

CONGRATULATIONS TO ALL NATIONAL COMPETITORS!



DATES COMING UP

- Spirit of Vaulting Aug. 23-25
- FHV Start of Fall Classes Aug 28th
- FHV Schooling Show Sept. 21
- Octoberfest Oct 11-13
- Hill Country Classic Nov. 22-24
- FHV End of Fall Session and Winter Barn Party Dec. 14th

NATIONALS RECAP

We had a wonderful week at the Tryon International Equestrian Center. Seven vaulters represented Fly High and the Girl Scouts of San Jacinto Council. Competition was tough but we are so proud of the sportsmanship and performances our vaulters brought.

Atlas rounded out his first year of competitions as a vaulting horse carrying 15 rounds of compulsories, 4 individual freestyles, 3 Pas De Deux (pairs) routines, and 4 rounds during the Tryon Fest.

The weather was our biggest struggle even though we have been training in the heat. The humidity was very high and tough on all the horses in attendance.

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Rossini (aka Ross) Update and the introduction of canter to FHV

Ross has now been with Kim Wellmann in Stephenville since June 8th. She reports that he is doing very well with his training and will be a wonderfully suited first canter horse for our program. He has shown great tolerance and forgiveness in association with being a vaulting horse which is just what we are looking for. We anticipate him joining our program after the November Competition in Texas.

In addition to Rossini, Buttercup has been making great progress under saddle and will now be able to assist in basic drills at the canter. She will still be learning as well through so as always we should practice Grace with our young/learning horses.

*****Discussion Point: How long does it take to create a "finished" vaulting horse? Discuss with your coach at first fall practice***

In preparation for his return Coaches will be going through additional training along with our vaulters who are ready will begin prepping and strength training. On Sunday there will be a class that is strength and theory intensive for Canter Vaulting.

Training dates Coach Sam and/or Kate will be traveling to Stephenville in the morning

- 9/8
- 10/6
- 11/3
- 11/17

Some have asked if you are not in that class does that mean you will never canter in another class? The answer is use of Rossini and Buttercup and cantering can be incorporated to all classes but the focus will not be on canter work in those classes.

NATIONALS RECAP CONTINUED...

EVUSA NATIONALS 2024



Making a Comeback!

Katrina was unsure if she was going to be able to compete at Nationals this year due to a bad injury earlier this year which took her out of training for 3 months. She put in the time as soon as she was released from the Dr. and made a solid return to vaulting. Competing in the individual 1* Trot class she placed 34th Overall and finished with her best freestyle score of the season 6.444



1ST PLACE 1* TROT- 2 PHASE

Congratulations to our 1st Place 1*Trot 2 Phase Team. For those new to vaulting 2 phase is where a squad of 4 vaulters plus 1 alternate perform compulsories on the horse and then a barrel freestyle. Kaycee, Hannah, Izzy, Vivienne and Dani gave it their all and earned some great applause from the crowd and smiles from the judges. Scoring an impressive 7.4 on their Freestyle they secured their spot as the best for 2024. Way to go Girls!



Pas De Deux- aka Pairs

FHV had 6 vaulters that took on the challenge of competing a pairs routine this season. Charlotte/Dani, Hannah/Vivienne, and Kaycee/Izzy from Girl Scouts of San Jacinto Council. While many new vaulting moves were learned the biggest lessons were about how to work with another vaulter and trust. They were required to compete their routines at least once to qualify for nationals. This added another round of compulsories for them and a 1.5 min routine on the horse. All pairs came up with their own routines. It was a treat to see their creativity flow. At Nationals everyone performed great and FHV/GSSJC took home several placings.

Charlotte/Dani 4th
Hannah/Vivienne 6th
Kaycee/Izzy 7th



Individual 1* Trot

Charlotte, Izzy, Hannah and Katrina all competed in 1* Trot individual. You were required to attend two EVUSA competitions in the season and score at least a 5.3 overall at both shows to qualify. These 4 pulled it off and were able to compete at nationals. This class was HUGE! 44 competitors from across the US and after the first round 10-44 was separated by 1 point. It was anyone's game. The second round where everyone performed their freestyles caused quite the shuffle of placings (Ex. The 1st place vaulter after compulsories was 33rd in the freestyle round causing her to drop to 10th overall). Our girls did great! Final separation was 1 point from 1st place through 34th. Charlotte was 10th after compulsories but after a strong freestyle score placed 6th overall. Izzy and Hannah held their positions finishing 30th and 31st respectively. Both had improved Freestyle scores for the season and Hannah pulled her highest freestyle score to date.

