

# Course Outline and Theory Questions for the AEVA Provincial Vaulting Trainer Program.

*Updated 2017*



## Course Outline

1. Course Requirements
  - a. AEF & AEVA Memberships
  - b. NCCP
  - c. Standard First Aid
  - d. Criminal Record Check
  - e. This mentorship course
  - f. Pass the practical, scored on safety
  - g. Pass the written
2. Understand the role of each of the following organizations
  - a. Provincial Vaulting Organization
  - b. Provincial Equestrian Organization (PSO)
  - c. VaultCanada
  - d. Equestrian Canada (NSO)
  - e. F.E.I.
3. Make use of written and multi-media resources
  - a. Books
  - b. 3<sup>rd</sup> Party Courses: vaulting and/or otherwise
  - c. Websites
  - d. Pictures
  - e. Video
4. Determine the role of the Trainer within the vaulting club (one or more of the following)
  - a. Independent club run as a sole proprietorship
  - b. Community Service Club, where a group of parents oversee club finances
  - c. Not For Profit Society, registered with the province
  - d. Sub-club of another pre-existing organization, e.g. Pony Club or 4-H
  - e. Other; must specify details with application.
5. Communication skills
  - a. Program delivery to the students
    - i. One-on-one lessons
    - ii. Group lessons
    - iii. Technical subjects
    - iv. Fun and games
    - v. Teaching safety
    - vi. Delivering the program safely
  - b. Proper methods of discipline
  - c. Keeping parents informed and dealing with / preventing parent problems
6. Vaulting warm Up
  - a. Warming up the muscles
  - b. Warm up stretches

- c. Keeping it fun
  - d. Safety considerations
7. Bailouts
- a. Assessing a students' abilities
    - i. Starting point / natural ability
    - ii. Relating bailout ability to difficulty of vaulting exercises to be taught/developed/allowed
    - iii. Safety considerations
  - b. On the ground
    - i. Variety of simple rolls
    - ii. Simple bailout roll
    - iii. Slow progression of height, distance, and a variety of directions
    - iv. Safety considerations
  - c. Off the barrel
    - i. Slow progression of difficulty
    - ii. Dealing with tricky positions
    - iii. Safety considerations
  - d. Off the horse
    - i. Slow progression of difficulty
    - ii. Dealing with tricky positions
    - iii. Safety considerations
8. General recreational vaulting program content
- a. Getting and keeping vaulters comfortable with the horse
  - b. First the barrel, then the horse:
    - i. Assisted mounts
    - ii. Basic movement around barrel/horse
    - iii. Safe and proper dismounts
  - c. Games and drills
    - i. Developing harmony with the horse
    - ii. Developing basic form and body control
    - iii. "D" compulsories and freestyle
    - iv. Using music, developing dance
    - v. Developing character
    - vi. Developing routines
    - vii. Developing balance
    - viii. Developing strength
  - d. Safety considerations for all above points
9. Vaulting Horses
- a. Demonstrate a solid working knowledge of basic horsemanship, basic horse care, and equestrian safety
  - b. Selecting a potential vaulting horse
    - i. Where to look
    - ii. How to "test-vault" a horse
    - iii. Safety considerations
  - c. Initial/Ongoing training of a vaulting horse
    - i. Training approaches that work
    - ii. Cross training the horse with other equestrian disciplines
    - iii. Mental and physical needs of a vaulting horse
    - iv. Safety considerations
  - d. Vaulting tack
    - i. Where to find it
    - ii. Safety considerations

- iii. Considerations of the vaulting horse
- e. Lunging for vaulting
  - i. Working with the lunge line and lunge whip
  - ii. Teaching a horse to lunge
  - iii. Warm up and cool down of the horse for a vaulting lesson
  - iv. Lunging during a lesson
  - v. Safety considerations
- 10. Long Term Athlete Development
  - a. 10 Key Factors
  - b. Stages of LTAD
- 11. Practice and demonstration of the Trainer's skills
  - a. A variety of segments of a vaulting class
  - b. An entire lesson (time may be compressed.)
  - c. Dealing with a variety of safety issues

