



(Affiliated to British Equestrian Vaulting)

"GET STARTED "

SATURDAY 27 SEPTEMBER 2014

At

SPRUCE LODGE REDCROSS CO WICKLOW

HOW TO TRAIN THE

HORSE: VAULTER: LUNGER: and

START A VAULTING CLUB

Followed by a Level 1 course and exam with
British Equestrian Vaulting examiner Julie Newall

Saturday/Sunday 25/26 October 2014

Fee €50 including lunch and numbers for the day limited to 20

Send attached application form and fee payable to
Spruce Lodge Ballyrogan Stud Redcross Co. Wicklow
Closing date for applications Monday 22 September

Outline of day available on www.ballyroganvaulting.com from 1 September

Enquires Helen 086 814 6937 or email ballyroganvaulting@hotmail.com

APPLICATION FORM FOR VAULTING GET STARTED DAY

NAME _____

ADDRESS _____

EMAIL _____

MOBILE _____

QUALIFICATIONS _____

ORGANISATIONS _____

EQUESTRIAN EXPERIENCE _____

GYMNASTIC EXPERIENCE _____



(Affiliated to British Equestrian Vaulting)

"GET STARTED"

SATURDAY 27 SEPTEMBER 2014

Outline programme

9.30	Welcome	Registration /Coffee
10.00	Indoor Arena	
	What is vaulting:	Brief history
	Why Vault:	Recreation, Competition, Special Needs
	Getting started:	What you need
10.30	Horse Selection	Size, Temperament, Athleticism Training, Schedule and welfare
11.00	Coffee break	
11.20	Vaulting equipment	Identify and fit
	Lunging the horse for vaulting	
	Getting the horse used to vaulting	
1.00 - 2.00	Lunch in the canteen	
2.00	Planning and running a session from start to finish with the Ballyrogan vaulters	
	Warm -up	Use of the equipment Compulsory and Freestyle
4.00	Summary and questions	

Bring jodhpurs, leggings, runners and thick socks as you try it for yourself

Enquires Helen 086 814 6937 or email ballyroganvaulting@hotmail.com