Nationals Bloopers and Memories:

- Coach Sam catching Coach Kate's foot with the Lungeline
- Charlotte running into Coach Kate during the PDD FS Run In
- JAYSON!
- Funfest Siderein issues... enough said
- Atlas's emphatic refusal to trot during the vet check. The entire audience "clucking" to encourage him along
- Izzy Holding her stand for an impressive 16 strides. It did score a 6.2 from several Judges even though Coach Sam was mentally begging her to sit down.
- Watching the girls run their victory lap after winning and placing! CHAMPION Song on Repeat

FHV Badge Program



FHV Badge Program: What is it and its Purpose?

The 23-24 season saw a great grouping of trot vaulters for FHV. This was part of the reasoning behind our push to go to nationals this year. Now as the 24-25 season kicks off we see new vaulters coming in, some vaulters working towards moving out of trot, and some looking to improve within that level. This led us to sit down and discuss who should move up and who should not.

Why a Badge Program?

1. Why should we be the ones deciding. Coach Kate and I have been pushing each of our vaulters to take control of what they want out of this fun, unique and challenging sport. While we as coaches appreciate that our vaulters and parents value our opinions we wanted to create a more concrete way of helping to determine where a vaulter should be placed. This puts more upon the vaulter's determination to move up rather than just a coaches opinion. The skills listed within the program are based on Physical Fitness, Horsemanship, and Vaulting Knowledge. Everything within the program the vaulters can improve upon outside of class.
2. As we progress through the levels the amount of physical fitness required to be effective and a safe at the new level increases. For safety and the ability to effectively teach a class at a certain level the vaulters need to be prepared.
3. This also gives us coaches measurable ways to see if we are imparting the knowledge necessary for progression.

See the end of the newsletter for a copy of the badge program. After initial testing we might make some changes or additions.

FAQ:

- This is just starting are the vaulters testing for classes this fall session?
 - Yes and no, We will do preliminary testing for a baseline and then the first ACTUAL test will be after Octoberfest.
- If they fail the test or portions of it can they retest?
 - Yes this is not meant to be a stressful part of vaulting but a helpful tool to give the vaulters something concrete to work for.
 - Retesting can be done 30 days after the first test. It must be done outside of regular class time. Only the sections not passed need to be retested. Additional retests will require booking time with a coach.
- We are taking some time off of vaulting for a session. Does my vaulter need to retest when they return?
 - Yes, If they take an entire session off (fall, spring, summer) then they will need to retest for their level. The reason goes back to safety. We do not want to ask vaulters to perform outside of their capabilities.
- Will Vaulters test for new badges every session?
 - No, Some may get a few badges back to back and then it could take seasons to gain another

Badge Testing will be held at the beginning of a Session (Fall, Spring, Summer).

Thank you for reading!

CLASS PRICES

FHV is excited to offer some updated price options. Paying in full for a semester will give you a 10% or 15% discount depending on how many classes per week. We will be holding strong to our 1 class = 1 horse event at shows. Exempt classes are all barrel classes and 2 phase classes.

Per Class

\$70 per class

1X per Week

\$250 / Month
or \$900 Semester
(10% discount)

2X per Week

\$450 / Month
or \$1700 Semester
(15% discount)

Simplified Registration

We tried Go Motion, then Captyn and Back to Go Motion for the summer. I have looked at many systems and I think EC Pro is going to be our one to go to. It checks many of the boxes.

- Ability to schedule the horses time and ensure they do not get overworked
- Ability to add the classes signed up for to your calendar
- Communication if there is a cancelled Class
- Event booking for FHV Events
- Ability to schedule instructors

Everyone has an account set up. It is your email and password is 1@FlyHigh

- Login and set up your vaulters
- Communicate to Sam what Class package you would like to do.
- Sam will add you to the classes
- If you want to drop into classes or schedule privates that will be done through EC Pro

Class Descriptions

Canter Conditioning: For vaulters ready to begin learning to vault at the canter. We will discuss the changes and safety concerns that go along with this increased gait. This is a physically demanding class that will incorporate gym exercises, barrel skills on the movie, and horse work using Buttercup along with Luna and Pearl from Wild Spirit.

Trot Dynamics: For vaulters at the 1* Trot level and up that are looking to continue their growth and be competitive.

Drills and Skills: Vaulters at any level. The same skills will be introduced in this class as others but with less emphasis on the competition aspect.

Buttercup Brigade: A class for our tiniest vaulters. They will do all things a normal class does but on our sweet buttercup. (there is a height and weight restriction for this class)

Semi Privates/Privatees: Have a pairs partner or want to work on skills individually. Semi Privates and Privatees are the way to go. They are 1.5 hours long. Book at least 6 prior to a show for it to count for a class.

