midges are always high-risk times. These viruses are why horses from Africa cannot travel abroad without observing lengthy quarantines.

Then we acquired Napolitano – a Dutch Warmblood. Like Thunder, he is 17hh, and, while perfectly sound as a riding horse, seemed to develop a sore back from vaulting, so we stopped using him. Enchanted Fantasy, a 16.3 hand Thoroughbred, proved more reliable both physically and temperamentally. We’ve been vaulting with him since the end of 2004.

We also started to use Golden Cream, a very experienced, 13.2 hand child’s “First Pony”. In other words, a show pony well-behaved enough to be the first pony a small child competes on without a lead-rein. Once Cream had learnt not to stop when a child dismounted, which she kindly used to do, in case they had fallen off, she was an excellent pony for the under-sevens, who used to have their own classes. Then we acquired Spice Girl, another Boerperd, slighter than Boet but ideal for the smaller vaulters.

Then, in 2004, one of Riba’s vaulters, Isaac Kesebile, who was the reigning South African Vaulting Champion, was offered a “wild card” to compete in the World Vaulting Championships at Stadl-Paura, Austria. This was thanks to the efforts of Ulrike Rieder, FEI judge and editor of Voltigierzirkel. Isaac was the first African ever to vault in a World Championship, and did us proud by achieving the highest score of the three wild-card entries.
Vaulting in South Africa

Continued from previous page

Thunder, he has a long, strong back, and the most delightful, steady nature. We began to choreograph a canter routine for a team, and began to hope that we could apply to compete in Aachen. We video taped our team in action to show to our selectors.

Then Napolitano fell ill. At first we thought it was the new virus, but on the second day he was diagnosed as having African Horse Sickness – which is usually agreed to have a mortality rate well above 90%. It is always distressing when a horse dies, but we knew that Napolitano’s death would be the end of our chances of sending a team to Aachen in 2006. With no exaggeration, there was no other vaulting horse in South Africa big enough, strong enough and reliable enough for a team to practice on at the canter.

For us at Riba, being involved in the introduction of vaulting into South Africa has been exciting, frightening, rewarding and infuriating. We have come a long way in a short time, as a club and as a country, but we have a long way to go. We at Riba look forward to there being so many clubs that we don’t know them all. We look forward to there being many good vaulting horses across the country. We know that South Africa’s judges and longeurs have a lot to learn. Vaulting has also been for us a doorway into a whole new world of international competition. We have been privileged to receive help and advice from many wonderful vaulters, trainers and officials from across the world – without them, we would still be wondering just how to judge the basic seat!

Swazi vaulter, Tito, after four days of training. He competed in E grade competition at the walk on Boet.

Team South Africa wins blue ribbons.

Tender loving care and relief of symptoms is all one can offer a horse with Horse Sickness. For over a week Napolitano was petted and cosseted. We used every homeopathic remedy anyone had ever claimed works. We slept outside his stable every night. Napolitano survived, only to colic as he started eating normally again. He is now easing back into work, while the team perfects its routines on barrels and at the walk on Fantasy. The smaller members of the team are also practicing their routines on Boet. If all goes well – if the National Association selects our team to go to Aachen – they will have a horse to practice on prior to their departure for the Czech Republic to practice for the WEG.

Meanwhile, we are about to send four Riba vaulters to a CVI competition in Brno, Czech Republic: three of these are hoping to qualify for the WEG. Last month, Riba hosted a group of vaulters from our neighboring country Swaziland for a vaulting clinic followed by an E-grade competition. Two weeks later, we sent an E-grade team to Swaziland’s first-ever vaulting competition.

Deanne Buffum

For any nonprofit venture, the struggle for recognition and funding is an endless battle. Toss in the fact that the group emphasis is on a sport that most of the general population has never heard of, and you have the plight of many vaulting clubs. Despite endless discussions on new ways to promote team and solicit sponsorships and donations, fundraising can be daunting.

Recently Deanne Buffum, coach of the Emerald City Vaulters, came up with a creative way to obtain sponsorship and promote her club. By approaching the editor of a local quarterly publication, Deanne solicited a donation – not in cash but in the form of a magazine cover. The photo of an Emerald City vaulter was, with a few descriptive words, the cover of the publication and distributed to over 45,000 local households. This $4,000 in-kind sponsorship provided a great tax write-off for the magazine and is a wonderful form of publicity for the team – without a single dollar being spent!

The response to the photo on the cover has been overwhelming! The image of a little girl standing on the back of a horse surprised and intrigued members of the community. People are now asking about the sport of vaulting and how they can get their own children involved. Recognition and interest in the team has skyrocketed. As a result several new members have joined the club and sponsorship levels have increased.

Congratulations Deanne and the Emerald City Vaulters! Your success proves that a little creative thinking can get a club a lot of attention.

South Africans in Brescia: back l-r: Kyle Wasserfall, Jasyn Gertenbach; front l-r: Cara Frew, Megan Taylor, Agata Pekala (coach), Barbie Gertenbach (chef d’équipe). If you would like to reach out to the South Africans, you can reach Barbie Gertenbach at riba@wbs.co.za and Michèle Hay at engmdph@puk.ac.za
Vaulting – Not Just for Kids

Jody Werner

Today I watched an exhibition of vaulting. I don’t know what you think vaulting is, but in my neck of the woods vaulting is gymnastics on horseback. It’s lithe-bodied little (and not so little) girls and even some boys performing all manners of moves, poses, athletic feats and gravity-defying stunts on a moving horse.

Now, I’ve ridden horses since I was ten years old, and about the only thing required when it was moving was to stay on it. In the saddle. Facing forward. In fact, our teachers always discouraged us from riding backwards and standing up on the horse’s back and doing headstands and all kinds of other things we thought seemed perfectly reasonable at the time.

As for getting on the horse while it’s moving - my cronies and I do well to haul our sorry backsides onto a stationery horse with the help of a mounting block or a friend to give us an ungraceful “leg up.” These little vaulting sprites stride up beside the horse (which moves in perfect cadence in a perfect circle) and hop right on it – at all gaits. Somehow they never end up hanging under the horse’s belly with their heads plowing up the earth as I imagine I would.

The littlest people who get to perform the most death-defying acts are known as the “flyers.” In my discipline, a “flyer” is what you do when your horse skids to an unscheduled stop and you keep going. While equally dramatic, our flyers are more verb than noun and less about form than distance.

Vaulters also have dozens of creative ways to get off the moving horse. They may slide off, or flip over the side, or do a roll or even a back flip off the horse’s back or butt. On purpose. In my style of riding, we have two kinds of dismounts – Get Off, and Fall Off. If you want to split hairs, Fall Off can be subdivided into Bail Before It Gets Worse and the more common Never Saw It Coming. If you ever see us exiting our horse when it is doing anything other than standing like a statue, then it’s because something has gone horribly wrong.

I can also imagine my horse’s reaction if I ever tried to run up and throw my leg over his back when he was trotting along.

Assuming he’d let me get close enough to spit on him, I’m sure he’d take my ungraceful floundering as permission to flee into the next county. Even if he was on a longe line, his most likely response would be to drag me through the peony bush. As for what he would do if I tried to stand up or do a headstand on his back...I might as well just hurl my body face-first into the ground and save him the trouble.

But I have to admit, I’ve actually tried it. Vaulting, I mean, not hurling my body face-first into the ground. I took vaulting lessons one winter, and I loved it. It was completely different from anything I’ve ever done on horseback. It was exhilarating. And there’s something about the oddness of looking up at the sky from your vantage point lying across a moving horse’s back that just appeals to my inner sense of weirdness. However, I draw the line at wearing the slinky little full-body leotards that the little girls do. I’m not leaving the house looking like a fluorescent frog. Perhaps I’ll even practice a few moves on those big propane tanks out in back of the barn. I may give new meaning to the term “flyer” if any of that propane goes up.

I will approach it with a youthful exuberance and a can-do attitude. And perhaps a couple of pillows tied around my body, because the ground is a lot harder than it was when I was a kid.

