



DATES COMING UP

- Spirit of Vaulting (SOV) Jan 10-11
- February 1 - Trot/Canter Badge Test
- Devon @ FHV - Feb 6-8
- Devon @ FHV - March 6-8
- April 5 - NO CLASS EASTER
- Vault N' Texas - Wilco April 17-19
- May 3 - Intro Class Badge Test
- Heart of the Rockies - May 22-24
- EVUSA Nationals - Tryon, NC- Aug 7-9

Embracing Winter and Spring

We're excited to announce that we will resume our classes starting January 4th!

- ****Intro Class:**** 2:30 PM
- ****Combined Trot/Canter Class:**** 4:30 PM

The Trot/Canter class will remain combined on Sundays, while Thursdays will focus on separating the groups to practice freestyle moves and develop new skills. Sundays will be dedicated to conditioning and drills. The combined class on Sundays will provide an opportunity to work with all teammates, experiment with different horses, and foster group growth.

Thanks to some awesome donations we are able to lower class prices.

- 1X/week will be \$275/month
- 2X/week will be \$500/month
- Privates will be \$75/hour Barrel or \$125/1.5 hour Horse

Please check the left column for upcoming events. We hope everyone has been keeping up with their stretching!



Badges as of August 2025

Buttercup Badge

- Madelyn
- Pearl
- Audie

Teddy Badge

- Grace
- Wren

Atlas Badge

- Emily
- Gracelyn

Rossini Badge

- Katrina
- Charlotte
- Summer
- Hannah

Rachel Badge

Geoffrey Badge

Badge Test Dates

Trot/Canter - February 1st Practice

Intro Class - May 3rd Practice

Badge Testing will be given at the beginning of the Fall and Spring season. Additional badge tests can be arranged with Coach Sam or Kate for \$50 if a vaulter feels they are ready to move up.



New Medal Tests Recipients

Novice Pin WTC

Walk Pin

- Charlotte L/R
- Katrina L/R
- Sydney L/R
- Emily L/R
- Gracelyn L/R
- Grace L/R
- Wren L/R
- Audie L/R
- Wyatt L/R

Trot Pin

- Summer L/R

Trot Medal

Trot Medal

- Hannah L/R
- Emily L/R
- Gracelyn L/R

Copper Medal

Copper Medal

- Charlotte L/R

Bronze Medal

Silver Medal

Gold Medal



What is a Medal Test?

Medal testing gives vaulters an opportunity to measure themselves against a standard rather than against other vaulters, as occurs in competition.

The EVUSA Medal Test Program includes opportunities for beginning level vaulters up through the elite international-level vaulters to test their skills and earn medals. There are no age restrictions for medal testing, and you may test above or below your current competitive level.

What medal Tests are offered

Novice Pin

Introductory test at walk, trot, or canter (left or right). Boosting and spotters allowed (no assistance). Focuses on safety and correct compulsory mechanics. Minimum passing score: 3

Trot Medal

Compulsory exercises at the trot (left or right). No spotters allowed. Minimum overall score: 5

Copper Medal

Compulsory exercises at the canter (left or right). No spotters allowed. Minimum overall score: 5

Bronze Medal

Compulsories plus 4 freestyle exercises at the canter (left or right). Freestyle difficulty M or E only. Passing, Commended, and Honors score levels apply.

Silver Medal

Compulsories plus 6 freestyle exercises at the canter (left or right). Freestyle difficulty R, D, or M. Passing, Commended, and Honors score levels apply.

Gold Medal

Highest medal level: compulsories plus 8 freestyle exercises at the canter (left or right), including Riding Seat. Freestyle difficulty R or D only. Requires an EVUSA R judge. Passing, Commended, and Honors score levels apply.

How to Register for a Medal Test

Medal Test must be registered for 30 days prior to a show. Reach out to a Coach if you are interested in medal tests.

FHV ATTIRE

Please pay close attention to the attire requested for classes and competitions.

Order dates for FHV Attire is February 1st

- Garment Bags
- TShirts
- Compulsory Uniforms
- Shoes
- FHV Polos
- Jackets and Sweatshirts

Class Attire

Top: Should be fitted so coaches can see form in moves and that the top will not slide up when the vaulter is upside down or get hung on equipment. Crop tops are allowed with minimal midriff. Sports bras are not considered a top and a tank or tee must be worn over them.

Pants: Leggings extending past the knee should be worn. Ideally they are of a Lycra type material to mimic the compulsory and freestyle fabric.

Hair: Must be pulled back and away from the face. Long hair should be secured into a bun or pinned up.

