



Complete Equestrian Vaulters

New Vaulter Family Information

(As of August 1, 2019)

Welcome to Complete Equestrian Vaulters! We are happy you are considering this incredible sport. Please carefully review the information on this sheet and let us know if you have any questions.

Weekly Practice Schedule

Vaulters may practice one, two, three, or four times per week. Make up practices are allowed for illness and vacation. Practice schedules are emailed when changes are made and also kept on the website. See the website page for current schedules and pricing.

First Vaulting Practice – What you need to know

Pack & prep

- Print out and sign the Complete Equestrian Vaulters Release form to turn in before vaulting practice begins. If you do not have a printer, blank copies are available at the barn.
- Work shoes (e.g. muck or rubber boots recommended for Winter/Spring; Tennis shoes or other boots work rest of year)
- Weather appropriate fitted clothing. Vaulters typically wear leggings or sweats (pants should be long, stretchy and fitted) and a fitted long-sleeve or short-sleeve t-shirt. Women vaulters may want to consider wearing a sports bra.
- Temperature changes happen fast. It works best to bring layers of clothing that can be added or removed as needed. Sweatshirts, lightweight jackets work well for vaulting, heavier jacket for chores time if it is cold out.
- Shoes for vaulting in. Until you purchase vaulting shoes, other soft soled shoes such as swimming/water shoes, ballet shoes, or tennis shoes can also be worn for vaulting. Cowboy boots do not work.
- Long hair should be tied back
- Gloves are optional for chores
- Bring Water bottle & snacks

Working with horses and Barn Chores: All vaulters are expected to help with tacking horses and with barn chores. Chores may include cleaning waterers and mucking stalls, cleaning tack, stacking hay, sweeping the barn aisles, cleaning common areas, or other activities assigned by the coaches. Help with feeding after evening practices is also greatly appreciated.

Club and Association Memberships

Complete Equestrian Vaulters 501c3 Non Profit Club

CEV is a 501 C 3 non-profit club. To be a voting member of the club, you will need to pay a \$10 voting member fee. Voting members need to be 18 years of age.

Supporting the Club

- **Club and Parent Meetings:** Club and general parent meetings are held quarterly. Schedules are posted via email. Be sure you are receiving emails through the CEV email list cevaulters@gmail.com. Meetings are important to participate in club related decisions and find out about upcoming demonstrations, fundraisers or competitions.
- **Demonstrations and clinics:** The AVA, our region, and our club are actively trying to bring more visibility to the great sport of vaulting. We are always looking for opportunities to promote it to potential vaulters and fans. Complete Equestrian Vaulters participates in many demonstrations throughout the year.
- **Parent help:** There is no shortage of opportunities to help improve the club. Parents with horse knowledge can step in around the barn. However, there are plenty of jobs for non-“horsey” parents. We can always use help with fundraising, office work, sewing costumes and pad covers, cleaning tack and other jobs. Many hands make light work, so please consider how you as a parent can help out.
- **Donations and sponsorships:** Complete Equestrian Vaulters is a not-for-profit subordinate of the American Vaulting Association. Cash and item donations are tax deductible and always welcome. Please check with the board and coaches about items that may be needed at a given time. Additionally, you may be able to deduct mileage and some expenses incurred while doing volunteer work for the club. Please check with your accountant for details. Additionally, if you are associated with a business or know of individuals who might be interested in sponsoring Complete Equestrian Vaulters, sponsorship packages are available with a variety of benefits and at varying price points.
- **Fundraising:** The club holds one large annual fundraiser in an effort to avoid multiple small fundraisers. This fundraiser helps to defray the cost of competition fees, horse expenses, equipment repair, etc. We are also able to provide a scholarship program to make vaulting an accessible sport to all individuals. We can't be successful without the participation of vaulters and parents in this event. The Heart Beats Gala is held each February and is a vaulting demonstration, silent auction, and dinner event. We ask vaulters and families to sell tickets, solicit donations and sponsorships, and help with the planning and execution of this event. Please mark your calendars! We also welcome new ideas and opportunities to help generate additional resources for the club.
- **Quarterly Barn Clean-Up Days:** Complete Equestrian Vaulters hosts 4 barn clean up days annually. We ask that all team members attend. Barn clean-up day helps us to keep costs down by regularly maintaining our facilities. Barn clean-up days are held on a Saturday and last no more than 3 hours. Lunch is provided for all participants.
- **King Soopers and Amazon Smile:** Additional money can be earned for our club when shopping at these retailers.
 - **King Soopers:** Log on to your account at <http://www.kingsoopers.com>. Search Complete Equestrian Vaulters by name or use **WP551** and click enroll.
 - **Amazon:** When shopping on Amazon, simply shop from smile.amazon.com and select Complete Equestrian Vaulters as the non-profit of your choice. A portion of your sale will be given directly back to CEV.

Shopping

- Complete Equestrian Vaulters bags, t-shirts, polo shirts, and warm-up suits are available for purchase.
- Vaulting shoes can be purchased for around \$30 @ <http://pvsupply.net/>
- Team Compulsory uniforms are required for competitive vaulters. Affordable loaner/rental uniforms are available. More information about competition unitards is available in the CEV Competition FAQ.

Club Communication

Complete Equestrian Vaulters is a non-profit overseen by a parent-run board. Elections are held every two years on odd years. Parent involvement is what makes our club successful and we welcome new ideas and encourage parent participation.

- **Parent Questions:** Often times parents and vaulters will have questions regarding practice, competition, etc. It is best to address these early to avoid frustration and any misunderstanding. There are several places that questions can be directed to find the best answer. At the bottom of this sheet is a list of contacts who should be able to answer most questions.
- **Parent Concerns:** It is our goal to keep team morale high. If your concern is of a more serious nature, it is best to alert the board of the issue so we can solve it in a timely manner. Please fill out a "Parent Concern" form located in the parent folder in the mudroom. The board will address these concerns and find a way to best solve the matter in question.

There are many ways to keep in touch and stay informed with the latest information for Complete Equestrian Vaulters

- **"The Barn at CEV" on Facebook** : Many announcements and pictures are posted here
- ce-vaulters@googlegroups.com : Group email to reach all members of CEV.
- cevaulters@gmail.com : Email to CEV to reach coaches and the board.
- **GroupMe:** Communication App to receive announcements via your mobile device

Contacts

All general questions:

Head Coach Nicole Rau; equichance@gmail.com ; 970-213-0759

Competition Entries

Becca Barlow; rebeccajordan21@yahoo.com ; 970-388-8592

Board President, Scholarship

Katie Howie; khow1983@gmail.com ; 970-556-3090

Board Treasurer

Amanda Haun; amanda@dhaun.com ; 970-581-5820

Websites

Complete EquestrianVaultersWebsite:<https://www.cevaulters.org/>

American Vaulting Association Website: <https://www.americanvaulting.org/>