I’m going to try vaulting again this summer, and I am preparing for it even now. I remember what parts of my body took a beating last time I tried it, so I am attempting to condition said parts to better withstand the demands of the sport. I’m doing pushups for my upper body. I’m jumping on and off of my little trampoline to strengthen and stabilize my ankles. Perhaps I’ll even practice a few moves on those big propane tanks out in back of the barn. I may give new meaning to the term “flyer” if any of that propane goes up.

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Vaulting World presents: Vaulting Camp

A week of vaulting instruction
July 30-August 5, 2006
You’ll be amazed at what you can do!

Instructor: Patti Skipton
Warm Beach Camp, Stanwood, WA
360-652-7575/800-228-6724
www.WarmBeach.Com
April began with a trip to Blacksburg, Virginia where coach Kim Beisecker and her Mt. Tabor team had invited me to present a three-day workshop. Kim specifically wanted to concentrate on the Seven Shapes system that I have developed. With their full-size trampoline, mini-tramps, barrels, parallel bars and the Beisecker’s black beauty, Ashley, at the ready, I had lots of ways to work with and refine the essentials of the seven key shapes that every vaulter needs to know.

Red, White and Blue Ridge Mountains

Beforehand I had time to tramp up a nearby gap in the Blue Ridge Mountains. There, through the lacy shadows of the budding woods, I spotted the scarlet splash of a cardinal, the darting departure of a red-shafted flicker, a band of curious white-tailed deer and a lone blue heron swooping away with an ease that denied its size. Together these critters created a montage of natural wonders.

I even got a picture of an exquisite tiger swallowtail, Virginia’s official bug! In 1587 John White, a commander of Sir Walter Raleigh’s third expedition to North America, was the first to sketch this alluring butterfly but, without a sketchbook, I had to rely on my trusty Canon for my shot at beauty.

A First

Perhaps the most dramatic example of shape up success was Shawn, who had never vaulted at the canter. On his first attempt to vault on to Ashley he lost his concentration and struggled with disconnected form. After that poor start Shawn said that he was just not yet ready for the canter. On the very next try he mounted with ease directly to his knees, landing forward, balanced and ready to continue vaulting. After that all of Shawn’s mounts were successful, centered and stylish. The secret is to focus on creating and maintaining the specific shape, and then letting the horse lift that chosen position on board.

The vaulters discovered that if they simply stayed in shape, they consistently mounted at the canter right onto their knees. They were surprised at how much easier it was to vault when they focused on staying in shape! Some admitted afterwards (including a mom) that, at first they were really skeptical that anyone of them could do it, until they saw and felt how easy it was when they just shaped up!

Virginia Clinic

Hop To It!

On Friday afternoon we held the first portion of the three-day clinic with some of Mt. Tabor’s top individuals. Since Kim had already introduced the shapes to her team, we went right to work. In one drill I asked everyone to vault onto the big trampoline in a specific tuck shape, perform

The vaulter next practices vaulting onto the trampoline in a tuck shape.

that same shape on the tramp in a series of jumps, and then dismount to the ground still in shape.

After several repetitions, we took the perfected tuck out to Ashley. While Kim’s husband, Wayne, longed, the vaulters focused on the precise control they had been working on. Soon every vaulter was mounting Ashley in a sharp tuck shape.
push-up position. Since Ashley is tall, the Mt. Tabor vaulters could not imagine that any one of them could really land in a true straight position with such clear-cut form! But, after seeing Danielle fly straight on, they didn’t have to imagine. Soon everyone was vaulting with taut technique.

One for All and All for One

The seven shapes are central to all aspects of vaulting, every move, transition and pose is based on one or more of these positions. In order to prove this I had each of the vaulters practice balancing a free stag shape on Ashley at the walk. (basic stag shape is where one leg is kept perfectly straight while connected through the body, and the other is purposely bent.)

As before, the vaulters were dubious about their potential for success. Yet within just a few tries, everyone was successfully balancing a free stag. Shawn, who had little experience vaulting on a horse, felt that this exercise might be beyond him. When he connected his true stag shape head to toe, he found that he could let go with both hands and balance elegantly on the one knee.

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Therapeutic Clinic at Root Farm

Ellen Lerner
Photos courtesy Ellen Lerner

On March 31, 2006 The Root Farm Foundation held a meet and greet event at the farm in Verona, New York. This BBQ and vaulting demonstration allowed conference attendees the opportunity to view the facility and learn a little about vaulting through a team freestyle (our vaulting club is an integrated group of between 15 and 20 members – 1/3 of whom have a disability).

April 1, 2006 the medical symposium that focused on clarification of terminology was held. A general overview of the nervous system and the literature that is current regarding treatment of neurological impairments using the horse was presented by Dr. Frangenberg. Ellen Lerner presented a historical overview of The Root Farm and the transition to vaulting as our preferred method of providing therapy to children with disabilities – a direct result of attending the Gladstone Conference in 2004! There was a review of how the vaulting compulsories are symbiotic with the developmental sequence. The final speaker, Catherine Frangenberg, headed a heated discussion of reimbursement based on evidence. The discussion included how research with statistical significance is needed to ensure the validity of what we do in the realm of therapy.

That afternoon Rick and Virginia presented the sport of vaulting and how they have used it to enhance the lives of so many. We used the barrel for some hands-on demonstrations with two Root Farm members: Bill Joslin, a 46 year old with traumatic brain injury and April Moraco, a 21 year old who, after brain surgery to remove a tumor, suffered a stroke.

The wrap-up of the symposium took place as an informal question and answer session with all the speakers available to take questions.

Bill Joslin was slated to be The Keynote Speaker. However, “stage fright” set in and Josh Joslin, Bill’s father, spoke to the attendees that were able to stay for dinner. After recounting the history of Bill’s injury, his father spoke to the improvements Bill has made since participating in “therapeutic vaulting.” It was a wonderful story. Hands-on treatment utilizing vaulting was held on April 2. Six Root Farm members came to the farm to work on vaulting skills and techniques utilizing Rick’s expertise. There was also an opportunity for attendees to get on the Root Farm barrels and horses to vault.

Overall the conference was a success. The framework to hold a second event next year with continuation of the theme was developed. The conference reached out to the therapeutic community and educated them on the importance of vaulting as a treatment technique as well as a sport.

It is important to thank the AVA Grant Committee for their confidence and financial support in making this conference possible. The Slocum Dickson Foundation also contributed funds to promote vaulting and the therapeutic benefits that we believe are inherent in the sport.

Therapeutic Vaulting at Garrod Farms

Marianne Rose
Photos: Marianne Rose

To promote Garrod Farms’ new therapeutic program, a one-day therapeutic riding/vaulting camp was held in March. The event resulted from the combined efforts of the Girl Scouts of America, Garrod Farms and the Mt. Eden Vaulting Club. Through VIA Rehabilitation Services, families farms provided horses, staff and luncheon for the youngsters to enjoy. Mt. Eden’s coach, Kim Dunham spoke with interested parents and took sign-ups. Just around the corner from the therapeutic activity the FAME Team was holding a practice. It was wonderful to see the entire span of vaulting activities happening all together!
News from Nu Balance

Krystal Solorzano Weds

Emily Reed
What a blast and what a wedding! We can now officially say that Krystal Solorzano is now Krystal Elrod. She is truly happily married now and had a vaulting wedding of the century – I mean vaulter wedding!!!

She had five bridesmaids (vaulter), a maid of honor, sister Leti (vaulter), two flower girls (tiny tos vaulter), a ring bearer (vaulter), and a full team of flower children (vaulter). The wedding coordinators were all vaulter as well. It was a beautiful outdoor wedding. Krystal had a designer dress with a cathedral floor-length veil and glass slippers. She later changed into her pink rhinestone cowgirl boots. The cowboy/princess wedding was full of sparkles and attended by 450 guests.