Jackets: Sweatshirts/Jackets with OUT hoods and drawstrings are allowed. Ones with hood can be used on the sidelines but must be removed if on the barrel or horse.

Vaulting Shoes: All Trot/Canter vaulters must have running shoes and vaulting shoes at class. Intro vaulters may wear soft soled running shoes, water shoes or trampoline shoes until competing.

A Note on Food and Water

Vaulters should arrive to class "vaulter ready." This means they are well-hydrated, have eaten beforehand, are properly dressed, and have used the restroom prior to the start of class. Outside of scheduled snack breaks, there will be no eating during class, and water breaks will be built into the schedule.

During the fall season, we experienced frequent unscheduled breaks for snacks or drinks, particularly during challenging conditioning sessions. While we will ensure vaulters have ample opportunities to eat and hydrate—especially during longer practices—leaving the floor unexpectedly can result in missed instruction, missed turns, and disruption to the flow of the class. Thank you for helping us keep practices efficient, focused, and productive for everyone.

Competition Attire

Compulsories: Recognized level vaulters need to be in Team Leotard. New Vaulters/Unrecognized should be in Team Polo Shirt, Black Leggings, Black Socks and Black Vaulting Shoes.

Freestyle: The 2 weeks before the show will be final freestyle attire check day. It must be in one piece (all parts must be attached to each other). No props allowed. Please bring FS Uniforms for Full Run Throughs

Club Polo: All vaulters should have a club polo shirt. These will be worn with black leggings during awards and during green horse rounds.

Hair: For compulsories hair is to be braided with either one or two braids then secured at the back of the head into a sock bun. If your vaulter's hair is not long enough to braid then please see Coach Sam for alternatives.

Numbers and EVUSA membership: All vaulters of FHV must be in good standing with the EVUSA to compete. If you do not know please check your membership page or Ask Coach Sam. All vaulters must also have a number to compete.

Underwear: Nude Underwear. No exceptions! This includes bras. Socks must match the color of the shoes that are being Vaulted in. No EXCEPTIONS!

Garment Bags: Vaulters are responsible for keeping their items together in the club stall. If you would like your garment bags can be loaded into the trailer for transport.



COMPULSORY UNITARDS CARE

We are very excited to have new team Compulsory Unitards. Here are some instructions for how to care for them. These need to be kept and managed by the vaulters. Replacement of the unitards will be at their own cost. They should last for several seasons and be able to be passed down to new vaulters. We want to thank the wonderful donor that helped make this possible

Care instructions

How do I wash my leotard properly?

To ensure you enjoy your ERVY® item for a long time, please follow the care instructions below :

- **Always wash items after every training session and competition . Never leave used and possibly sweaty items unwashed for extended periods.**
- **Under no circumstances should you wash by hand .**
- **Turn item inside out and wash separately in the washing machine on a delicate cycle at 30°C .**
- **If possible: activate the quick wash function.**
- **For rhinestone and/or sequin trim: Always wash items in a net laundry bag.**
- **Use liquid color detergent without optical brighteners and without fabric softener.**
- **Do not use sports detergent.**
- **Be sure to avoid overdosing the detergent.**
- **Spin at maximum speed: at least 1000 revolutions per minute.**
- **Never leave items damp in the washing machine; remove them immediately after washing and hang them up on hangers to dry .**
- **Do not iron under any circumstances.**

ERVY® Sports Fashion GmbH assumes no liability for improper handling of materials and color combinations. Always treat each ERVY® item according to the ERVY® washing and care instructions above.

Important information for articles made of coated materials (patented fabrics, glitter fabrics, sequin & hologram fabrics)

- **Coated materials (e.g. patent leather, glitter fabrics, sequin and hologram optics) are particularly sensitive to friction, sweat, deodorant, perfume and chemical substances in detergents and body lotions (creams).**
- **The gloss of the coatings may also diminish after repeated washing . Therefore, we cannot accept liability for the durability of material coatings or their gloss retention .**
- **We would like to point out that film abrasion (e.g. under the armpits, in the crotch area, etc.) can certainly occur.**
- **Damage to the film is particularly aggravated if the suits are not washed immediately after use and are left to lie around for a few days, sweaty. Wearing a suit twice (without washing it) can also negatively impact the durability of the material's lacquer coating.**
- **Wearing other clothing (especially pants) over the leotard is also not recommended, as the waistband and trouser seams can cause film abrasion.**

DEVON CLASS DATES

Devon will be in town the weekend of February 6-8 and March 6-8. There will be opportunities for privates on the Friday and Saturdays and he will be teaching class on Sundays. On those two Sundays Trot and Canter will split up and class will be held earlier in the day so that he can make his evening flight.

