

Dance



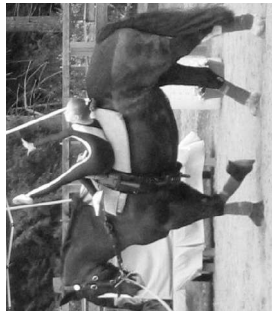
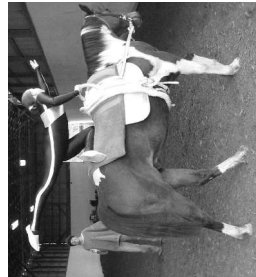
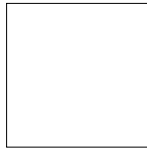
and Gymnastics

to Music

on Horseback!



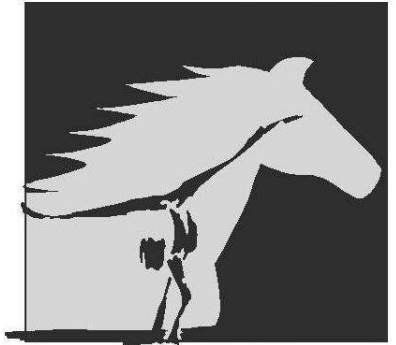
CascadeVaulters.org



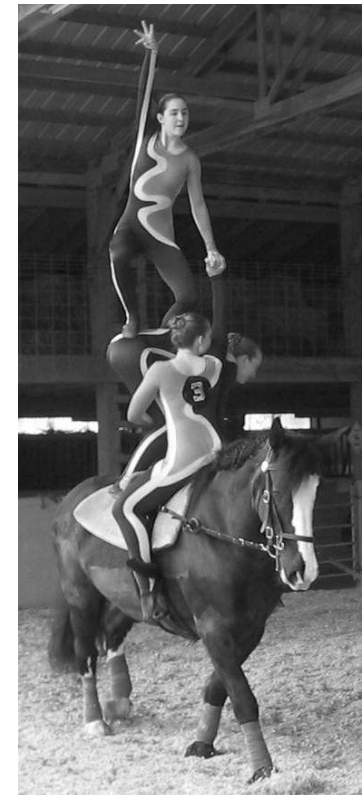
19905 190TH AVE NE
WOODINVILLE WA 98077-8846



CASCADE



VAULTERS



Our Mission

The Cascade Vaulters seek to be a parent, volunteer and sponsor supported non-profit youth organization whose primary goals are to:

- Develop physical fitness, body awareness and control
- Promote music appreciation and interpretation
- Foster harmony with our equine teammates
- Teach and practice good horsemanship
- Nurture equestrian vaulters that are competitive at both the regional and the national level.



Our Sponsors



MECCA EQUESTRIAN CENTER
Redmond, WA



877-GW-45664

<http://www.grettawear.com/>

FarmDepot, Redmond, WA

For information on sponsorship opportunities contact our *Sponsor Coordinator*, Tami Howard tami.howard@comcast.net or 425-844-9144

Frequently Asked Questions

What is Equestrian Vaulting?

Equestrian Vaulting is a combination of dance and gymnastics performed to music on a horse at the walk, trot or canter.

For general information about vaulting visit the American Vaulting Association web site at <http://www.AmericanVaulting.org>

When do you accept new members?

Throughout the year we conduct open tryouts for new vaulters and those who just wish to try vaulting.

We usually accept new competitive vaulters in late summer and early fall (September & October) for the following competition year (March through October). We also accept new recreational and drop in vaulters on a space available basis.

When we reach our coach to vaulter or vaulter to horse limit, we maintain a waiting list of perspective vaulters that we call to fill vacancies if members leave mid season.

We are always looking for additional volunteer coaches and volunteer horse trainers.

Do perspective members need experience in vaulting or gymnastics before trying-out?

No previous experience or specific level of physical fitness is required to join the Cascade Vaulters. Though any experience with gymnastics, dance or horseback riding is helpful. Also general physical fitness and strength will make vaulting as a beginner easier.

When do you practice, perform and compete?

We practice twice a week at Mecca Eq. Center.

Performances & competitions are usually on weekends and range from local day outings to full weekend trips to Oregon and British Columbia.

Check our web site for days and times.

How much does vaulting cost?

Perspective vaulters may participate in one practice with the club for free, provided that vaulter and parents have completed the required releases and application.

Our vaulters pay monthly membership fees that cover the club's expenses associated with two practices per week. Alternately members may participate on a drop-in basis for a set fee per practice. All club members are expected to join the American Vaulting Association.

Our members are also expected to cover their own expenses associated with competitive vaulting. This includes competition entry fees, a share of the horses' show expenses (including entry, hauling and stabling fees), vaulter & parent travel / lodging expenses and required uniforms (shoes, unitard, warm-ups etc).

Limit 6 vaulters/coach and 8 vaulters/horse.

For more information,

including current fees and practice schedule

visit our web site at

<http://www.CascadeVaulters.org>

or contact our:

Club Manager Therese Rogers

bltsrogers@yahoo.com or 425-844-1414

Head Coach Tom Sayles

TSayles@Soot-n-Smoke.com or 206-851-5210