

# *National Vaulting Workshop*

## *-2009-*

### *PRELIMINARY TIMETABLE (subject to change)*

#### VAULTERS TIMETABLE

<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
WELCOME AND INTRO	Advanced session	Swiss ball workshop	Boys session		Advanced session
Run and Stretch	Run and Stretch	Run and Stretch	SUPER Stretch	Run and Stretch	Run and Stretch
Getting the basics right – What are the basics?	Vaulting session Mounts and dismounts ‘Better on and off’	Acrobatics	Discussion - Technical Test. What and How Barrel session	Vaulting Session – ground and horse games	Vaulting Session Working <i>WITH</i> the horse
LUNCH					
Vaulting session - Team Vaulting	Performance preparation	Creating an image – the freestyle story	Mind Matters Using your brain to train	Discussion – Judging and its implications for how we train	Vaulting Session – free choice
Strength	Gymnastics	Vaulting session - reaching for new heights	Performance preparation	Vaulting session – keeping it on	Strength – the final workout
Nutrition Talk			Swimming		
	Strength – elastic  Treasure hunt	Strength	Vaulting Forum – Vaulting Down Under	Performance night And BBQ	Putting it all together - discussion and debrief

*Advanced Sessions are for A and B vaulters only depending on numbers. Spectators are encouraged. Team and vaulting sessions include all vaulters.*

*Please note that there may be sessions in the Officials timetable that you would like to attend!*

## OFFICIALS TIMETABLE – Coaches/Lungers/Judges/Volunteers

<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
WELCOME AND INTRO	Advanced session	Swiss ball	Boys session	Practical lesson assessment	Advanced session
Qualified How?	EFA session Insurance Safety	Creating your lesson plans /Lunging practice	Discussion - Technical Test. What and How Barrel session Super Stretch (with vaulters)	Judge training  Horse handling – floating safely	Assessments
LUNCH					
Introductory horse skills – the essentials for intro horsemanship	Session planning – lesson plans	Lunging practice	Mind matters – using your brain to train	Discussion – Judging and its implications for how we train	Training a green horse – the process Discussion and practical
Self Study	Lunging basics – aids, handling, position, responsibilities	Horsemanship assessments	Lunging assessments	Dealing with difficulties	
		Theory Assessments			Putting it all together
Nutrition			Vaulting Forum – Vaulting Down Under	Performance night And BBQ	

*Some sessions are integrated with the vaulter's sessions because of a cross over of skills.*

*As with any coaching, you can learn a lot from watching other coaches, so please use any spare time you have to watch and learn.*

*For any lungers or coaches wanting to gain accreditation it is vital you are well prepared as there is a lot to fit in. Please contact EFA and purchase the resources. The more prepared you are the more likely you are to gain the accreditation!*

**If you have other topics you would like covered, please discuss it with the Workshop Coaches.**