## Written Examination

### Questions

#### Concerning the Horse

1. You don't own your vaulting horse and only use it twice a week. You notice after some time that your horse loses weight and its coat becomes rough. What might cause this and what do you do?
2. You arrive at the stables and find your horse lying in the stall, rolling in obvious distress, sweating and trembling. What do you do?
3. You arrive at a show on a hot summer day. There is no shade and you fear your horse may suffer from the heat. What do you do?
4. Approximately how many liter of water does a horse need on a warm competition day?
5. Your horse was shod yesterday and you can feel heat in one hoof only. What could be the causes and what do you do?
6. The horse you are using goes barefoot. How often need the hoofs be trimmed and why? Could you do this yourself if no farrier was available? Why? Or why not?
7. What do you tell your vaulters to look for when they pick the horse's hoofs?
8. Would you clip your vaulting horse in the winter? Why? Or why not?
9. What do you mean by basic conditioning of a vaulting horse? What should this include?
10. You are trucking your vaulting horse to a three-day show. What kind of food would you take along? What not? Under which circumstances would you accept the offer of the promoter to provide you with feed?
11. You are trucking to your first little show. What kind of things must you take along?

#### Concerning Longing

1. What measures would you take if your horse speeds up everytime a vaulter approaches?
2. What would you do with a horse which always starts cantering on the wronglead?
3. What do you have to check if the horse keeps shaking his head?
4. What do you do with a horse which often falls into disunited canter?
5. What do you do if a horse falls into trot during a standing exercise?
6. What measures do you take with a horse which resists going on a regular circle?
7. What do you look for during the warm up of the horse?
8. What kind of symptoms would indicate back pain in a horse?

9. If a horse is slightly lame, when would you cancel a lesson?
10. What do you do on the long if a vaulter gets under the horse in walk?
11. What would you do if you see the surcingle starting to turn in canter with 2 vaulters on the horse?
12. What do you do when a horse falls on top of a vaulter?
13. You detect a sore spot behind the horse's foreleg before tacking up. What do you do?
14. Why is it useful to let a horse trot over poles on the ground for training purposes?
15. How do you determine the distance between the poles for trotting cavaletti exercises?
16. Would you prefer training a beginner vaulter on a bare back horse or with a felt vaulting pad and why?

#### Concerning General Safety Measures

1. What things are imperative you know about the horse before training beginners?
2. What safety measures would you check for before training in an unfamiliar arena?
3. You are planning to do your first little stable show with your beginner vaulters. What things must you beware of, take into account?
4. What would constitute inadequate footing for vaulting?
5. What kind of injuries is a vaulter likely to incur, and how can you prevent these through correct training?
6. What are you as the responsible required to carry with you at all times for the possibility of injury?
7. How do you teach a vaulter to pick a hind hoof?
8. In what kind of winter temperature would you cancel a lesson?
9. Given the choice, on a warm spring day would you rather train indoors or out with your beginner vaulters, and why?
10. Give 3 examples of the kind of things you would ask the parent of a new beginner vaulter before the first session.
11. Which pad is preferable for beginners: a stander non rigid vaulting pad (as per competition rules) or a stiff felt pad – why?

#### Concerning Psychological Preparation of the Vaulter

1. How do you introduce a new vaulter, who is obviously afraid, to the horse?
2. Why should a vaulter be relaxed – how do you try to achieve that in a 5 year old beginner?
3. What do you particularly watch for with a young beginner who is attempting his/her first exercise on the horse?
4. What kind of questions would you ask a new vaulter before putting him on the horse for the first time?

#### Correct Warm Up

1. You let your beginners jog for a warm up. When do you tell them it is enough?
2. How would you plan a 20 minute stretching period with beginners?
3. Which exercises would you include in a warm up, what not, and why?
4. Why is alignment important in the warm up? in which exercise?
5. Give 3 examples of partner stretching exercises and indicate the ones you would not recommend for beginners.
6. How do you teach a beginner a good jump off?
7. How do you teach beginners to land softly?
8. How do you teach beginners the first falling exercises? (3 examples)
9. What will make you a good trainer versus an unsuccessful one? (give 3 points)
10. Which exercises would you make mandatory in the warm up for the first beginner lesson? Why?
11. Should you mix endurance and strength training in one session? Why or why not?

