

## ***The WHAT and WHY of Vaulting on Horseback***

Vaulting can be described as a combination of gymnastics and dance on the back of a moving horse. Practiced correctly, taught by an experienced instructor, performed on a patient and well-trained horse, vaulting is the safest of equestrian sports and safer than “regular” gymnastics, soccer, and numerous other popular sports. You don’t need to be able to ride to learn vaulting, but vaulting can greatly improve riding skills!

Some of the skills vaulting helps develop are:

- **Coordination**
- **Balance**
- **Rhythm**
- **Timing**
- **Strength**
- **Creativity**

In addition, Vaulting teaches a whole set of beneficial “soft skills”....

- **Teamwork:** Vaulters learn to work together patiently and kindly with one another and both the horse and longeur for recreational enjoyment and in team competition.
- **Trust:** Vaulters learn to trust their coach, their longeur, their horse, and most importantly, each other. As vaulters mature in the sport, camaraderie increases and trust in their teammates also grows.
- **Responsibility:** Vaulters are responsible for a variety of horse duties at each lesson (depending on the vaulter’s age and level). These duties include include caring for the horse before and after the practice, grooming, putting on/taking off the equipment (tacking), and clean up.
- **Self Confidence:** Even very young children experience the thrill of success in mastering an exercise. How does one not have self-confidence when you can stand on the back of a moving horse?

**Snow Creek Ranch Vaulters**

**Star Hughes 720-785-0980**

**[www.EquesTraining.com](http://www.EquesTraining.com)**