Krystal started vaulting 16 years ago. She is a gold medalist, coach, longeur, riding instructor and clinician. Did the last 16 years prepare her to be a wife? Of course it did. Vaulting is no easy sport!

Since Krystal and Chris were married there have been two more proposals at Nu Balance. Gold medalist Jonny Kurzfeld proposed to his girlfriend, Tiffany, at the Disney Castle in Florida. They will be married in November. Ashley Fenbury, gold medalist, received her proposal at the California State Fair by her prince charming when he rode in to the middle of her vaulting show (actually in the character of Prince Charming). They will marry in September. Fairy tales do come true - at least at Nu Balance.

Imperial Dutch

Michelle Solorzano
One of the hardest letters a club could write to Vaulting World is to announce the death of their team horse. I have read articles from different clubs and my heart is always so sad for the club members, coaches and longeurs. Our horses are true members of both our family and our club. I know why clubs write these articles – because the horse has earned his own tribute.

Nu Balance has lost a really special horse, Imperial Dutch. He was given to us by a special lady and friend, Phoebe Hearst-Cooke along with our Polish Warmblood, Rapier 9. They both could not have come at a more needed time. We were growing our new El Dorado club. After Imperial arrived from Holland in 1997 I began to work with him. I fell in love with him and he renewed my enthusiasm for my job as a vaulting coach and longeur. Imperial was a 17.3 hand, 15 year old, gorgeous Dutch Warmblood. He was young in spirit, vibrant and almost human. He was more fun to play with than to vault on. He was used for our upper level vaulters.

His death was sudden and very unexpected. Our spirits are crushed and it is always hard to move on when something like this happens. He will be in our hearts forever. Imperial, we will miss you and your beauty will never be replaced. May God bless our club members and take away their heavy hearts.

Nu Balance at the Fair

Michelle Solorzano
The preparations for our demonstrations at the California State Fair have begun. The Knapp Friesians and Clay Maier’s will be the headliners for the Cavalcade of Horses this year. More than 100,000 people from all over California attend the fair daily. That’s a lot of exposure for our sport.

This will be the 16th year of demonstrations at the Cavalcade for Nu Balance. We have already joined with the Knapp Friesians to do the Friesian Extravaganza and will continue training and starting new horses. Working with the Friesian breed has been a blessing. They are amazing to vault on. They are exceptionally kind hearted, patient, smart and absolutely beautiful.

This year Nu Balance will be doing children’s Barbie shows, evening performances of Grease and day-time vaulting educational activities. Please send any flyers, business cards or information about your club if you would like it passed out and available for the public. We are interested in the growth of the sport and would love to help each club develop their own programs by putting people in direct contact with the club in their area. Hopefully we will see you at the California State Fair and/or the Draft Horse Classic in Grass Valley this year.
**Become a Slacker**

_Nancy Stevens-Brown_

As a clinician and coach I try never to slack off from learning. The March issue of _Yoga Journal_ had an amazing article about a rock climber who “slacklines”. This is a relatively obscure sport that became popularized by mountain climbers in the early 1980’s. Similar to tightrope walking, slacklining is done (at first) just a few feet above the ground on either a thick rope or nylon web stretched between two anchors.

The article had some amazing photos, of someone balancing in a “side plank pose” on the slackline. The author explained that after you get the hang of the live feel of the slackline, you quickly improve your balance, control, breathing, focus and core strength. I made a beeline to the internet to learn more about this cool balance boosting training. Typing the keyword “slackline” on the search line I found the Slackline Brothers at www.Slackline.com and Slackline Express http://www.slacklineexpress.com/. Both sites were full of information and mind-boggling pictures.

Express defined slacklining this way:

*The act of having an unbelievable amount of fun walking and doing tricks on a piece of webbing pulled tight between two points, also used as a form of meditation, physical and mental training.*

Seeing their videos of skillful slackliners retaining and regaining their balance on a constantly moving line made it obvious to me that there were countless crossover benefits for vaulting. The nimbleness they displayed on the slackline would easily transfer directly to the horse, enhancing both the safety and security of vaulters.

Though slacklining may not be suitable for every team or individual, I think many will find it fun to incorporate this novel “off the horse” way to train. Check it out! For off-season, rainy days or everyday you may find slacklining is the coolest way to have a more balanced vaulting program.

**Kiernan’s Teddy**

_Wendy Ware_

Kiernan Hull has been vaulting with Iron Mountain vaulters in Lake Oswego, Oregon for about four months. She just celebrated her 12th birthday and got a vaulting surcingle of her own so that she could practice at home. She is seen here on the back of her seven-year-old paint, Titan’s Teddy Bear. Kiernan has owned him for three years and shows him in dressage and western pleasure as well in cross county trail competitions.

We have been working him for vaulting for about one month and he already has a pretty consistent walk, trot, and canter. He was more than happy to allow three vaulters to work on his back at the same time. I think he is really enjoying his new line of work and we know, in the long run, it will make him even better in the show ring.

**Corrections**

_Renaissance Farm Vaulting Club_ has a new email address: Cheval6@adelphia.net.

_Vaulting World_, April issue, page 29

The location of the Region IV Barrel Fest was Corrales, New Mexico.

_Canyon View Vaulters’_ address has changed to: P.O. Box 710, Durham, CA 95938.

**Time is Flying**

_Nancy Stevens-Brown_

Recently a vaulter asked me when I’d first vaulted. I told her it was in 1970 at summer camp, where I met a Hidden Hills vaulter named Neil, who introduced me to the thrill of standing on a horse and the agony of the scissors!

After reflecting upon my answer, I realized it was years before that I learned to fly onto a horse. My first horse, Goldie, came home when I was thirteen. From the start I preferred to ride her bareback. I am short and Goldie was a rangy 16.1 hands, so if I wanted to mount her without a saddle I had to learn to vault up! I would grab her long white mane and swing aboard. Then we would fly off together into the sage scented hills of San Diego.

It didn’t take me long to realize it was easier and more fun to jump on Goldie if she was already cantering. Clucking to Goldie as a cue, I ran a few steps, then flew onto her powerful back as she galloped off. After a bit, we would stop to rest and I would toss a leg over her neck to sit sidewise just to watch the butterflies in the grass below. These moves that have now developed into a stylish FEI level equestrian dance were the same I enjoyed by chance so many years ago.

Vaulters still thrill to the feeling of flying with the power and lift of their horse. The AVA today is flying as well, with many exciting new opportunities for everyone to get on board. We are sponsoring more educational events, camps, competitions and seminars than ever before.

Heading toward the FEI Games in Kentucky in 2010, time will also fly. So grab onto the main thing you enjoy about vaulting and swing into your part of our team! Together we will see the AVA soar with new vision and promise.

*You can sign up to help at the FEI Games in Kentucky at www.feigames2010.org.*

*Time and vaulters fly when they’re having fun!*
Bye to Coach Cassi

Pam Fleurant

On March 26, 2006, the Renaissance Farm Vaulting Club said farewell to Cassi Goddard. Although all of my vaulters are special to me, Cassi’s contribution to the club is huge.

About five years ago I taught Cassi how to ride. During that summer, at a local Horse Camp she saw a vaulting demo and tried some moves. Her mom taped the video and they showed it to me. I was very impressed and thought that my horse Lola could do this vaulting thing. Well, there we were just the three of us, Cassi, Lola and me. Of course we laugh today at all the wrong things we did, not to mention the equipment! That year the AVA Friendship Team came to the Equine Affaire and that did it. We were hooked. We determined to make something of this. We did some camp demonstrations. Soon two vaulters joined us. As they were getting better so did the equipment.

Five years later the Renaissance Farm Vaulting Club has 23 vaulters, and four horses. Cassi was the tester, to make sure the horse was safe and had vaulting potential. As a vaulter, Cassi had an elegant, confident and beautiful way about her that would make it easier for the new horses to find their own confidence and beauty.

To say goodbye to Cassi was especially hard. If she looks at the current club, she can be proud of what she helped create. She will be missed and will remain in our hearts.