COMPETITIONS 24-25

Proposed competitions for the 2024-2025



Here are the estimated costs and due dates for the different proposed shows FHV plans to attend in the 24-25 season. We are changing show cost slightly and a splitting up of horse fees per round is being implemented. With many of our vaulters branching out this seemed the only fair way to do it

1. Octoberfest

Castle Rock, CO
Douglas County Fairgrounds
October 11-13

- Estimated Cost 600-800 depending on the number of classes participated in.
- Fun show that puts an emphasis on costumes (doesn't have to be expensive)
- Horses: Atlas, Buttercup, and Rossini
- Entries Deadline and 75% deposit due September 8th
- Music Deadline September 15th
- Order of Go (OOG) posted September 22nd

3. Vault N Texas

Stephenville, TX
Tarleton State University
March 8-10

- Estimated Cost 250-600 depending on the number of classes participated in.
- Traditional Vaulting Competition Rules with some fun classes added in
- Horses: Atlas, Teddy, Buttercup, and Rossini
- Entries Deadline and 75% deposit due TBD
- Music Deadline TBD
- Order of Go (OOG) posted TBD

Our year is kicking off! Lets Go!

For our new vaulting families here is how we determine costs for a show.

1. The number you see for each show includes: Registration, transportation of the horses to the venue and their stabling onsite, coaching fees and coach travel. It does not include transportation of vaulters, food or their lodging.
2. Compulsory uniforms are provided by FHV. If you would like to purchase your own you are welcome to do that as well. They are \$125 each.
3. Freestyle uniforms are purchased by each family and can be as elaborate or not as you so choose within the rules of competition.
4. Vaulters are expected to attend the entirety of the show and cheer on their team mates.
5. Parents are asked to volunteer at each show. Vaulting shows run off of volunteers each registered vaulter is responsible to provide 1 volunteer.

2. Hill Country Classic

Stephenville, TX
Tarleton State University
November 22-24

- Estimated Cost 250-600 depending on the number of classes participated in.
- Traditional Vaulting Competition Rules with some fun classes added in
- Horses: Atlas, Teddy, Buttercup, and Rossini
- Entries Deadline and 75% deposit due October 20th
- Music Deadline November 5th
- Order of Go (OOG) posted TBD

5. Other Shows that are possible

- September 21 : Schooling show at FHV
- February 15th : Spring Vault N Texas
- Spring Schooling show somewhere in Texas
- Oak Hills Classic
- Rocky Mountain Cup
- Nationals 2025: Location TBD

