

Meadow Creek Vaulting Club

Recreational Vaulting Program

2022 Fall Vaulting Session: September-December

The Meadow Creek Vaulting Club is offering a Recreational Vaulting Program for vaulters aged 5 years old and up. Classes will run on Saturdays. The program will start on September 10th and go till December 10th. There will be a total of **11 practices** during this time period – see below of dates for practices. The session will end with a performance following the final practice on December 10th!

Requirements:

Participants **do not** require previous vaulting, riding or gymnastics experience. The vaulters will progress at their own pace. We provide a safe and fun environment for learning!

Vaulters have the option of remaining in the Rec Program for any number of sessions they choose and continue to work on their skills. Vaulters that have an interest to progress into our competitive programs are encouraged to talk to their coach to discuss options and what the pathway looks like to prepare for competitions in the future. We'd love to talk about future programs for your athletes to continue learning, such as our Provincial & Regional Training Program.

Practice Times:

Practices will run once per week on Saturdays at 10:30am till 12:00noon.

No vaulting on the following dates:

September 24th, October 1st & November 12th. We are away at competitions with our competitive vaulters for the first two dates listed there, and the long weekend on November 12th will be a holiday for all our programs.

This group is aimed at offering a well-rounded lesson program for those interested in the sport of vaulting, while building a strong skill foundation for vaulting, other equestrian disciplines and other sports. Participants progress at their own pace. Participants may remain in our Recreational Program for as long as they wish, or may progress into our more competitive programs, if they choose to do this. However, certain skill levels must be achieved before a vaulter can be considered ready to progress into one of the other programs. Please talk to your coaches if you'd like to find out more about our competitive programs and how your child may prepare for this!

Attire:

Vaulters should wear comfortable clothing that allows them to move freely.

- For girls: Tights or yoga pants are recommended, and a fitted top.
- For boys: sweatpants are allowed, and a fitted top.
- Clothing that is too loose may increase the chance of getting caught up on the equipment and the coaches not being able to see proper body positioning. In the winter, or as the weather gets colder, long sleeve shirts **without** hoods are recommended. Hoods tend to get in the way for our upside-down movements and can pose as a safety hazard.
- Footwear should be soft soled shoes. Water shoes work well for the new vaulters, but vaulting shoes (which are like gymnastics shoes) can also be purchased at the club for \$40.00 (depending on available sizes). You may also be able to find these types of shoes elsewhere in stores or online. Dance shoes similar to vaulting shoes could work too, as long as they do not have a heel.

Cost:

- Fees for the Fall Session (11 practices): \$385.00 (contact us for options if you'd prefer paying in instalments)
- We accept Cash, Cheques or eTransfers. For eTransfer email meadowcreekvaulters@hotmail.com
- If we hold any additional events such as clinics, the costs would be additional.

Information regarding Membership Requirements:

Participants need to have their AEF Memberships before starting in the program. This membership is for insurance and liability purposes, without this membership the participants **will not be allowed in the arena**. The year memberships can be purchased through www.albertaequestrian.com An AEVA membership is recommended if you plan to attend AEVA events, such as clinics—but this is not mandatory to start in our programs. This can be purchased at the time of purchasing the AEF membership online –there will be a section where you can select this option: AEVA Add-On. Please make sure you have your memberships in place **prior to the start of the 2022 Fall Session**. Returning vaulters – please make sure you have renewed your memberships online, they expire on December 31 of each year.

Notes about Memberships:

Inquire with the AEF if they offer a discounted price for memberships starting in September (pro-rated membership option). They often do this – or offer an option for a 1.5 year membership so you carry yours over into 2023.

Please mention or fill in online in the system that we referenced you to the AEF membership. This will give our club a discount in the future on our annual membership. When the club saves money – so do you!

Additional Information:

- Each family will be required to participate in the club's fund-raising activities. Money fund raised for the club goes towards keeping the lessons affordable for everyone, covering horse expenses, and purchasing necessary equipment to run our programs safely and effectively.
- Most communication will be done by email. If you do not have access to email, please talk to us when registering. And if possible, please ensure you check your email regularly for practice schedules, upcoming events and other notices.

Registration due by September 5th, 2022:

Registration must be completed by filling in the Registration Form. Online Release Forms will be issued through our online system. Payment is due with registration. **Contact Jeanine at 403-559-9937** or meadowcreekvaulters@hotmail.com for questions or to make arrangements for Registration and/or Payment.

If you are unable to submit forms through email prior to the start date, be sure to email Jeanine to make sure your spot in the program is confirmed prior to **September 5th, 2022**.

Registration is accepted on a first come first serve basis and only a limited number of spots are available in our classes! Register now to confirm your spot!

Mailing Address:

Meadow Creek Vaulting Club
Box 15, Site 7, RR 4,
Olds, Alberta T4H 1T8

Email Address:

meadowcreekvaulters@hotmail.com

**Please let us know if you have any additional questions!
We hope to see you soon at Vaulting Practice!**