



Mile High Vaulters

Competition Info & Frequently Asked Questions

Competitions can be a fun part of being a vaulter and help to build team camaraderie and give concrete goals for the vaulters with feedback from judges. Mile High Vaulters (MHV) is a very supportive group at competitions but rely on everyone pitching in to help the team (see volunteer information below).

This is our first vaulting competition, how do we enter and in which classes?

Individual Classes:

Most vaulters will always enter one individual “on horse” vaulting class based on the level. Check with the coaching staff to determine the appropriate level & see your AVA Rule book which is updated yearly for more details. The levels are as follows:

- **Tiny Tot:** For vaulters 6 years and under at the walk
- **Walk:** Good intro for new vaulters, depending on their comfort level. Requires an assisted mount.
- **Novice/Preliminary Trot:** Frequently the first level for new vaulters. Requires an assisted mount.
- **D Individual:** D Compulsories (left only) and a freestyle. Requires an assisted mount and can be at any gait for the horse (walk, trot, canter)
- **Preliminary Canter:** Competes with 1* compulsories (left) and a freestyle. Requires an assisted mount
- **Trot:** This is the first “AVA-recognized level” (see Recognition Levels below)
- **Copper:** First Canter level. Competes with the 1* compulsories (same as trot levels)
- **Bronze:** Canter level that competes with 1* compulsories (left & right) and a freestyle
- **Silver:** Canter level that competes with 2* compulsories (left & right) and a freestyle
- **Young Vaulter/Gold:** Competes three rounds, using the 2* compulsories (left only), a freestyle and a modified tech test
- **3* Individual:** Highest vaulting level; Competes three rounds, using the 3* compulsories (left only), a freestyle and a modified tech test

“Goes” or “Rounds” are the number of times the vaulter will enter the arena for the class and compete.

- Tiny Tot, Walk, all Trot and Copper Levels compete two goes:
 - **Compulsories** - Set of standard moves done in a specific sequence
 - **Freestyle** - Choreographed to music of the vaulter’s choice
- The two goes (compulsory and freestyle) are done at different times either a few hours apart or possibly on different days.
- To receive an overall score, they need to compete in both compulsory & freestyle rounds, and the scores will be averaged for their overall score.
- Bronze through 3* have additional “rounds” (Up to 3 altogether).

In addition to the basic level class consisting of their compulsories and freestyle on the horse, the vaulter may choose to do the additional classes:

Barrel Classes:

- Individual Barrel Freestyle - May be the same routine or different from the horse freestyle and is choreographed to music.

- Pairs or “Doubles” Barrel. (1 ½ minutes in length). Choreographed to music. At Nationals additional barrel classes are sometimes offered, allowing vaulters to also compete compulsories on the barrel.

Pairs on Horse (or “Pas de Deux” or “PDD”): These take extra practice time, so talk to your coach in advance, and plan to attend the special pairs practice.

Teams:

Vaulters are invited to be on a team based on current team composition. Vaulters must be available to attend their team practice times and additional practices as scheduled.

- **2-Phase Teams** – a good introductory team. Four members compete compulsories on the horse and a freestyle on the barrel.
- **D Team** - Four to six members at Walk, Trot or Canter level that compete D compulsories & a freestyle on the horse.
- **Trot Team** - Six members that compete 1* compulsories & a freestyle on the horse at a trot.
- **A, B and C Teams** – Six-member teams that compete compulsories and a freestyle on the horse, with the A Team having the highest level of difficulty.

All teams may have one alternate that will compete in the compulsory round and learns the freestyle & will compete in the freestyle if needed.

How and when do I enter a competition?

Entry information will be sent out two to three weeks before entries are due by the Volunteer Registration Manager. Entries are always due about one month in advance. Deadlines are firm and vaulters are not allowed to register for a competition after the close of entry deadline. Deadlines are listed on the “Prize List” but please know that internal deadlines will be provided to you by the Volunteer Registration Manager in order to give the Manager time to get all the entries input into the system before the competition deadline.

You will be asked to complete an MHV Entry Form in conjunction with your coach. This form will be e-mailed to the club by the Volunteer Registration Manager along with all of the pertinent information for the competition.

- All of the entry choices should be made in conjunction with the coaching staff. Check when the entry information comes out to find out what is the appropriate vaulting level if this is your first competition. Vaulters move up through the levels as they achieve higher scores.
- Questions about entries can be emailed to Allison Mitchell at mitchellanya@aol.com or to Jodi Rinard at chestnutvaulter@yahoo.com. The Volunteer Registration Manager will input entries into the web-based entry system, and Jodi/Allison will verify information.