Vaulting World
Balance Training

Nancy Stevens-Brown

Three qualities that vaulting on a horse helps to improve are: balance, harmony and strength. That said, three things that a vaulter must improve off the horse are: balance, harmony and strength!

Stability

The first of these three, balance, directly affects both the vaulter and the horse.

“Balance is the pillar beneath every skill we have.”
Marjorie Woollacott, Ph.D. Professor of Human Physiology, University of Oregon

Excellent balance allows a vaulter to perform moves easily with smooth transitions, and it simultaneously aids the horse in maintaining its own balance. Loss of balance may result in hesitation, collapse, failure of an exercise or a fall from the horse. Though falling is a part of learning to vault, enhancing balance will reduce this risk of failure.

Steady Now!

Balance building warm-ups are an invaluable part of a complete vaulting program. The more that vaulters practice balancing off the horse, the quicker they will gain the center and strength necessary to maintain and recover their equilibrium on the horse. Why practice something so basic? Today researchers are connecting balance to mental, not just physical, functioning. According to Catherine Jackson, Ph.D., Chair of The Department Of Kinesiology at California State University, Fresno, “When kids stabilize themselves from an unstable pose, they learn how to focus faster and more efficiently.”

Strength is Central to Balance

The core muscles of the body serve to steady and center the athlete. They are key to correcting losses of balance caused when the horse, teammate or footing becomes unsteady or irregular. Because of this, it is important that all vaulters strengthen and condition their core. Practicing on an exercise ball is a simple and inexpensive way to accomplish improved balance while gaining core strength. Most balls come with a suggested series of beneficial moves, and balls easily integrate into circuit training (horse, barrel, ball, mats) during a regular vaulting class.

Stop and Go

Balancing exercises should first be practiced as static poses. When the vaulters gain confidence and control, they may then practice the same skill as a dynamic move. Practicing both static and dynamic balancing skills are necessary to fully prepare a vaulter for his best performance on the moving horse. Here are four easy ways to enhance balance while increasing body awareness and core muscle strength:

1. One-legged stands and handstands on the ground or yoga block may be practiced as a stationary pose (static), or leap to the pose (dynamic)

Simple Drills/Complex Results

1. One-legged stands and handstands on the ground or yoga block may be practiced as a stationary pose (static), or leap to the pose (dynamic)

2. Use an exercise ball and follow the suggested workout that comes with most balls
3. Work on a low balance beam – doing both static poses and dynamic moves
4. Trampoline work – dynamic work is essential since all movement affects balance.

A Balanced Class

By adding balance-enhancing workouts to every vaulting lesson, your vaulters will have more fun while simultaneously improving. As a result, their vaulting will become more secure and stylish. Your horse will thank you, too, because when vaulters are balanced the horse also remains more balanced!

Food for Taut

Finally, remember that a conditioned vaulter can balance easier. So always stress a balanced diet as a part of every well-rounded vaulting program.

Dona Singlehurst
AVA Judge and Animal Advocate
J. Ashton Moore

Dona Singlehurst was the right person at the right time in the right place to do a lot for vaulting sport. She was a senior dressage judge and noted breeder of thoroughbreds at her farm on the North Shore of Oahu, Hawaii. With her dressage knowledge and general horsemanship expertise it was not difficult for her to add vaulting judging to her list of accomplishments.

I did medal exams with Dona and judged both dressage and vaulting with her over many years. She was active in the Humane Society, resident emeritus of Morris Animal Foundation and did private dog rescue, saving many dogs abandoned in the thousands of acres of sugar cane fields around her farm. She was president of the Delta Society.

Besides being a good judge and a humanitarian, she was great company and a great wit, and Liz Searle and I spent many happy visits at her home over 30 years of friendship. On May 1, 2006 Dona died at the age of 77 in Waialua, Hawaii. All of us who knew her will miss her.
Get a Grip!

Nancy Stevens-Brown

The use of a practice horse to help train riders goes back for centuries.

Today, as vaulting and surcingles evolve, the handles that we place on our barrels can either help or hurt a vaulter. Because of this many coaches and vaulters now prefer to use a real surcingle on their barrel rather than the traditional welded grips. The Mt. Tabor team in Virginia went one step further by purchasing real grips from Christoph Lensing to use on their barrels. The real grips are strapped on in place of the welded grips.

This set-up is far easier to practice on as the vaulters are using the actual grips that they will have on their surcingle, and they can use them exactly as they would on the horse for vaults, and exercises. Coach Kim Beisecker says the only draw back is that the leather handles are not weather proof, and are a bit pricey at about $200 per pair.

Bonnie Kuki

There’s something wonderfully engaging about a smile, and when it shines on the face of Lauren James, it’s particularly magical.

Lauren had vaulted with Mount Rainier Vaulters for years when, in the fall of 2004, she was diagnosed with a very nasty type of cancer. Because it affected her muscles and bones, she had to take what we hoped was a temporary hiatus from club activities. For more than a year and a half, she went through chemotherapy and survived all the negative aspects of her medications including body scans, the good new/bad news doctor sessions, as well as the predictable nausea, weakness, and baldness.

Throughout all, however, Lauren remained a Mount Rainier vaulter. Photographs of her competing and a head-shot of her with her favorite Percheron accompanied her during hospital visits and were a natural segue to share her love of the sport with the nurses and doctors who cared for her.

During our 2005 winter clinic with Nancy Stevens-Brown, Lauren asked how she could remain involved even though she could no longer vault. When Nancy explained the need for many sideline stars, like photographers, choreographers, and

Traditional welded grips work but coaches and vaulters agree that a real surcingle on the barrel is better! Here the real grips on the barrel prepare the vaulter for the same grips on their surcingle. Photo: Nancy Stevens-Brown

Impact of Equine Activities on Youth

Cindy Schonholtz, AYHC

The American Youth Horse Council has partnered with Pennsylvania State University to conduct research that quantifies what we already know: Kids + Horses = Magic! One of the strategic goals of the American Youth Horse Council (AYHC) is to validate the measurable impact of equine activities on youth development.

There have been few scientific studies conducted that measure the impact of horse activities on horsemanship and life skills development. AYHC and Penn State teamed up with the National High School Rodeo Association, 4-H, Pony Club and the American Quarter Horse Youth Association to conduct this important research.

The Impact of Equine Activities Survey contained questions related to horsemanship skills, life skills and demographic characteristics. Content and validity of the survey was validated by a panel of experts and by conducting a field test. A sample of 982 youth between the ages of 12 and 18 active in the above youth equine organizations was selected.

Responding youth indicated that they “most of the time” to “always” performed horsemanship skills in the area of handling, safety, riding, nutrition and health management. Similarly, respondents indicated that they “often” exhibited life skills relative to decision making, communicating, goal setting, problem solving and critical thinking. A significant positive relationship was found between total horsemanship skills development and life skills development. This information should be very valuable for youth leaders when developing curriculum, planning activities, and seeking funding and resources.

A scientific paper authored by Penn State grad student Crystal Smith was published in the February 2006 Professional Animal Scientist periodical. Copies of the full research report are available through the AYHC office at 719-594-9778.
Agape Barrel Fest

Tom Sayles

The Agape Vaulter held their third annual barrel fest with a record 44 vaulters competing. Our judge was Anja Krinke of Bethel, Germany, a German Silver Medalist.

We would like to thank Diamond E Vaulters for their third year attending our barrel fest. A Vaulting Connection, Michigan Vaulting Teams, and Victory Vaulters attended for the first time. A special thank you goes to Cedar Lodge, one of Region X’s newest AWA teams, for making us their first competition experience.

The competition included a costume class that had everything from spiderman to a horse vaulting. The impromptu freestyle class, in its second year, had 15 participants receiving a new and different piece of music at lunch break. Each created a one minute freestyle that reflected his interpretation. It made monkeys out of some and princesses out of others.

Everyone was treated to a special performance by Tobias Schmidt and Sasha Rouvillois of A Vaulting Connection while waiting for the final scores of the day. Our gratitude goes to everyone from the most skilled vaulters to six year old Mackenzie Mehany who muscled herself on to the barrel without assistance.

