

Cedar Lodge Vaulting Clinics

Dear Parents and vaulters, Cedar Lodge vaulting clinics are geared towards the serious vaulter. Vaulting will be the primary or only activity that you will be doing during your stay. The time will be spent working out routines that could be used in competition and refining the compulsories. If you are not a die hard, do or die vaulter, these weekends may not be for you. Beginner vaulters are welcome with the understanding that they are motivated to work hard on improving.

I will be attending _____ Vaulting Clinic

I will be arriving on _____ at approximately _____

I will need someone to pick me up at _____

Prices: 155.00 Space is limited. First come first served.

Contact: Cedar Lodge: 269-674-8071 campcedarlodge@gmail.com

Price covers: Food, Housing, Friday evening segment, three hour morning segment (9:00-12:00) and a three hour afternoon segment (2:00-5:00) on Saturday, an evening conditioning/stretching segment and 9:00-12:00 segment on Sunday. For those that are interested riding, we will offer a free ride (not instructional, but supervised) for Saturday afternoon from 5:00-6:00, at no additional cost.

Those that are interested should contact ASAP so that we can make plans for housing and food. Those that need pick up at a train in Bangor for Chicago or Kalamazoo, please let us know well in advance so that we can make arrangements. Also, if you are interested in knowing who else is coming from your area, please e-mail or call me closer to the date and hopefully I will be able to give you a list of parents that may be interested in car pooling.

Clothing requirements:

Please keep in mind that these clothes requirements will hold for all fall, winter and spring clinics and pack according to the season that you choose to participate in.

Shoes: Tennis shoes will not work well for what we will be having you do on the barrel and moving horse. If you plan on vaulting often, we suggest you get vaulting competition shoes for around 35.00 from Pegasus Vaulting supplies. Their web site is: <http://www.pysupply.net/vaultingshoes.html>. The cost without shipping is 24.00. Please contact them if you have question about size. Other ballet or dance shoes from Capezio's or similar types will also work.

Pants: Cotton, flesh and many materials cause unneeded friction when you are trying to move your legs on the barrel and horse. Running tights/pants (black only if you are now purchasing) or any type of an athletic polyester/nylon blend, tight fitting (so they won't bunch or ride up) with some spandex in them should work best. Additionally, a pair of loose fitting sweat pants or snow pants to slip on and off (without taking off your shoes) will be good in-between your practice times to keep you warm, weather dictated.

Shirt: A sports bra or sports top with several close fitting layers over. Bulky sweatshirts and sweaters will have to be removed when working on barrel and horse, as they are clumber some and a coach cannot look at the contours of your arms and back if they cannot seem them. Additionally, they should not drop much below your waist and certainly should not cover your hips. Again, warm jacket to slip on over clothes in between work outs. 100 weight polyester, or smart wool sport type tops are light weight and layer well under a down or parka type jacket for warm and wind resistance.

Gloves: No mittens, gloves only. No ski gloves. Something that you can grip handles with and has a good amount of dexterity, if you can ride in it well, you can vault in it. Again, when we get into very cold weather, you may find a pair of liners with a thick pair of gloves or mittens while waiting, a good choice.

Hair: If it is longer than you shoulders, you need to tie it up. **Hats:** Since vaulting cannot be done with a helmet, either a close fitting winter beanie hat, or head band would be advisable. It will do a lot to keep you warm.

Camp Cedar Lodge, Cedar Lodge Stables and The Land Company Release and Waiver

I forever release and discharge Camp Cedar Lodge, Cedar Lodge Stables, The Land Company, all their employees, all their agents, all their members and managers, and the staff and teachers of this Summer Camp, Year around facility and Stables for any liability that may occur during my as an adult, or my child's visit/stay. This release is in addition to any other release, including any horseback riding release, and shall not be construed to narrow or restrict any such other release. I understand that any minors with our group while visiting camp or stable will be the responsibility of our group. I also understand that if my child while taking lessons, visiting the barn or on the grounds is solely still my responsibility. Lastly, I understand that I am totally responsible for any risk I as an adult take or decisions I make while on this facility.

Minor's name: _____

Parents Signature: _____ Date: _____

OR

Adult's name: _____ Date: _____

Adult Participant Signature: _____

-I AGREE in consideration for my or my child's participation of all Equestrian related activities to the following:
-I AGREE that that I or my child is participating voluntarily with either our horse or a horse provided to us by Cedar Lodge Stables. I am fully aware and acknowledge that horse sports involve inherent dangerous risks of accident, loss, and serious bodily injury.
-I AGREE to release Camp Cedar Lodge, Cedar Lodge Stables, and The Land Company from all claims for money damages.
-I AGREE to pay any losses, damages, or costs incurred and to hold Camp Cedar Lodge, Cedar Lodge Stables and The Land Company harmless with respect to claims for harm to me, my child, our horse(s), or equipment.
-I understand about protective equipment, and I understand that I and my child is entitled to wear protective equipment without penalty, and I acknowledge that Camp Cedar Lodge and Cedar Lodge Stables requires us to do so, while WARNING that no protective equipment can guard against all injuries.
- I am either an adult or a parent or guardian of a minor equestrian and I consent to either my or the child's participation and AGREE to all of the provisions and AGREE to assume all of the obligations of this Release on my or my Child's behalf.
-I AGREE that Camp Cedar Lodge, Cedar Lodge Stables and The Land Company as used above includes all of their officials, officers, directors, employees, agents, personnel, volunteers and affiliated organizations.
BY SIGNING BELOW I further AGREE to be bound by all applicable Camp Cedar Lodge, Cedar Lodge Stables and The Land Company rules, terms and provisions of their organization. Please Note: 1994 Public Act House Bill No. 5004 WARNING: **Under the Michigan Equine Activity Liability Act, an Equine professional is not liable for an injury to or the death of a participant in an equine activity resulting from an inherent risk of the equine activity.**

Parent/Guardian Signature: _____

Print Parent/Guardian Name: _____

Adult Participant Signature: _____