



STONEHILL SPIRIT

Lunging and Vaulting Clinic

For the horse, the rider and the vaulter

Hosted by A Vaulting Connection

Stonehill Stable, 5770 Alaska Ave. SE, Alto, MI 49302

October 10 –12, 2008

Friday Sessions, including the Horse Games Fun Show, run from 2 – 9 PM.

Saturday Sessions run from 9 – 5 PM

Evening Social on Saturday Night 6:30 – 9:30PM

Sunday Sessions run from 9 – 4 PM

Lunging: Riding with Remote Control Vaulting: Not Just Tricks on a Horse

The Rider / The Vaulter - (Main Clinician: Hannah Horsmon and others)

- Seat Exercise for the Rider on the Lunge Line
- Fall Training
- Stretching and Strength Training
- Conditioning to Prevent Injuries
- Proper technique of moves

Hannah Horsmon is an active Gold Level vaulter *ranked 15th nationally*. Taking every opportunity to learn, Hannah has worked with some of the best coaches in the world.

The Horse – (Main Clinician: Petra Kirchner and others)

- Exercising the Horse on the Lunge Line, “Riding with remote control”
- Correcting Horses with Problems on the Lunge Line and Under saddle
- Advanced Horse Training on the Lunge Line
- Lunging Technique With and Without horse; How to Handle Equipment

Petra Kirchner is a *world championship lunger* and has 20 years experience in being a clinician in Germany and Switzerland. She currently coaches an A-team (Gold Level) and trains young horses.

For more information on fees and registration, call Karin Schmidt at Stonehill Stable 869-6692 or contact her at wkschmidt5@att.net.