What to know

When he is teaching the Sunday class that is included in regular class fees.

Privates are NOT included or required. They are \$85/hour. They are barrel only as the horses will be committed for class time.

For Privates vaulters should come with something in particular that they want to work on. **Once the private starts that could evolve.

Be Prepared to Work

While we should always bring our A game to practice, be prepared to rally on Devon days. He likes to drill and repeat drills and focuses on details. Think Shawn T P90X.

Come well hydrated, fed and ready to work.

JEANNE CLASSES

We really enjoyed having Jeanne teach regular classes in the fall of 2025. Due to scheduling constraints, we will not be having a regular workout class hosted at FHV, but she is still available for private sessions. Any regular FHV vaulters are welcome to book the gym to use the movie room or gym for their private workout sessions.

OUTSIDE INSTRUCTION

At Fly High Vaulters, we fully support vaulters pursuing additional instruction, extra exercises, and cross-training opportunities outside of regular practices. Continued learning and growth are important parts of athlete development.

When it comes to freestyle work or vaulting on horses outside of our program, we ask that families communicate with FHV coaches before participating. While we hope all coaches and clubs follow recommended safety standards, our coaches are familiar with many horses in the area and around the country. We can make informed recommendations based on your vaulter's current skill level and the ability of those horses. Our top priority is always safety.

For freestyles developed with outside coaches—whether in person or virtually—please keep in mind that barrel ability and horse ability are very different. While goal routines are a helpful planning tool, FHV coaches will have the final decision on which routines are approved to be performed on the horses, ensuring the safety of both the vaulter and the horse.

Thank you for partnering with us to keep our athletes progressing safely and successfully.

VOLUNTEER OPPORTUNITIES

We are all very blessed to participate in this very unique sport. Lets share some love to our community.

The R.O.C.K.

The ROCK is where Teddy, (FHV's very first Vaulting horse) is and we are looking at going to help support this fantastic organization.

ROCK participants range in age from 2 to 90+ and see improvement in many aspects of their life — from muscle tone, strength, flexibility, and balance to cognitive, behavioral, communication and emotional improvements.

Serving Central Texas since 1998, ROCK's mission is to improve independence and life skills in partnership with the horse. Our center is located on 60+ acres in beautiful Georgetown, Texas.

ROCK's organizational vision is to be the trusted leader in equine-assisted services through research, education and programs. Serving an average of over 400 participants and their families every year, ROCK is recognized as a leader in equine-assisted services research.

ROCK is a Professional Association of Therapeutic Horsemanship International (PATH Intl.) Premiere Accredited Center. Our programs include physical therapy, speech therapy, therapeutic horsemanship, ROCK On Veterans, and equine-assisted learning programs for schools, juvenile programs, and individuals.

Dates and Details are still being solidified.

Pony Club and Local 4H

Atlas Badge and up vaulters can volunteer to help other equestrians learn about vaulting. These typically happen on the weekends at FHV. There are usually 10-20 participants and demonstrators, side walkers, boosters etc. are all needed.

Dates TBD

Spring Break/Summer Camps

We are toying with the idea of a competition fundraiser of a few summer and spring break camps. Atlas Badge and up vaulters can volunteer to help at camps. There are usually 10-20 participants and demonstrators, side walkers, boosters etc. are all needed. We would also need parent volunteers to help with crafts/food/activities outside of camp.

Dates TBD

FHV Newsletter and Social Media

Are there any vaulters that want to help with the newsletter or FHV Social Media? Reach out to Coach Sam. We try to put a newsletter 3 times a year.

Who to reach out to?
Volunteer idea – Coach Sam
Fundraising Idea – Rebecca Beach

VAULT N'TEXAS

This is going to our big Texas Show of the year. We were selected as an observation event for Seniors to Qualify for World Championships in Germany August 2026. The move in date for the show will be April, 17th with the possibilities of evening classes such as Green Horse or Medal Tests. Actual Show dates will be April 18th - 19th.

Location

Williamson County Expo Center
Taylor, TX

Horse Travel Days

Horses move into the show on
April 17th

Music Due Dates

March 1st Music is Due to Coach Sam. You may cut your own or Coach Sam can do it for you.

No Class Days

Since this is a home show we will not be taking off before the show to travel.

Competition Fund

FHV will be covering our vaulter's entry fee from the competition fund. Individual class costs, coaching fees, and stabling are still split among the vaulters.

Tack Cleaning Days

Tack will need to be cleaned and loaded in the trailer after classes April 12th for Intro Class and April 16th for the Trot/Canter Classes. Any vaulters practicing that day please be aware that they will need to help load Tack and equipment and might have to stay later after class.

