

May 2024



June Newsletter



"Keep practicing, keep improving! Every effort counts on the journey to becoming your best!"



SUMMER WEATHER

Summer is here! Please all vaulters dress appropriately and everyone must bring a refillable water bottle. There will be a cooler with ice water at every practice.

COMING SOON TO FHV

Rossini will be joining us in Fall 2024 or Spring 2025. He is heading to canter training with Kim Wellman. He is a 12 year old Hanoverian and 16.3 HH. Ross is super sweet and has some special markings on his hind legs. Look for future newsletters to discuss markings.

SHOUT OUT MEMBER

Shout Out to Dani Starkey! Dani joined FHV in 8/2023 and happily joined squad and 2 phase squad. But when Katrina broke her arm she stepped up to move out of the alternate position and not only do Trot Squad but be a PDD partner for Charlotte. Go Dani for being a great Team member.

Congratulations to our Nationally Qualified Vaulters

We have competed in 3 EVUSA recognized competitions since November 2023. All of our vaulters have worked extra hard to improve across the board and several have qualified for nationals. Nationals will be held in Tryon, NC August 9-11, 2024. Currently we have 3 individuals, 3 PDD (Pas de Deux or Pairs), 1 2Phase Squad, and 1 Trot Squad all qualified for Nationals.

How do you qualify for Nationals?

- Individual requires competing in 2 competitions and receiving a minimum overall score at 5.3 for Trot
- PDD, Squad and 2 Phase Squad all require the squad to only compete 1 time at a recognized competition.

How can you watch Nationals?

- It is unknown yet if it will be broadcasted live but the videos of all the events should be available on ClipMyHorse.com

- Charlotte Kacir - 1*Trot Individual, 1* Trot PDD, 1* Trot Squad
- Katrina Kacir - 1* Trot Individual, 1* Trot PDD, 1* Trot Squad
- Kaycee Bennet - 1* Trot PDD, 1* Trot Squad, 1* Trot 2 Phase
- Hannah Smith - 1* Trot PDD, 1* Trot Squad, 1* Trot 2 Phase
- Izzy Way - 1* Trot Individual, 1* Trot PDD, 1* Trot Squad, 1* Trot 2 Phase
- Vivienne Doyle - 1* Trot PDD, 1* Trot Squad, 1* Trot 2 Phase
- Dani Starkey - 1* Trot PDD, 1*Trot Squad, 1* Trot 2 Phase
- Titus Seals - 1*Trot Squad

POP QUIZ

Which direction in relation to the horse is this vaulter facing? Tell Coach at your next practice.



MOVE OF THE WEEK

from the FEI Vaulting Code of Points

This month we will take a look at what it means when we hear **Position in relation to the horse**. This is important for taking instruction and for ensuring that freestyles have all directions incorporated into them.

- Forward (fw)
 - The vaulter is facing in same direction as the horse
- Backward (bw)
 - The vaulter is facing in the opposite direction as the horse
- Sideways in
 - The vaulter is facing toward the center of the circle
- Sideways out
 - The vaulter is facing toward the outside of the circle

Notice that sideways in and sideways out will change depending on which direction the horse is traveling.

STRETCHING FOR FLEXIBILITY

You can stretch anytime, anywhere. Just follow these tips to do it safely and effectively.

By Mayo Clinic Staff

You know exercise is important, but what about stretching? Does stretching take a back seat to your exercise routine? Not so fast.

Stretching may help you:

- Improve your joint range of motion
- Improve your athletic performance
- Decrease your risk of injury

While you can stretch anytime, anywhere, proper technique is key. Stretching incorrectly can actually do more harm than good.

Use these tips to keep stretching safe:

- Don't consider stretching a warmup.
- Consider skipping stretching before an intense activity, such as sprinting or track and field activities.
- Try performing a "dynamic warmup." A dynamic warmup involves performing movements similar to those in your sport or physical activity at a low level, then gradually increasing the speed and intensity as you warm up.
- Strive for symmetry.
- Focus on major muscle groups.
- Also stretch muscles and joints that you routinely use.
- Don't bounce.
- Hold your stretch.
- Don't aim for pain.
- Make stretches sport specific.
- Keep up with your stretching.

Skipping regular stretching means you risk losing the potential benefits.

