INTRO to INTERACTIVE VAULTING

Participate in hands on interactive vaulting training sessions customized for your skills and needs!

LOCATION: Therapeutic Animal Partners
3781 Talley Moore Road
Columbia, TN

TAP is approximately 25-30 minutes south of Nashville, 45 minutes from the airport

TRAINING AREAS: Lunging -- Selecting & Training a Vaulting Horse -- Equipment
Vaulting Barrel -- Basic Positions -- Vaulter and Horse Interactions
Lessons -- PATH Intl. Vaulting Instructor Certification Criteria -- Games

TRAINER: PATH Intl. Interactive Vaulting & Advanced Therapeutic Riding Instructor and Lead Interactive Vaulting & Therapeutic Riding Evaluator, Terri Knauer

FEES: $130 includes one full day of private training sessions for one person
($240 for two participants and longer training sessions)
$50 covers one night’s lodging per person at the presenter’s home
and transport to/from the airport if needed
($25 per person for one additional night’s lodging)
**meals are not included in any of the above fee’s but will be coordinated with the participant(s)**

INTERACTIVE VAULTING is:
-A process that engages participants in horsemanship activities, movements around, on and off the horse or barrel.
-Dynamic and static exercises and transitions performed on and around the moving horse or stationary barrel.
-Vaulting can improve strength, balance, teamwork skills, consideration for others (horse and human partners), self-esteem, increase attention span and much more.

**Join PATH Intl. Vaulting Instructor & Lead Vaulting Evaluator, Terri Knauer, for a full day of training to introduce you to PATH Intl.’s Interactive Vaulting discipline. Enjoy private training sessions which allow adequate time for you to experience lunging to vault, barrel work and an actual Interactive Vaulting lesson!! For those who wish you may bring along others to observe the training sessions as auditors. Sessions may be extended into a second day if two or more people would like to participate together in the hands on training.**

TAP’s vaulting horse, ACE, has a maximum weight limit of 180 lbs for vaulters - if you do not meet this requirement OR would prefer not to do the mounted portion of the training please mention this request so we can plan accordingly. You will still be part of the lesson as a ground only participant (a real scenario that occurs at our centers sometimes).

INTRO TO INTERACTIVE VAULTING ~ REGISTRATION INFO

Contact the presenter, Terri Knauer at: greatandsmall02@aol.com or 615.948.2618 for more details and to schedule a training date.
INTRO TO INTERACTIVE VAULTING
PATH Intl. 2013 International Conference Expo

Presented By: Terri Knauer; PATH Intl. Interactive Vaulting Instructor, IV Evaluator & IV Committee Member (2010-2013). Email: greatandsmall02@aol.com

What is Interactive Vaulting (IV)?

Equipment (see resource list below)
- Surcingle (with solid tree, not a bendable one)
- Pad
- Sidereins
- Vaulting Barrel
- Longe line
- Bridle
- Longeing Cavesson
- Protective Boots/Wraps

Arena equipment (varies by choice): plastic barrels, hula hoops, low jump standards, ground poles

In the pic to the right see how the barrels are set around the arena, out of the path of the horse and the vaulters are sitting on their own barrels waiting for the tack check by the instructor.

Selecting & Training Your Vaulting Horse

***VERY important - in this one hour presentation we will not be able to give this section the attention it requires. PLEASE investigate further, contact me or another IV evaluator to discuss these area’s prior to starting your IV program***

Longeing ~~ Longeing ~~ Longeing  THE MOST IMPORTANT COMPONENT!

Practice without the horse

Build a relationship with your horse through hours and hours of longeing
Stretching

Exercises/Games (no horse)

Vaulting Barrel

Mounting/Dismounting Options

Basic Positions (Sometimes referred to as compulsories)

Lesson Demo

Managing the lesson - vaulters, horse, equipment, teaching

Interactions between the vaulters and with horse - games, activities

PATH Intl. Certification

Questions?????
RESOURCES:

I. Books & DVDs

(I will have several of these with me at the Expo & at my Exhibitor booth if you would like to look them over before purchasing)

d. American Vaulting Association Compulsory Kit
e. Interactive Vaulting, Gisela Rhodes
   Hello Bob! + 49 other Interactive Vaulting Games, www.fairtidefarm.com
f. Training for Vaulting Coaches, Emma Drinker and Isabelle Bibbler, Guidelines for teaching exercises in a safe, progressive sequence Level 1 (beginner) thru Level 5 (international). Teaching Tips, Skill Building, Exercises and hundreds of pictures. Available from the AVA online store
g. Vaulting Handbook, USPC Handbook and Rules for Vaulting
h. Vaulting My Sport, DVD, Thomas Vogel,
   Produced in Germany with English narration. Instructional DVD with information on training the horse, ground exercises for the vaulter, compulsory exercises and freestyle. Available from the AVA online store.
i. Josef DellaGrotte: Instructions from Within Core Integration (based on Feldenkrais) www.dellagrotte-somatic.com
j. SPIRIT OF VAULTING poster from AVA
   17" x 25" poster showing 16 freestyle positions for the beginning vaulter
k. BOMBPRESS YOUR HORSE, Written by Sgt. Rick Pelicano
   Teach your horse to be confident, obedient and safe no matter what you encounter.
l. Fit for Riding, Exercises for Riders and Vaulters, by Eckart Meyners
   Available from the AVA online store
m. Susanne V. Dietze: Balance in movement, Book and DVD through www.knightbooks.com

II. PATH Intl.

a. Certification - http://www.pathintl.org/resources-education/certifications/vaulting

c. Standards and Accreditation Manual - Section E Mounted Standards, VA1 - VA4 (in addition to many other standards that relate to PATH Intl. centers.
III. American Vaulting Association (AVA)

Visit their website store for some useful books and materials that may be helpful as you learn and grow in your PATH Intl. Interactive Vaulting instructing.

The AVA acts as a governing body for sport/competitive vaulting in America.

As such, it serves the following functions:

- Operates the AVA National Office: mail 8205 Santa Monica Blvd.,
  #1-288, West Hollywood, CA 90046, phone 323/654-0800,
  fax 323/654-4306 or email AmericanVaulting@aol.com.

- Distributes information to clubs and members

- Develops and makes available vaulting videos, books, and other educational materials

- Helps new members and clubs gather information on vaulting in their region

IV. Vaulting Equipment – just a few references

a. Lunging Whip
   1. Dover Saddlery: http://www.doversaddlery.com/fleck-carbon-lunge-whip/p/X1-1461/?ids=hceX1y3q43g0nk55m2okwu55 (LEAST EXPENSIVE)
   2. Pegasus Vaulting Supply: http://pvsupply.net/Longeing.html

b. Lunge Line
   2. Many other general tack shops

c. Surcingle/Girth
   1. Pegasus Vaulting Supply: http://pvsupply.net/pe2.jpg

d. Vaulting Pad/Side Reins
   1. Regular pads for light weight vaulters (western) available through regular catalogs/tack stores
   3. Reitsport Waldhausen, Wilhelm-Mauser-Str. 45, Postfach 32 04 13 5000 Koeln, Germany Tel: 01149-221-588010, Fax: 01149 588 01 44

e. Vaulting Barrel
   1. Typically made by a volunteer at your center from the AVA specs: http://www.americanvaulting.org/PDF/barrels specs.pdf