FHV Vaulting Badge Program

Description	Level 1 Buttercup Badge	Level 2 Teddy Badge	Level 3 Atlas Badge	Level 4 Rossini Badge	Level 5 TBD	Level 6 TBD
Obtaining this level of badge makes you eligible for that badge level class or competition level	Walk Vaulters	D Trot thorough Prelim Trot Vaulters	1* Trot EVUSA Level	D Canter Level	Competing Canter 1*	Competing Canter 2*
Test Eligibility	Mid way through semester or 1 semester of vaulting exit badge	Pass Level 1 HM	Pass Level 2 Badge Test and have competed in at least 1 show at the previous level or obtained a Trot Pin.	Pass Level 3 HM Test and competed in at least 1 show at the 1* trot level or obtained a Trot Medal. Instructor Recommendation		
Membership/ Clothing Requirements	FHV	FHV, Club Shirt, FHV Polo and Black Pants if competing	FHV, EVUSA, FHV Polo, club shirt, Black Pants, FHV Compulsory Uniform, Practice lycra/spandex pants	FHV, EVUSA, FHV Polo, club shirt, Black Pants, FHV Compulsory Uniform, Practice lycra/spandex pants	FHV, EVUSA, FHV Polo, club shirt, Black Pants, FHV Compulsory Uniform, Practice lycra/spandex pants	FHV, EVUSA, USEF, FHV Polo, club shirt, Black Pants, FHV Compulsory Uniform, Practice lycra/spandex pants
Horsemanship						
Safely halter, lead and groom a horse	n/a	Explain Steps	Yes	Yes	Yes	Yes
Tack up and Untack Horse	n/a	Explain Steps	Assisted	Unassisted (Bridleing may be Assisted)	Unassisted All	Yes
Properly Wrap Lungeline for Storage	n/a	n/a	Yes	Yes	Yes	Yes
Identify Vaulting Tack Parts	n/a	50%	All Parts except Bridle	All Parts	Yes	Yes
Identify C1	n/a	n/a	50%	Yes	Yes	Yes
Identify C2	n/a	n/a	50%	Yes	Yes	Yes
Basic Lunging	n/a	n/a	n/a	walk	Trot	Canter
Vaulting Circle Safety Rules	n/a	n/a	Discuss	Demonstrate	Teach	Teach
Strength Upper Body						
Push Ups	Demonstrate form	knees 10	toes 15	Elbows in on toes 20	Elbows in on toes 25	
Mountain Peak Push Ups	Demonstrate form	1	3	5	10	
Pull Ups	n/a	Discuss	1 rep or 15 sec hold with chin above bar	2 or 30 sec hold with chin above bar	5	
Bench (Tricep) Dip	Demonstrate form	15- bent knees	20- straight legs	25- straight legs	30- straight legs	
Handstands	n/a	20 seconds - On wall stomach towards wall (body can be at an angle)	40 seconds - On wall stomach towards wall (body can be at an angle)	1 min- On wall back to wall	10 sec Free handstand	
Handstand Kick ups	Demonstrate form	3 both legs	5 both legs tapping toe on wall	8 on both legs tapping toe on wall		
Strength Core						
Mountain Peak Pulls: Pike up on ball hips over shoulder	n/a	Demonstrate Form	5	10	15	20
Ball Plank: Feet on Ball, Elbows in	n/a	Demonstrate Form	30 Second hold	1 min hold	5 push ups	10 pushups
Forward Plank on elbows, elbows in	n/a	Demonstrate Form	30 Second Hold	1 min hold	90 second hold	2 min hold
Backward Plank	n/a	Bridge Hips Up	Backward Plank 30 sec	1 min hold	90 second hold	2 min hold
Superman Hold	Demonstrate Form	30 sec hold	40 second hold	1 min hold	90 second hold	2 min hold
Hollow Body Hold	Demonstrate Form	10 second hold	20 second hold	30 second hold	40 second hold	50 second hold
V Ups	Demonstrate Form: Knees bent	1 Knees bent arms by butt	1 legs straight arms straight or lower than 40 degree	3 legs straight, arms straight reaching towards toes	5 legs straight, arms straight reaching towards toes	10 legs straight arms straight reaching towards toes
Hanging Knee/Leg Lifts	n/a	Demonstrate Form Knee lift	10 knees bent	5 knees bent, 5 legs straight	10 legs straight	15 legs straight
Strength Lower Body						
Squats- Proper form (Knees NOT turning inward, thighs parallel to floor, ankles no pronation)	Demonstrate form	10	20	30	40	50
Wall Sit	Demonstrate form	30 second hold	1 min hold	90 second hold	2 min hold	2.5 min hold

Jump Squats- Land both feet flat, thighs parallel to ground	Demonstrate form	10 in 30 seconds or less	20 in 30 seconds or less	30 in 1 min or less	40 in 1 min or less	60 in 1.5 min or less
Lunge Jumps	Demonstrate form	10	15	20	25	30
High Jump- from stand legs straight 3 tries	n/a	n/a	10"	12"	15"	15"
Power Clean	n/a	Demonstrate form with PVC Pipe	10 with PVC Pipe	10 with 10lb Weight		
F l e x i b i l i t y						
Pidgeon Pose	n/a	Demonstrate Form	20 Second Each	30 Second Each	40 second Each	50 Second Each
Splits (L and R) 20 second hold	n/a	16" off ground	10" off Ground	8" off ground	8" off ground body upright	5" off ground body upright
Center Splits 20 second hold	n/a	Demonstrate Form	10" off Ground	8" off ground	8" off ground	5" off ground
Standing Splits/Needle	n/a	n/a	Demonstrate Form	Straight legs both legs 90degree minimum	More than 90 both legs	Flat against wall
Forward Fold - back flat distance to floor from fingers measured	10"	8"	6"	3"	Touching	Touching
Barrel Skills						
D Comps	n/a	Demonstrate	Verbally List	Demonstrate arms not locking	Verbally List	Teach
1* Comps	n/a	n/a	Demonstrate	Demonstrate arms not locking	Verbally List	Teach
On Horse Skills						
Run In step with Horse	n/a	n/a	at Walk	at Trot at	at Canter	Teach
Safety Falls	Demonstrate on Ground	off Barrel on lowest setting	at Walk	Trot	at Canter	Teach
Emergency Dismount	Discuss	Demonstrate on Barrel lowest setting	at Walk	at Trot	at Canter	Teach