## Barrel Training

1. Why do we train on the barrel (stationary horse) – give at least 4 reasons.
2. Give an example of how to train for balance on the barrel in the mill.
3. Give an example of how to train for alignment in the flag.
4. Give two examples of useful exercises to explain 'gravity point' to beginner.
5. Give two examples of useful exercises on the barrel to promote partner cooperation.
6. How would you teach a five year old vaulter the scissors versus teaching a fourteen year old child?
7. Give two examples of useful exercises to promote better sense of timing.
8. How can you assess the level of cooperation between two vaulters? What will this affect in your training?
9. Give one example of incorrect technique in a partner exercise: a lift – a support exercise – an assisted mount
10. How would you teach bail out of a handstand exercise: on the ground – on the barrel – on the horse

## Planning Lessons / Choosing Adequate Exercises

1. What could be seen as discouraging, encouraging by beginner vaulters and how would it affect them?
2. How would you assess a vaulter's lifting capability?
3. How do you assess a vaulter's mental maturity in terms of taking on responsibility for carrying/lifting partners?
4. How would you vary the lesson plan with beginners over the first half year? (give 3 examples)
5. How important is demonstration in a lesson?
6. You have 10 kids in a beginner team and attention begins to wander – what do you do to maintain discipline in the ring?
7. You train with a 'green' horse, willing and wonderful. What are the first exercises you would choose to perform with a green vaulter – with an experienced vaulter?

## Knowledge of Correct Mechanics

1. What do we mean by 'alignment' and how to you teach it to your vaulters?
2. What are the most serious beginner mistakes in: a simple dismount – a mount – the stand?
3. How would you train for bail out in a wheelbarrow versus a high wheelbarrow?
4. Give an example of an exercise not suitable for a 12 year old.
5. Which pre exercises are useful for the flank and the scissors?
6. What are some major faults in: the seat – the scissors – the mill – swing exercises – the stand. And what are the most typical for beginners?
7. How can you maximize the effectiveness of a swing exercise?
8. What are the possible problems of a vaulter who lands too far back the first half of the flank in canter?
9. What are the possible problems of a vaulter who walks in the stand?
10. What are the possible problems of a vaulter who gets no flight phase in the second half of the flank?
11. What are the possible problems of a vaulter who rounds his back in the mill?
12. What are the possible problems of a vaulter who falls after the third leg in the mill?
13. How would you prepare a vaulter for the shoulder stand?
14. How do you prepare your beginners for their first partner exercises on the horse?
15. What must two vaulters be capable of, aware of, before attempting the shoulder sit?
16. How would you explain the concept of 'gravity point' to a child?
17. Why is the concept of gravity point so important?

## Correct Training for Beginners on the Horse

1. Would you ever ask a beginner to turn his head to look at you while standing in walk?
2. When would you consider absorption of movement optimal in the seat, the stand?

3. How do you know whether your horse is ready to accept a person standing on the croup?
4. How do you assess if your horse is ready for a vaulter swinging into handstand?
5. How do you assess if your horse is ready for a person performing the flag on neck?
  
6. You teach your beginner the first transitions over the surcingle on the horse. How soon can you do that? What would you consider a major mistake by the vaulter in the attempt?
7. What is the best way to spot a beginner in his first stand in canter?
8. How would you introduce a beginner to the concept of mounting in canter?
9. How do you teach a beginner to stand?
10. Give 2 examples of what to watch for in terms of discomfort to the horse with a beginner doing the flag.
11. Could you, would you, and how, assist a beginner in his first full mill in canter?
12. What should you check for before demanding a vaulter to do the hang in walk?
13. Would you ask a beginner standing in walk to turn his head? Why, when? Why not?
14. What are the two first things a beginner must learn about the riding seat and why?
15. When should you as trainer instruct vaulters to stop an exercise before completion, and when should you never do this?
16. How do you handle the beginner's first mounts in walk, describe the circumstances.
17. How do you get an anxious beginner to stand in walk?
18. Which exercises would you choose for the first 4 sessions with beginners of approximately 5 to 7 years old? Describe the circumstances.
19. What kind of communication will you allow between your vaulters while they are training for a simple team exercise on the horse?
20. What signs might you detect in a beginner vaulter which indicate to you that an exercise should be stopped immediately?
21. When would you demand an exercise be repeated?
22. What is a bail out?
23. Why do you prepare your vaulters for bail out situations?
24. What are you mainly trying to avoid by bailing out?
25. How do you introduce a first bail out lesson – in approximately which session would you start with that?
26. What must a beginner master before attempting the reverse scissors on the horse?