What are the Fees for the Competitions?

Vaulter Fees: Most competitions have a “flat” fee for vaulters of \$50 and up based on the recognition level. Some competitions, such as Nationals, also charge per class on top of the flat vaulter fee.

- **“Fun Fest”** entries are usually the lowest level (i.e. Tiny Tot, Walk, Novice/Preliminary Trot, D classes, preliminary canter). As soon as a vaulter is doing even one class that is at the “AVA” level, they must pay the flat AVA-level fee instead, such as those competing on the Trot Team.
- **AVA Level Vaulters** pay the “AVA-Level” flat fee for all classes. (i.e. trot, copper, trot team, 2-phase team)
- **USEF Level Vaulters** (Individuals Bronze Level and up, all Canter Teams & Canter Pairs) pay the USEF

level fee.

AVA Fee/Regional Fees: At AVA competitions there are additional fees that go to these organizations. AVA and USEF “Non-member” fees (also sometimes called single event memberships). See below for information on the affiliated organizations and membership requirements. If the vaulter is not a member by the date the entries are due, then a “non-member” fee must be paid.

Mile High Vaulters Horse Fees: MHV vaulters pay a Horse Fee to cover horse stalls, bedding, gas to travel to the competition and hotel rooms for the coaches which can run from \$50 for local to \$500 for Int’l Level. The Horse Fee is based on distance to the event and number of vaulters going. This information will be included in the entry information when it is emailed. Those who join the Mile High Vaulters non-profit club (currently a \$50 yearly membership per family) receive discounted horse fees.

Medal Fees: Vaulters can do medal tests at competitions when they are ready and have confirmed with their coach. This will be after they have competed for a time and are achieving a certain score level. There are additional fees for medal tests and an earlier deadline of 30 days prior to the event.

Clinic Fees: Occasionally there are clinic opportunities and these may include a separate fee to participate. This is optional, but can be very helpful as sometimes the clinic is run by one of the judges.

How do we pay?

After you fill out your MHV Entry Form, you will receive a payment sheet from the Volunteer Registration Manager & you will write a check to “Mile High Vaulters” for the total amount of the competition fees (entry, AVA/regional, horse, etc.) and put in the box at the barn or make arrangements to pay by Venmo or PayPal. No entries will be entered in the AVA Entry System without payment having been made.

What are Release/Waiver forms?

For each competition there will be one or more liability release forms, sometimes called “waivers”.

- The Releases/Waivers will also be available on the Compweb website, in the same place where the Prize List and Orders of Go are found. You will normally receive any release/waiver forms to be filled out electronically by email from the Volunteer Registration Manager.
- You may also be asked to complete a “roster” waiver that coaches will have in the barn when entries are due. If you are the parent of a minor be sure to come into the barn to sign the waivers if indicated by the Volunteer Registration Manager.

ASSOCIATIONS (AVA/USEF/FEI) LEVELS

What do these letters (AVA, USEF, FEI, CEI) mean in regards to competition recognition levels?

Vaulting competitions can be recognized by several different layers of official organizations, and depending on the level (local, regional, national, international) of recognition a particular event has will determine the fee structure. Here is the 2-minute overview:

Non-Recognized Events: A club may put on a competition as a local “fun” event only, and not be recognized by any affiliated organization this includes Tiny Tot, Walk, D Individual, Novice/Preliminary Trot, Preliminary Canter, D Team, Barrel Classes, any other additional classes offered)

American Vaulting Association (AVA): Most vaulting competitions will be recognized by the AVA at a minimum meaning that the standings and scores count toward year-end awards. There are some classes that, even though held in affiliation with the AVA recognized event, are not actually “AVA recognized” classes. They are usually termed “Fun Fest” classes and includes Trot, Copper, Trot PDD (Pas de Deux or Pairs), 1* Preliminary PDD, all 2-Phase Teams.

How do we join the American Vaulting Association (AVA)? It is easiest to join (or renew) via their website

- Go to: <https://www.americanvaulting.org/joinus.php>
- Select “Individual and Family Membership” (“New” if you are new). When asked to indicate the club name = “Mile High Vaulters”
- Youth/adult memberships are \$65 for the year. If you have more than two members in your family joining, it is more economical to join as a “family” membership for \$125.
- You must join the AVA BEFORE THE CLOSE OF ENTRIES for a competition to avoid having to pay the AVA Non-Member fee of \$25 per competition.