Volunteer Requirements

Parents reminder that there are volunteer requirements within our club and for the show. Each vaulter must have a representative take one volunteer position at the show. Typically Coach Sam picks positions from the list as soon as it is released and then puts it to the parents to sign up. If there is a specific positions you would like let Coach Sam know.

Where to Stay

Most people will stay at home as this is a local show but there is a Hotel near by and RV Spots.

Class Options

Individual Class Options:

- Compulsory/Freestyle
- Individual Barrel
- Green Horse
- Medal Tests
- Developmental Classes

Pairs Class Options: (For a Horse Pairs speak to Coach Sam about Requirements in January)

- Walk Pairs
- Trot Pairs
- Canter Pairs
- Barrel Pairs
- Same Same
- Gamblers Choice

Squad aka Team:

- 2 Phase Walk, Trot or Canter
- UR Walk Squad
- Trot Squad
- Barrel Squad

HEART OF THE ROCKIES

This is actually two shows. The first is the Rocky Mountain Cup CVI that will be May 22-23rd then the USEF/EVUSA Heart of the Rockies will be May 23-24th.

Location

Douglas County Fair Grounds
Castle Rock, CO

Horse Travel Days

Horses leave on May 19 and will
be returning May 26th

Music Due Dates

April 29th Music is Due to Coach
Sam. You may cut your own or
Coach Sam can do it for you.

No Class Days

The last class Day will be May 17th
for those not attending the show
and May 19th for those attending.

Competition Fund

FHV will be covering our vaulter's entry fee from the competition fund. Individual class costs, coaching fees, and stabling are still split among the vaulters.

Tack Cleaning Days

Tack will need to be cleaned and loaded in the trailer after classes May 19th. Any vaulters practicing that day please be aware that they will need to help load Tack and equipment and might have to stay later after class.

Volunteer Requirements

Parents reminder that there are volunteer requirements within our club and for the show. Each vaulter must have a representative take one volunteer position at the show. Typically Coach Sam picks positions from the list as soon as it is released and then puts it to the parents to sign up. If there is a specific positions you would like let Coach Sam know.

Where to Stay

Coach Sam will be staying in an RV Spot onsite. There are several local hotels. Most likely there will be a group rate at the Comfort Inn in Castle Rock.

Class Options

Individual Class Options:

- Compulsory/Freestyle
- Individual Barrel
- Green Horse
- Medal Tests
- Developmental Classes

Pairs Class Options: (For a Horse Pairs speak to Coach Sam about Requirements in January)

- Walk Pairs
- Trot Pairs
- Canter Pairs
- Barrel Pairs
- Same Same
- Gamblers Choice

Squad aka Team:

- 2 Phase Walk, Trot or Canter
- UR Walk Squad
- Trot Squad
- Barrel Squad

NATIONALS

Nationals will be held in Tryon NC August 7-9. If you have questions about Nationals please speak to a coach for more details.

Location

Tryon, NC

Horse Travel Days

It takes 2 days for me to drive the horses there so most likely Aug 3-4

Music Due Dates

June 15th commitments for music and attendance will be required for FHV

No Class Days

TBD

Competition Fund

FHV will be covering our vaulter's entry fee from the competition fund. Individual class costs, coaching fees, and stabling are still split among the vaulters.

Tack Cleaning Days

TBD

Volunteer Requirements

Parents reminder that there are volunteer requirements within our club and for the show. Each vaulter must have a representative take one volunteer position at the show. Typically Coach Sam picks positions from the list as soon as it is released and then puts it to the parents to sign up. If there is a specific positions you would like let Coach Sam know.

Where to Stay

TBD

Class Options and Qualifications

Individual Class Options: Must have scores form 2 recognized EVUSA Competitions

- Compulsory/Freestyle
 - 1* Trot 5.3
 - Copper 5.5
 - Bronze 5.7

Pairs Class Options: Must have competed a 1 recognized competition (no partner substitutions)

- Trot Pairs
- Canter Pairs

Squad aka Team: (No more than two substitutes from the original entered team may be used at Nationals)

- 2 Phase Walk, Trot or Canter - no previous competition required
- Trot Squad- must have competed at 1 recognized competition

WEC FOLLOW-UP



What a beautiful facility. We can't wait to go back. Horse competition paradise for sure. Charlotte competed in her first CVI. She was 1st after compulsories and finished 4th out of 5 after freestyle. Katrina vaulted smart and had a strategic compulsory round but killed her freestyle round and also finished 4th in Copper. We learned a lot and scoped out the facility and hope to return here in the future with all our FHV Family.



Fall 2025