Important Dates

DATES TO CONSIDER

AUGUST 9-11 EVUSA NATIONALS TRYON, NC

AUGUST 23-25 FALL SPIRIT OF VAULTING GEORGETOWN, TX

SEPTEMBER 21 FHV FALL FEST GEORGETOWN, TX

OCT 11-13 OCTOBERFEST CASTLE ROCK, CO

NOV 1-2 POSSIBLE FUNFEST SHOW TBD

NOV 29 - DEC 1 VAULT N TEXAS STEPHENVILLE, TX

Vaulting Equipment

W P R S I D E R E I N S X T A
W Q O O B S C Z S D A T L A S
Z C F I S R H M T H T P V B U
Z P O O N S I M L R S A P U R
V X Q S A T I D I K I D G T C
J B R W S M Y N L E E L N T I
N B A M P A Y O I E Y G L E N
H J J E Q E C R U I O E Z R G
L R S N F G K K W R L D S C L
M I N I W H E A T A T Q F U E
W T L U N G E L I N E O Y P P
H E M Y C R F V X G L B E U F
I D G H S H K Q Q I O P V S F
P D Q V Q P G B D D V P N V M
K Y W Y V O T R J F D K G R S

PointYourToes

Buttercup

Surcingle

Atlas

Lunge Line

Rossini

Cossack

Trill

MiniWheat

Side Reins

EyesUp

Pad

Bridle

Foamy

Whip

Teddy

FHV POLICY CHANGES

Summer Practices:

- These will not be regular tuition but a pay per class.
- Classes will be \$55 each and 2 hours long.
- As long as a session is not specified as a Nationals Class and there is room in the class your vaulter may sign up and attend.

Class Sign ups

- We gave Captyn a good shot but in an effort to keep costs for classes down and flexibility we will be returning to GoMotion. See Coach Sam if you have questions or issues logging into your account. New vaulters will need to create an account.

Points

Some of your vaulters may have noticed that we have been awarding points that are posted on the white board in the gym. These points will be tallied up at each barn party and the winner will receive a special prize. This is meant to encourage good sportsmanship and comraderie amongst the team.

These points will be awarded for things such as

- knowing vaulting questions
- being a helpful member of our team
- being on time or going to extra lengths to take care of our equipment or horses

*Points are awarded at the discretion of the coaches but we definitely cant see everything all the time so if you or your vaulter see someone being extra awesome please let us know.

Fall Class Changes

Starting this fall there will be a rule of one class per week/one horse event for competitions.

Horse Events are defined as follows:

- Individual (1 compulsory + 1 Freestyle Round)
- PDD aka Pairs (1 Compulsory + 1 Freestyle)
- Squad (Compulsory and Horse Freestyle)

Classes that are exempt from this:

- Any 2 Phase Class
- Barrel Pairs or Individual Classes
- Funfest Barrel classes such as Gamblers Choice

Those wanting to compete in more than one horse event will need to sign up and attend more than one class per week. This is an effort to continue developing our vaulters and provide them with the best experience possible. This does not mean that if your vaulter is committed to individual that they will never do any pairs moves or squad moves.

UPCOMING FHV SPECIFIC DATES

- May 27-June 7 No Classes
- June 8 - Barn Party
- August 23-25 : Spirit of Vaulting
- August 24: Barn Party and commitments for Shows and classes due
- August 26: Start of Fall Classes
- September 21: FHV Fall Show
- September 21: Barn Party
- October 9-15: No Class
- October 26: Halloween Barn Party
- December 14: Barn Party and Last Class of Fall

Barn Party Meeting

JUNE 8 @ 5 PM

The Barn Party will be a fun opportunity for all of our classes to get together (competition, recreation, and private).

Order of Activities

- 4 pm Trot Squad and Nationals attendees Meeting
- 5 pm Horse Management Topic: Conditioning the Horse for a sport
- 5 pm Booster Club Meeting
- 5:45 pm Team Building Game
- 6:30 pm Swimming and Dinner

*Must RSVP on the Group Me Event

8-WEEK SUMMER WORKOUT PLAN FOR EQUESTRIAN VAULTERS

This workout plan is designed to improve strength, flexibility, body tension, and cardiovascular fitness, all of which are essential for equestrian vaulters. The plan includes exercises that do not require any equipment. Each week consists of 5 workout days and 2 rest days. Adjust the rest days according to your schedule.

General Guidelines:

- **Warm-Up:** Begin each workout with a 5-10 minute warm-up (e.g., jogging in place, jumping jacks, or dynamic stretches).
- **Cool-Down:** End each workout with a 5-10 minute cool-down (e.g., stretching or walking).
- **Progression:** Increase repetitions, sets, or intensity as you get stronger.
- **Hydration and Nutrition:** Stay hydrated and maintain a balanced diet to support your training.