Jump Start Your Vault

Nancy Stevens-Brown
Photos: Nancy Stevens-Brown

A key to a perfect vault-on is the ground jump. Here are ten tips for a great vault:

1. Approach in-step with the horse.
2. Face the same direction as the horse.
3. Immediately take the grips lightly, without hanging.
4. Jump quickly within 1-3 strides after taking the grips.
5. Jump forward with the feet together.
6. As you leave the ground immediately straighten both legs through the toes.
7. Drive the head upward and forward to aid the lift of vault.
8. In flight snap to the exact position that you want to land in (Example: tuck if you are going to knees, splits if you are going to basic seat).
9. Use the shoulders, back and arms immediately to add height and aid perfect placement of the vault.
10. Release and finish for the perfect score!

Practice the position that you want to vault into (Here a tuck).

Practice on the ground or trampoline jumping off of pointed toes.

Noah approach sideways to the horse. Approach in-step, head high.

Quickly jump forward feet together.

Vaulting World
Vaulting World publishes complete scores for VAU recognized classes but only 1-1 for unrecognized classes. The number of participants in the class (per 2) is noted next to the class name. Complete results for all classes are available online at www.americanvaulting.org -→ calendar.

**Renaissance FACE Off Vaulting Challenge**

**FACE Off Vaulting Challenge**
April 22-23, 2006
USEF/AVA Recognized

**Moopark, California**
Judges:
Suzanne Detoi (FEI O),
Craig Coburn (AVA R)

**Team Events**

**A Team Compulsories**
1. Mt. Eden/FACE (FAME)..... 7.265
   Blake Dahlgren
   Katie Richie
   Rosey Ross
   Megan Benjamin
   Ana Van Vrancken
   Elizabeth Ioannou
   Shannon Poer

2. Woodside A Team............. 7.163
   Ali Divita
   Lizzy Horve
   Karinaa Douglas
   Hannah Boyd
   Elizabeth Osborn
   Katherine Wick
   Megan Lanfri

3. Diamond Bar/HMB............. 6.411
   Angela Turner
   Kenny Geisler
   Morgan Homan
   Todd Griffiths
   Cassidy Palmer
   Kimberley Palmer

**B Team Freestyle**
1. Woodside A Team............... 7.630
   Ali Divita
   Lizzy Horve
   Karinaa Douglas
   Hannah Boyd
   Elizabeth Osborn
   Katherine Wick
   Megan Lanfri

2. Mt. Eden/FACE (FAME)......... 7.400
   Blake Dahlgren
   Katie Richie
   Rosey Ross
   Megan Benjamin
   Ana Van Vrancken
   Elizabeth Ioannou
   Shannon Poer

3. Diamond Bar/HMB............. 6.790
   Angela Turner
   Kenny Geisler
   Morgan Homan
   Todd Griffiths
   Cassidy Palmer
   Kimberley Palmer

**Team Overall**
1. Mt. Eden.............................. 6.186
2. Pacific Coast
3. Diamond Bar/HMB

**Gold Comp. RI - Women**
1. Megan Benjamin, Mt. Eden8.498
2. Mary McCormick, Mt. Eden8.328
3. Ali Divita, Woodside8.218
4. Elizabeth Osborn, Wdside6.490
5. Julie Keville, Silver Bar7.920
6. Cassidy Palmer, HMB7.820
7. Sharron Poer, FACE7.680
8. Florence Rubinger, Slvr/B7.990

**Gold Comp. RI - Men**
1. Megan Benjamin, Mt. Eden8.530
2. Mary McCormick, Mt. Eden8.460
3. Ali Divita, Woodside8.160
4. Elizabeth Osborn, Wdside8.030
5. Julie Keville, Silver Bar....7.848
6. Florence Rubinger, Slvr/B7.495
7. Sharron Poer, FACE....7.460
8. Cassidy Palmer, HMB....7.100

**Diamond Bar/Half Moon Bay A Team on Pixie**

**Photo:** Julie Dobin
### FACE Off Vaulting Challenge

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<th>Place 3</th>
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<tbody>
<tr>
<td><strong>Silver Freestyle RII - Men</strong></td>
<td>1. Eric Garcia, Pacific Coast</td>
<td>2. Tisa Dobin, FACE</td>
<td>3. Morgan Rogers, Mt. Eden</td>
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### Bronze Comp. RII - Women

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<tr>
<td><strong>Bronze Comp. RII - Women</strong></td>
<td>1. Elizabeth Ioannou, MtEdn</td>
<td>2. Heide Rothweiler, Mt. Eden</td>
<td>3. Ruby Robinson, PCst</td>
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### Adv. Novice Work Comp.

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### Modified Novice Work Comp.

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Vaulters of the Northwest Spring Fest

Mission Pacific

Vaulting Trials
USEF/AVA Recognized
May 13 - 14, 2006
Somis, California
Judge:

Suzanne Detoli (FEI O),
Craig Coburn (AVA R)

Preliminary & Intermediate Shirts

Gold Medal - Women

Megan Benjamin, ME 8.790
Elizabeth Oswald, W-Co 8.719
Mary McCormick, ME 8.680
Ali Ditta, Woodside 8.605
Nicole Czyzewski, Golden Gate 7.867
Katie Ritchie, ME 7.849
Kylah Noyn, Pac Coast 7.730
Cassidy Palmer, HMB 7.726
Florene Rubinger, Silver Bay 7.537

Silver Medal - Women

Melanie van Pairs, Trinity 8.350
Linda Van Hook/Amanda Beaton, Lompoc 7.835
Kelsey Trainor, Diamond Bar 7.511
Donna Palmer/Kristen Roberts, Half Moon Bay 7.500
Janelle Fitzgerald, Sky 7.373

Bronze Medal - Women

Sam Benjamin, ME 7.895
Sally Blanquist, Woodside 7.867
Nancy Dénarié, W-Co 7.857
Nicole Czyzewski, Golden Gate 7.425
Katie Ritchie, ME 7.489
Kylah Noyn, Pac Coast 7.350
Cassidy Palmer, HMB 7.326
Florene Rubinger, Silver Bay 7.197

Competition Management
Look Up

Vaulting World
June 2005

FINDING IMPORTANT INFORMATION

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To find the AVA number, club affiliation, date of registration, type of membership for any AVA member, visit www.americanvaulting.org -->log in -->Competition Management

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Sally Blanquist, Woodside 7.867
Nancy Dénarié, W-Co 7.857
Nicole Czyzewski, Golden Gate 7.425
Katie Ritchie, ME 7.489
Kylah Noyn, Pac Coast 7.350
Cassidy Palmer, HMB 7.326
Florene Rubinger, Silver Bay 7.197

Competition Management
Look Up

Vaulting World
June 2005

FINDING IMPORTANT INFORMATION

To find the email, phone number or address of any current AVA adult member, please visit www.americanvaulting.org -->log in -->Member Services

To find the AVA number, club affiliation, date of registration, type of membership for any AVA member, visit www.americanvaulting.org -->log in -->Competition Management

Mission Pacific
Mission Pacific Vaulting Trials

1. Joshua Hall, Dmd Bar...... 4.688
2. Katrina Nibbi, Wdside ... 6.175
3. Ellie Gifford, Woodside ... 5.432

Copper Compulsories - Men
1. Kristian Roberts, HMB ... 4.538
2. Kristian Roberts, HMB ... 5.094

Novice Trot Compulsories
1. Colton Palmer, HMB ..... 4.563
2. Lindsey Anderson, Dmd Bar ....... 5.625
3. Brittany O'Leary, PcCst .... 5.625

2-Phase Bronze Comp. (5)
1. Karly Frankel-Newman, Pacific Coast ... 5.888
2. Lindsey Anderson, Diamond Bar ... 5.625
3. Brittany O'Leary, PcCst ... 5.625

