

## **Aurora Vaulters**

**Monday: 1 - 3 PM**

**In the Livestock Show Ring**

**Demo at 1 PM followed by workshop for youth age 4 -18**

**Meet our Roan Shire mare Rosie and try equestrian vaulting!**

Equestrian vaulting is a FEI recognize discipline where both dynamic and static gymnastic/dance elements are combined and performed in harmony with a moving horse, at walk, trot or canter. It requires both outstanding physical condition from the vaulter and a harmonious relationship with the horse for strength, coordination, rhythm, suppleness and balance to be well achieved. As a recreational activity it has enormous adaptability; vaulting allows every child, regardless of age or achievement level, to experience individual success and pleasure. Each vaulter receives verbal and physical assistance while working on the horse controlled by a lunger or on the practice barrel.

Vaulting improves confidence, balance, timing, strength, and suppleness, thus making participants better, safer, horseback riders as well as safe vaulters. It has been an important part of equestrian training for generations. In fact, gymnastic riding goes back to Roman times!

**Deb Andrews:** Coach & lunger. CHA Certified Vaulting Coach, Certified FEI Vaulting Coach, Red Cross Certified in First Aid and CPR. Holds BA in Child Development. Former jazz, ethnic and ballet dancer. Became coach & manager of the team 5 years ago after Cynthia had been vaulting for 8 years.

**Cynthia Andrews:** Coach, Certified FEI Vaulting Coach, and a Cooper level vaulter. Certified EMT, Red Cross Certified in First Aid and CPR. She has competed and trained regionally and nationally for 13 years.

### **Aurora Vaulters Mission:**

We seek to offer a safe, dynamic, comprehensive, fun equestrian vaulting program for Mid-Coast & the surrounding areas for youth and for adults. We welcome recreational as well as competitive vaulters. As ambassadors for the sport we hope to seed other clubs/teams in Maine.

For more information about vaulting go to American Vaulting Association:  
[www.americany Vaulting.org](http://www.americany Vaulting.org)

Like our Facebook page Aurora Vaulters!