Week 1-2: Foundation Phase

Day 1 & 4: Strength & Body Tension

- Plank: 3 sets of 30 seconds
- Push-Ups: 3 sets of 10-15 reps
- Squats: 3 sets of 15-20 reps
- Superman: 3 sets of 15 reps
- Glute Bridge: 3 sets of 15 reps

Day 2 & 5: Cardio & Flexibility

- High Knees: 3 sets of 1 minute
- Butt Kicks: 3 sets of 1 minute
- Toe Touches: 3 sets of 20 reps
- Standing Quad Stretch: 2 sets of 30 seconds each leg
- Hamstring Stretch: 2 sets of 30 seconds each leg

Day 3: Mixed Workout

- Burpees: 3 sets of 10 reps
- Lunges: 3 sets of 10 reps each leg
- Mountain Climbers: 3 sets of 1 minute
- Russian Twists: 3 sets of 20 reps
- Calf Raises: 3 sets of 15 reps

Week 3-4: Strength and Endurance

Day 1 & 4: Strength & Body Tension

- Side Plank: 3 sets of 30 seconds each side
- Tricep Dips: 3 sets of 10-15 reps
- Jump Squats: 3 sets of 15 reps
- Bird-Dog: 3 sets of 15 reps each side
- Single-Leg Glute Bridge: 3 sets of 12 reps each leg

Day 2 & 5: Cardio & Flexibility

- Jumping Jacks: 3 sets of 1 minute
- Skaters: 3 sets of 1 minute
- Pike Stretch: 2 sets of 30 seconds
- Butterfly Stretch: 2 sets of 30 seconds
- Standing Calf Stretch: 2 sets of 30 seconds each leg

Day 3: Mixed Workout

- Burpees: 3 sets of 12 reps
- Reverse Lunges: 3 sets of 10 reps each leg
- Plank Jacks: 3 sets of 1 minute
- Leg Raises: 3 sets of 15 reps
- Wall Sit: 3 sets of 30 seconds

Week 5-6: Increased Intensity

Day 1 & 4: Strength & Body Tension

- Plank with Shoulder Tap: 3 sets of 20 taps
- Diamond Push-Ups: 3 sets of 8-12 reps
- Bulgarian Split Squats: 3 sets of 10 reps each leg
- Superman with Arm Extension: 3 sets of 20 reps
- Glute Bridge March: 3 sets of 20 reps

Day 2 & 5: Cardio & Flexibility

- Burpees: 3 sets of 15 reps
- High Knees: 3 sets of 1.5 minutes
- Side Lunges: 3 sets of 15 reps each side
- Standing Hamstring Stretch: 2 sets of 30 seconds each leg
- Child's Pose: 2 sets of 30 seconds

Day 3: Mixed Workout

- Burpees: 3 sets of 15 reps
- Pistol Squats: 3 sets of 8 reps each leg (use support if needed)
- Plank to Push-Up: 3 sets of 10 reps
- V-Ups: 3 sets of 15 reps
- Calf Raises: 3 sets of 20 reps

Week 7-8: Peak Phase

Day 1 & 4: Strength & Body Tension

- One-Arm Plank: 3 sets of 20 seconds each side
- Clap Push-Ups: 3 sets of 8-10 reps
- Jump Lunges: 3 sets of 15 reps each leg
- T-Superman: 3 sets of 20 reps
- Single-Leg Glute Bridge Hold: 3 sets of 30 seconds each leg

Day 2 & 5: Cardio & Flexibility

- Burpees: 3 sets of 20 reps
- Mountain Climbers: 3 sets of 1.5 minutes
- Side Plank with Leg Lift: 3 sets of 10 reps each side
- Hip Flexor Stretch: 2 sets of 30 seconds each leg
- Cobra Stretch: 2 sets of 30 seconds

Day 3: Mixed Workout

- Burpees: 3 sets of 20 reps
- Pistol Squats: 3 sets of 10 reps each leg
- Plank with Leg Lift: 3 sets of 10 reps each leg
- Bicycle Crunches: 3 sets of 20 reps
- Wall Sit with Calf Raises: 3 sets of 20 seconds

Remember to listen to your body and rest if you feel overly fatigued or experience any pain. Adjust the number of sets and repetitions based on your current fitness level and progress as needed. Happy training!

JUNE

2024

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8 - Barn Party @ 5 PM
9 7AM Practice	10	11 7AM Practice	12 7AM Practice	13	14	15 Private lessons Available
16- Happy Bday Kallan! Private lessons Available	17	18	19 7AM Practice	20 Happy Bday Sydney	21	22 5PM - Nationals Individual + PDD
23 7AM Practice	24	25	26 7AM Practice	27	28	29 5PM Nationals Individual + 2 Phase
30 7AM Compulsory Work						

JULY

2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 7 AM Practice	3 7 AM Practice	4	5	6 Private lessons Available
7 Happy Birthday Charlotte and Katrina	8	9 7 AM Practice	10 7 AM Practice	11	12	13 Good Luck at Camp Cedar Lodge
14	15	16 7 AM Practice	17 7 AM Practice	18	19	20 5 PM Nationals Practice
21 7 AM Nationals Practice	22	23- Happy Bday Coach Sam 7am practice	24 7 AM Practice	25	26	27 5 PM Nationals Practice
28 7 AM Nationals Practice	29	30 7 AM Practice	31 7 AM Practice LAST SUMMER REC PRACTICE			