2-Phase Bronze Overall (5)
1. Karly Frankel-Newman, Pacific Coast ... 6.711
2. Lindsey Anderson, Diamond Bar ... 6.063
3. Brittany O'Leary, PcCst ... 6.013

2-Phase Copper Barrel FS
1. Joshua Hall, Dmd Bar...... 6.033
2. Joshua Hall, Dmd Bar...... 5.598

2-Phase Adv. Walk Barrel FS
1. Destiny Coley, Dmd Br .... 4.933

Barrel Events
Trot Barrel FS - Women (4)
1. Ellie Gifford, Woodside ... 5.900
2. Tessa Divita, Woodside ... 5.733
3. Kristin Roberts, HMB ..... 5.567

Trot Barrel Freestyle - Men
1. Colton Palmer, HMB ...... 5.367

The Measure of Success
Nancy Stevens-Brown
Competitive vaulters earn scores for their skills based upon what a judge sees. Yet, because of the nature of our sport how we really measure success must remain personal. The genuine gauge of what a vaulter achieves can best be measured by those closest to the process: the vaulter, coach or parent. They know the daily practice level and whether the vaulter has equaled or surpassed that quality. They know whether the vaulter chose to commit rather than quit! And that is what counts, for the real measure of success is to keep trying!

FAME A Team on Mozart
(Top) Tisa Dobin
(Middle) Shannon Poer
(Bottom) Florence Rubinger
Photos: Julie Dobin
### Garrod’s Spring Classic

**USEF/AVA Recognized**

**May 20, 2006**

**Saratoga, California**

**Judges:**
- J. Ashton Moore (FEI O)
- Suzanne Detol (FEI O)

**Participating Clubs:** Brookside, Creekside, Diamond Bar, FACE, Golden Gate, Great Falls, Half Moon Bay, Mt. Eden, Pacific Coast, Silver Bay, Tambourine, Virginia, Woodside

**Team Events**

### A Team Compulsories

<table>
<thead>
<tr>
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<th>Name</th>
<th>Club</th>
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<tr>
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<td>Woodside</td>
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### A Team Freestyle

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<td>Woodside</td>
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### Individual Events

#### Gold Round I - Women

<table>
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<th>Name</th>
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#### Gold Round II - Women

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### Gold Overall - Women

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### Gold Round I - Men

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### Gold Round II - Men

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### Gold Overall - Men

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### Silver Round I - Women

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<td>Ross Douglas, Brkside</td>
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### Silver Overall - Women

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### Silver Round I - Men

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<th>Individual Event</th>
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### Silver Overall - Men

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**All photos of Garrod’s Spring Classic by Eric Jewett**

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**Vaulting World**

**June 2005**
We are proud of all the vaulters, longeurs and horses who participated in the selection trials for the 2006 World Equestrian Games in Aachen. Congratulations to the best of the AVA. Go for it!

Pacific Coast Vaulting Club
Garrod’s Spring Classic

Megan Lanfri
Cassidy Palmer on Pixie
Claire Rosenfeld on Cambria

Garrod’s May Fest

AVA Recognized
May 21, 2006
Saratoga, California
Judges:
Adrienne Stang (FEI O), Suzanne Detol (FEI O), Toni Amoroso (AVA R), Kendel Edmunds (AVA Apprentice)
Participating Clubs: Brookside, Canyon View, Creekside, Diamond Bar, Elkhorn, FACE, Golden Gate, Great Falls, Half Moon Bay, High Point, Morning Star, Mt. Eden, Pacific Coast, Silver Bay, Starlite, Tambourine, Valley View, Virginia, WV

Team Events
B Team Compulsories
1. Creekside 6.473
   Julie Keville
   Claire Rosenfeld
   Brittany Dutra
   Stephanie O’Neill
   Florence Rubinger
   Carey Markham
   Patrick Stevens
2. Pacific Coast 6.275
   Eric Garcia
   Kalyn Noah
   Haviland Hage
   Gabriella Bizzaro
   Alexandra Thrasher
   Karly Frankel-Newman
3. Mt. Eden 6.142
   Morgan Rogers
   Erica Maglione
   Laura Yelavich
   Stephanie Schade
   Heide Rothweiler
   Jessica Muyo
   Jaylyn Babitch
4. Tambourine 5.796
   Shannon Hoke
   Kelley Holly
   Julia Bell
   Teresa Keville
   Lystra Hobby
   Zoe Pearl

B Team Freestyle
1. Mt. Eden 7.020
   Morgan Rogers
   Erica Maglione
   Laura Yelavich
   Stephanie Schade
   Heide Rothweiler
   Jessica Muyo
2. Creekside 6.680
   Julie Keville
   Claire Rosenfeld
   Brittany Dutra
   Stephanie O’Neill
   Florence Rubinger
   Carey Markham
3. Tambourine 6.440
   Shannon Hoke
   Kelley Holly
   Julia Bell
   Teresa Keville
   Lystra Hobby
   Zoe Pearl
4. Pacific Coast 5.640
   Eric Garcia
   Kalyn Noah
   Haviland Hage
   Gabriella Bizzaro
   Alexandra Thrasher
   Karly Frankel-Newman

B Team Overall
1. Mt. Eden 6.581
2. Creekside 6.577
3. Tambourine 6.118
4. Pacific Coast 5.958

C Team Compulsories
1. Woodside 6.781
   Katharine Gifford
   Julia Plungy
   Alyssa Bonora
   Anke Knauth
   Kathryn Jaggars
   Yvonne Greenan
   Molly Gould

2. Pacific Coast 5.313
   Brittany O’Leary
   Dusti Hausman
   Sarah Flax
   Mindy Newhouse
   Grace Robinson
   Natasha Fabricant

3. Tambourine 4.723
   Michelle Steidie
   Sophie West
   Ashley Ondaro
   Elizabeth West
   Olivia Merino
   Cate Steidie

C Team Freestyle
1. Woodside 6.110
   Katherine Gifford
   Julia Plungy
   Alyssa Bonora
   Anke Knauth
   Kathryn Jaggars
   Yvonne Greenan
2. Pacific Coast 5.480
   Brittany O’Leary
   Dusti Hausman
   Sarah Flax
   Mindy Newhouse
   Grace Robinson
   Natasha Fabricant

3. Tambourine 5.220
   Michelle Steidie
   Sophie West
   Ashley Ondaro
   Elizabeth West
   Olivia Merino
   Cate Steidie

C Team Overall
1. Woodside 6.110
2. Pacific Coast 5.397
3. Tambourine 4.972

Trot Team Compulsories
1. Mt. Eden 4.908
   Kayla Marchini
   Joey Gadd
   Adria Reveil
   Ariana Barrett
   Makayla Clyne
   Kate Morse
2. Tambourine 4.340
   Cassie Dufond
   Erin Cole
   Sheanna Cummings
   Clare Sitzer
   Amelia Levin-Sheffield
   Nick Fuji

Trot Team Freestyle
1. Tambourine 5.960
   Cassie Dufond
   Erin Cole
   Sheanna Cummings
   Clare Sitzer
   Amelia Levin-Sheffield
   Nick Fuji
2. Mt. Eden 5.700
   Kayla Marchini
   Joey Gadd
   Adria Reveil
   Ariana Barrett
   Makayla Clyne
   Kate Morse

Trot Team Overall
1. Mt. Eden 5.304
2. Tambourine 5.150

Novice Trot Team Comp.
1. Woodside 4.586
2. Mt. Eden 3.883

Team Freestyle at Walk
1. Woodside 6.660
2. Diamond Bar 6.080
3. Elkhorn 4.300

Pairs Events
Preliminary Pairs
1. Lindsey Anderson/Kelsey Truax
2. Kyla Marchini/Austin Phillips

Bronze Compulsories RI
1. Elizabeth Piasecki
   Mt. Eden 6.750
2. Laura Yelavich, Miller 6.488
Garrod’s May Fest

