# The Similarities and Differences between Interactive Vaulting CompetitiveVaulting

Amanda Bubb & Jane Egger





## Amanda. **Bubb**



- Amanda is a PATH Intl. CTRI, ESMHL, Interactive Vaulting Instructor, and Therapeutic Driving Instructor Level 1 at Reins of Life, Inc.
- of Life, Inc.

  Amanda has worked in the EAS industry for almost 20 years and during that time she has served on different PATH Int. committees and in various industry volunteer roles.

  Amanda is also a PATH Intl. Mentor, Interactive Vaulting Faculty, and Associate Site Visitor, and CHA Level 4 Equine Facility Manager and Assistant Clinician. Additionally, she is an Adjunct Instructor in the Equine Department at Saint Mary of-the-Woods College.









- Jane has been involved in competitive vaulting for over 40 years as a vaulter, coach, and lunger.
- Jane currently coaches Apple Blossom Equestrian Vaulters and has taken teams to both regional and national competitions.
- Jane is the EVUSA Region X Supervisor and is a member of the board of directors for Equestrian Vaulting USA.





### **Today's Objectives:**



1

Receive a comprehensive overview of both Interactive and Competitive Vaulting. 2

Identify similarities and differences between Interactive and Competitive Vaulting. 3

Learn the benefits of including vaulting in your programs. 4

Get moving and participate in some fun activities!

Practice vaulting positions on a vaulting barrel and learn how to teach core vaulting

positions

### **Interactive Vaulting**

Interactive Vaulting is an activity in which the students perform movements on and around the horse. These movements can be very simple such as sitting without holding onto the surcingle or a more elaborate vaulting position move, such as kneeling or standing on the horse. An Interactive Vaulting Instructor is able to create a safe, dynamic environment that offers educational, social, creative and movement opportunities to participants engaged in horsemanship activities.

An Interactive Vaulting Lesson places an emphasis not only on vaulting skills but also on group goals and interactions between students, the equine, volunteers and the instructor.

To this end an Interactive Vaulting lesson includes facilitated group activities prior to mounted work.





#### **Interactive Vaulting**

Equine-assisted services that engage participants in horsemanship activities, movements around, on, and off the equine or barrel and gymnastics positions and movements on the back of the equine.

- Governed by PATH Intl Standards and Guidelines
- Focus/goal of teaching vaulting skills, and facilitating activities to help reach life and social goals.
- Lessons are group based/INTERACTIVE!
- Lessons can be geared towards a variety of age, skill, and functioning levels.
  - Strong elements of facilitation.

2

### **Competitive Vaulting**

MISSION: The mission of the EVUSA is to expand the recognition and accessibility of the sport of Equestrian Vaulting.

PURPOSE: The purpose of the EVUSA shall be to provide the infrastructure to support and expand the sport of equestrian vaulting. This shall include:

- To promote interest in equestrian vaulting the art of gymnastics/ dance on the back of a moving horse.
- To educate and inform members and the general public through a variety of print and electronic media.
  - To make and provide resources for study and training.
- To sponsor clinics, forums and workshops for the training of vaulters, coaches, lungers, horses and judges.
  - To establish rules for recognized competitions.
    - To license judges.
  - To oversee the management of the national championships. To establish standards for achievement awards.
  - To maintain records of the sport for the use of its members.
- To perform other educational and administrative functions to assist in the promotion and development of the sport.



### **Competitive Vaulting**

Vaulting is a unique and growing sport that 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.

- Depending on level, guidelines may be established by Equestrian Vaulting USA, United States Equestrian Federation, or Federation Equestrian International.
- Focus/goal of teaching vaulting compulsories, freestyle exercises, and their correct mechanics.
  - Lessons may be group or individual.
- Competitions have classes for individuals, pairs, and teams.
  - · Scoring focused
  - Teaching/Coaching methodology



Simila	rities E	etween	Interacti	ive and	Com	petitive	Vaų	ltir	١

**Emphasis on Equine Welfare** 

Welcomes a variety of skill levels/ages Similar Equipment (surcingle, side reins, lunging equipment)

Incorporate barrel work/practice

Incorporate warm up for both vaulters and the equine prior to vaulting

Goal/Objective Focused

Safety Oriented

Equine Selection and Training

Horse works on a lunging circle



### **Interactive Vaulting**

- Focus on Life Skills such as Team Work, Confidence, Social Interaction, etc. Instructor Lunges the horse. Follow PATH Intl Standards and Guidelines Helmets required unless specific PATH Intl. guidelines are met. Requires Instructor certification Focus on Life Skills



#### Competitive Vaulting

- Focus Competition/Skills/Progression In an ideal lesson Coach and Lunger are different people. Follow Specific Competition and EVUSA
- Foliow Specific Competition:
  Rules
  Helmets Optional but would interfere
  with competitive vaulting.
  No Certification Required for Coaches
  Focus on Judges Scores and Comments



### **Benefits of Vaulting For Your Program**

- 1 horse and 1 instructor can serve 6 or more participants.
  - · Limited volunteer needs
  - Cost effective program
  - Horse is managed by instructor or trained lunger
  - Group oriented
- Allows program to appropriately serve diverse populations
- Adds diversity in activities which can help prevent equine, participant, staff and volunteer burnout
  - Community awareness of vaulting for "invisible" disabilities
  - Opportunity for new community partnerships.
  - · Expanded funding opportunities



### **Interactive Vaulting**



## **Competitive Vaulting**





## Freestyles





Q	uestions???	
	See You for Part Two! amanda.bubb@reinsoflife.org janedegger@gmail.com	