3. Karly Frankel-Newman, Pacific Coast............. 6.313
4. Jessica Muyo, Mt. Eden............. 6.163
5. Kathryn Jaggers, Wds...................... 6.138
6. Alexandra Thrasher, Pacific Coast............. 6.025
7. Stephanie O’Neill,Cxld............. 6.013
8. Jaylyn Babitch, Mt. E .................. 5.888
9. Brittany O’Leary, Poc... ............ 5.813
10. Lindsey Anderson, Diamond Bar............. 5.763
11. Kelsey Trainer, Dmd Br ............. 5.725
12. Erica Maglione, Mt. E ............. 5.700
13. Gabriella Bizzaro,Poc............. 5.688
14. Katharine Gifford, Pacific Coast............. 5.650
15. Rebecca Hamby, Morning Star............. 5.488
16. Britannia Southern, Diamond Bar............. 4.650

Bronze Freestyle R1
1. Elizabeth Ioannou, MtE .................. 7.850
2. Laura Yelavich, Mt. E............. 7.240
4. Jaylyn Babitch, Mt. E............. 6.860
5. Stephanie O’Neill,Cxld............. 6.820
6. Jessica Muyo, Mt. Eden............. 6.800
7. Kathryn Jaggers, Wds.......... ............5.899
8. Lindsey Anderson, Diamond Bar............. 5.820
9. Karly Frankel-Newman, Pacific Coast............. 5.860
11. Kelsey Trainer, Dmd Br............. 5.300
12. Britannia Southern, Diamond Bar............. 5.200
14. Rebecca Hamby, Morning Star............. 4.640
15. Alexandra Thrasher, Pacific Coast............. 3.760

Bronze Round I
1. Elizabeth Ioannou, MtE ............. 7.305
2. Laura Yelavich, Mt. E............. 6.964
3. Katharine Gifford, Wds............. 6.225
5. Kathryn Jaggers, Wds............. 6.159
7. Jaylyn Babitch, Mt. E............. 6.124
8. Karly Frankel-Newman, Pacific Coast............. 5.987
9. Lindsey Anderson, Diamond Bar............. 5.842
10. Erica Maglione, Mt. E............. 5.760
11. Brittany O’Leary, Pacific Coast............. 5.737
12. Kelsey Trainer, Dmd Br............. 5.513
13. Gabriella Bizzaro, Pacific Coast............. 5.434
14. Rebecca Hamby, Morning Star............. 5.084
15. Britannia Southern, Diamond Bar............. 4.925
16. Alexandra Thrasher, Pacific Coast............. 4.893

Bronze Compulsories R1
1. Elizabeth Ioannou, MtE ............. 6.800
2. Laura Yelavich, Mt. E............. 6.825
3. Kathryn Jaggers, Wds............. 6.188
4. Erica Maglione, Mt. E............. 6.038
5. Jaylyn Babitch, Mt. E............. 5.983
6. Gabriella Bizzaro, Pacific Coast............. 6.000
7. Kathryn Jaggers, Wds............. 5.825
8. Karly Frankel-Newman, Pacific Coast............. 5.463
9. Kelsey Trainer, Dmd Br............. 5.438
10. Brittany O’Leary, Pacific Coast............. 5.125
11. Stephanie O’Neill, Cxld............. 4.938
12. Rebecca Hamby, Morning Star............. 4.938
13. Britannia Southern, Diamond Bar............. 4.875
14. Jessica Muyo, Mt. E............. 4.813
15. Lindsey Anderson, Diamond Bar............. 4.525

Bronze Overall
1. Elizabeth Ioannou, MtE ............. 7.070
2. Laura Yelavich, Mt. E............. 6.961
3. Kathryn Jaggers, Wds............. 6.169
4. Jaylyn Babitch, Mt. E............. 6.096
5. Katharine Gifford, Wds............. 6.025
6. Erica Maglione, Mt. E............. 5.898
7. Karly Frankel-Newman, Pacific Coast............. 5.812
8. Jessica Muyo, Mt. Eden............. 5.739
9. Stephanie O’Neill,Cxld............. 5.730
10. Gabriella Bizzaro, Pacific Coast............. 5.623
11. Brittany O’Leary, Pacific Coast............. 5.533
12. Kelsey Trainer, Dmd Br............. 5.488
13. Lindsey Anderson, Diamond Bar............. 5.403
14. Rebecca Hamby, Morning Star............. 5.022
15. Britannia Southern, Diamond Bar............. 4.908

Copper Compulsories - Women
1. Kelsey Brownell, HMB............. 5.813
2. Julia Plungy, Woodside............. 5.788
3. Karly Markham, Cxld............. 5.713
4. Julia Bell, Tambourine............. 5.588
5. Merina Rainville, Mt. E............. 5.463
6. Grace Robinson,Poc............. 5.413
7. Molly Gould, Woodside............. 5.225
8. Minda Newhouse, Pacific Coast............. 4.813
9. Leah Sache, Mng Star............. 4.800
10. Sarah Flax, Pac Coast............. 4.688
11. Natasha Fabricant, Pacific Coast............. 4.675
12. Lauren Hyver, Wid............. 4.625
13. Robin Todd, Mng Star............. 4.400
15. Grace Koz, Creekside............. 4.000

Copper Freestyle - Women
1. Julia Plungy, Woodside............. 6.361
2. Merina Rainville, Mt. E............. 6.157
3. Karly Markham, Cxld............. 6.050
4. Kelsey Brownell,HMB............. 5.665
5. Molly Gould, Woodside............. 5.917
6. Sarah Flax, Pac. Coast............. 5.900
7. Lauren Hyver, Wid............. 5.767
8. Grace Robinson,Poc............. 5.760
9. Natasha Fabricant, Pacific Coast............. 5.700
10. Minda Newhouse,Poc............. 5.650
11. Grace Koz, Creekside............. 5.333
12. Kirsten Carlson-Headley-Starlite............. 5.250

Copper Overall - Women
1. Julia Plungy, Woodside............. 6.361
2. Merina Rainville, Mt. E............. 6.157
3. Karly Markham, Cxld............. 6.050
4. Kelsey Brownell,HMB............. 5.665
5. Grace Robinson,Pac............. 5.582
6. Molly Gould, Woodside............. 5.571
7. Sarah Flax, Pac. Coast............. 5.294
8. Minda Newhouse, Pacific Coast............. 5.232
9. Lauren Hyver, Wid............. 5.196
10. Natasha Fabricant, Pacific Coast............. 5.188
11. Kirsten Carlson-Headley-Starlite............. 4.738
12. Grace Koz, Creekside............. 4.667

Copper Compulsories - Men
1. Joshua Hall, Dmd Bar............. 5.338
2. Copper Freestyle - Men
1. Joshua Hall, Dmd Bar............. 5.433

Copper Overall - Men
1. Joshua Hall, Dmd Bar............. 5.386

Trot Comp. - Women (16)
1. Katrina Nibbi, Wds............. 5.488
2. Ariana Ernst, Wds............. 5.488
3. Charisse Gilles, Elkhor............. 5.313

Trot Freestyle - Women (15)
1. Elise Gifford, Woodside............. 6.975
2. Katrina Nibbi, Wds............. 6.125
3. Tessa Divita, Wds............. 5.075

Trot Overall - Women (14)
1. Katrina Nibbi, Wds............. 5.807
2. Tessa Divita, Wds............. 5.699
3. Elise Gifford, Woodside............. 5.663

Trot Compulsories - Men (4)
1. Kristjan Roberts, HMB............. 5.613
2. Austin Phulps, Elkhor............. 4.900
3. Cameron Adams, Canyon View............. 4.738
4. Joey Gadd, Mt. Eden............. 4.538

Trot Freestyle - Men (4)
1. Kristjan Roberts, HMB............. 5.675
2. Cameron Adams, Canyon View............. 5.475
3. Joey Gadd, Mt. Eden............. 5.025

Colton Palmer on Pixie

Breana Begin and Tasha Thorner performed their pairs routine at the walk in the California Gold Class on Elle Mae.

Canyon View vaulters performed on Hank

Photos/Videos Available

2006 PACE Off, Mission Pacific and Woodside Fest Videos Profit benefits F.A.M.E. A-Team (Free Artists/Mt Eden)
Up to 4 hours of top level vaulting on one VHS tape. $30.00 (+ shipping) per event – Check payable to Sandy Dahlgren
9057 Morning Glow Way, La Tuna Canyon, CA 91352
For more information: Sandy Dahlgren at Sandy_Dahlgren@yahoo.com or 818/768-6233

2006 Garrod’s Spring Classic Videos (DVD)
$25.00 (+sh+tax) per disc – For more information: Beth Leonard
www.leonardfamilytutoring.com/vaulting/
Phots of Garrod’s May Fest are available from Primo Ponies Photography at www.primoponies.com
They also photographed the Woodside Fest and will be shooting Region II Championships.

Photos, Videos & Photos/Videos/Continued
Lindsey Anderson and Kelsey Trainor of Diamond Bar displayed their pairs routine on Aristotle.

Morning Star’s Alyssa Urban and Andrea Meislin performed their trot pairs routine on Kelly.

The Woodside C Team performed on Pepper Jack.

Morgan Lambert of Mt. Eden demonstrated her trot freestyle on Danny Boy.

Garrod’s May Fest

Continued from previous page

Vaulting World

June 2005

COMPETITION INFORMATION

As soon as entry forms are available, they are linked to theAVA calendar listings. For most events, when the order of go is available, it replaces the entry forms. When the results are available, they replace the order of go for that event.

Vaulting World

26

June 2005
Results from the last two Selection Trials (Great Falls and Woodside) will be published in the August issue of Vaulting World but you can check out the complete results online at www.americanvaulting.org -->log in -->2006 calendar -->select event.

AMERICAN VAULTING ASSOCIATION DIRECTORY

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YOUTH ORGANIZATIONS: Nancy Maclsaac 505/867-3367, nmialisac@mac.com • WEBSITE: Sheri Benjamin 408/872-1560, sherib@benjaminsci.com

Brimson supported the Pacific Coast C Team.

Rianna Mayorga of Starlite performed her freestyle in the Novice Walk class on Starlite’s Portia/Rosie. The Novice Walk class was a new class just for the very beginners to show off their skills.

Tambourine’s Trot Team competed on their new horse, Moony’s Super Sadie.

Garrod’s May Fest
## Calendar of Vaulting Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun 23-24</td>
<td>CVI** Ermelo, Netherlands. Contact Sara Ike 908/326-1164, <a href="mailto:sara.ike@usef.org">sara.ike@usef.org</a></td>
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<tr>
<td>Jun 24</td>
<td>Judges Training (Judges only), San Jose, CA. Contact Suzanne Detol, 503/357-9651, <a href="mailto:sdetol@aol.com">sdetol@aol.com</a></td>
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<tr>
<td>Jun 25</td>
<td>Region I Championships, Moorpark, CA. Contact: Connie Geisler 909/861-1564, <a href="mailto:connie_geisler@hotmail.com">connie_geisler@hotmail.com</a></td>
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<tr>
<td>Jul 1-2</td>
<td>Region IX Championships, University Park, PA Contact Jan Weber 978/448-4193, <a href="mailto:janmweber@gmail.com">janmweber@gmail.com</a></td>
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<tr>
<td>Jul 6-9</td>
<td>Region II Championships, Grass Valley, CA. Contact: Marianne Rose 408/867-1789, <a href="mailto:marianne_rose@worldnet.att.net">marianne_rose@worldnet.att.net</a></td>
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<tr>
<td>Jun 20-23</td>
<td>CH-EU-J-V/CSI** München-Riem, Germany. Contact: Sara Ike 908/326-11648, <a href="mailto:sara.ike@usef.org">sara.ike@usef.org</a></td>
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<tr>
<td>Jul 27-30</td>
<td>USEF/AVA National Vaulting Championships, City of Industry, CA. Contact: Patty Littmann 818/889-9617, <a href="mailto:bronxzoo222@aol.com">bronxzoo222@aol.com</a></td>
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<tr>
<td>Aug 15-19</td>
<td>Renaissance Farm Sumer Vaulting Camp and Medal Testing, Weare, NH. Contact Pam Fleurant, <a href="mailto:cheval6@adelphia.net">cheval6@adelphia.net</a></td>
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<tr>
<td>Sep 2-3</td>
<td>Longeing Clinic, Newcastle, ME. Contact: Gisela Rhodes <a href="mailto:giselahr@tidewater.net">giselahr@tidewater.net</a> or <a href="http://www.fairtidefarm.com">www.fairtidefarm.com</a></td>
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<tr>
<td>Sep 8-10</td>
<td>Interactive Vaulting Clinic, Newcastle, ME Contact: Gisela Rhodes <a href="mailto:giselahr@tidewater.net">giselahr@tidewater.net</a> or <a href="http://www.fairtidefarm.com">www.fairtidefarm.com</a></td>
<td></td>
</tr>
<tr>
<td>Sep 15-17</td>
<td>CVI** Helsinki, Finland. Contact: Sara Ike 908/326-1164, <a href="mailto:sara.ike@usef.org">sara.ike@usef.org</a></td>
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</tr>
<tr>
<td>Sep 15-17</td>
<td>CVI** Krumke, Germany. Contact: Contact: Sara Ike 908/326-1164, <a href="mailto:sara.ike@usef.org">sara.ike@usef.org</a></td>
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<tr>
<td>Sep 16-17</td>
<td>Great Falls/Topaz Fall Fest, Herndon, VA. Contact: <a href="mailto:patrice@datamarksystems.com">patrice@datamarksystems.com</a></td>
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<tr>
<td>Sep 24</td>
<td>Schooling for Vaulting Horses, San Juan Bautista, CA. Contact Patti Reschar <a href="mailto:mreschar@earthlink.net">mreschar@earthlink.net</a>, 408/356-8660</td>
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<tr>
<td>Sep 30</td>
<td>Annual Judges Forum, TBA. Contact Suzanne Detol, 503/357-9651, <a href="mailto:sdetol@aol.com">sdetol@aol.com</a></td>
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<tr>
<td>Oct 1</td>
<td>Morning Star/Willow Tree Fest, Novato, CA. Contact Carolyn Conner 415/897-8486, <a href="mailto:carolyn.conner@verizon.net">carolyn.conner@verizon.net</a></td>
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<tr>
<td>Oct 7</td>
<td>Region IV October Fest, Albuquerque, NM. Contact: Lee Thomas <a href="mailto:rukind@fastmailbox.net">rukind@fastmailbox.net</a></td>
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<tr>
<td>Oct 29</td>
<td>Mt. Eden’s Halloween Fest, Saratoga, CA. Contact: Marianne Rose 408/867-1789, <a href="mailto:marianne_rose@worldnet.att.net">marianne_rose@worldnet.att.net</a></td>
<td></td>
</tr>
<tr>
<td>Oct 29</td>
<td>Judges Training (Judges only), Newburg, OR. Contact: Suzanne Detol, 503/357-9651, <a href="mailto:sdetol@aol.com">sdetol@aol.com</a></td>
<td></td>
</tr>
<tr>
<td>Nov 15-16</td>
<td>CVI* Sao Paulo, Brazil. Contact Sara Ike 908/326-1164, <a href="mailto:sara.ike@usef.org">sara.ike@usef.org</a></td>
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### Nationals Visitors Resources:
- The Grand Arena at Industry Hills Expo Center
  - www.cityofindustry.org/recleis/rec_6.html
  - Official Hotel - Pacific Palm Resort: www.pacificpalmsresort.com
  - Directions/Map: www.pacificpalmsresort.com/findus.htm
  - Ontario Airport www.lawa.org/ont
  - Burbank www.burbankairport.com
  - John Wayne Int’l www.ocair.com
  - Los Angeles Visitors Website: www.ocair.com

For more information on USA competitions, memberships, etc. visit www.americanvaulting.org