United States Equestrian Federation (USEF): Some vaulting competitions will also be USEF recognized which recognizes higher level vaulting classes; the AVA is an affiliate of USEF. Vaulters who vault at the USEF-levels must either have a USEF membership for \$80 a year or pay the \$45 Single Event Membership (i.e. “non-member fee”). Levels competing at the USEF level include Bronze, Silver, Young Adult/Gold, 3*, 2* PDD, 3* Open PDD, C, B & A Teams. To join USEF – Go to USEF website <https://www.usef.org/>

Federation Equestrian International (FEI): These will be international events, although many are also held in the United States. FEI (Federation Equestrian International) level competitions are for canter vaulters 12 years old & older (squad members may be younger). Vaulters must register with FEI through the USEF website to be eligible to compete at FEI competitions.

MUSIC, PRIZE LIST & ORDER OF GO

What are the music file needs?

- **Compulsory Music:** This is the same for all vaulters in a single level on an MHV horse. Most often the music is selected by the coach/lunger.
- **Freestyle Music:** Each vaulter should have their own Freestyle music. The music should be in an **.mp3** digital file. The horse freestyles are 1 minute, and the music should be at least 1:25 or 1:30 in length.
- **Team Music:** Will be submitted by the coach
- **Other Music:** Don’t forget if you are doing a barrel, a pair, or something else, to send those music files, too, in **.mp3** digital file format.
- **Barrel Freestyle:** Also 1:00 minute (file should be 1:30) in **.mp3** digital file format
 - Pairs – Trot and Prelim level are 1:30 (files should be about 2:00). in **.mp3** digital file format

The Volunteer Music Coordinator will send out communication on due dates for music to be submitted and procedures for submission. Music is usually due about 3 weeks prior to an event.

What exactly is the Prize List?

The “Prize List” is the official event notice and contains all required information as stipulated by the recognizing organizations. The name comes from a time when horse shows all had specific prizes affiliated with the events and therefore this was the official notification of what “prizes” were available.

Where do I find the Competition Schedule, Order of Go and Prize List?

The Volunteer Registration Manager usually emails the detailed event schedule called the “Order of Go” (OOG) when it is first released, and you will be asked to check your entry for accuracy. You can also find the OOG on the AVA’s competition website. Find the OOG and Prize List as follows:

- Go to the website at: <http://vaulting.swcp.com/>
- Scroll down the page to the list of competitions, and click on the competition name.
- The Prize List is accessed through the lower right orange box. Click on the “Prize List Files” Link. The Prize List has the list of classes and some general information.
- The OOG will often be listed for each day individually, and sometimes listed as two different arenas (i.e. “Saturday red arena “or “Sunday blue arena”)
- Note that for a “class” such as “Trot Compulsories,” there will be a horse/lunger/club listed, and then a list of vaulters under that combination. This means that all of those vaulters will “run out” together with the horse and lunger.
- The times listed for the OOG will change the day of competition as last-minute changes are made and the real schedule may run ahead or behind by up to 60 minutes or even more, so give your family plenty of time planned on either end of the actual schedule.

PARENT & VAULTER REQUIREMENTS AT COMPETITION

What are the Volunteer Requirements for the Competition?

All clubs are required to provide as many volunteer shifts as they have vaulting competitors, and sometimes more, to help run the competition. When a vaulter’s parent is also a lunger or coach, then there are often additional shifts that must be covered. These jobs are signed up for in advance.

How do you sign up for Competition Volunteer Positions?

- After the close of entries the Volunteer Registration Manager will send an email with the link to sign up for volunteer jobs.
- Most jobs are half day - either morning or afternoon. Afternoon jobs last until the end of the competition that day, generally, which may be more or less than 4 hours.
- Also, please know that if your child has a go during your volunteer shift, you may leave your volunteer post to watch them perform and then return to your post. (There may be a few exceptions to this rule, depending on what your job is)
- If you need help knowing what job to sign up for, check with your vaulter’s coach.
- Some jobs require experience such as Scoring, Music, Announcing, Gatekeeper, etc. You can gain experience by shadowing a volunteer working these jobs at a competition, and periodically they will have training sessions for some of these positions before or during competitions.

What Help is needed for MHV Club at Competitions?

In addition to working shifts for the competition management, parents (grandparents, friends, guardians) as well as the vaulters are also needed to help with various aspects of the team. Depending on the parent’s and vaulter’s own skills and talents, the club needs help with many different aspects of preparation. We appreciate parents being available when possible to help with chore supervision, especially if you have a new or young vaulter. There will also be a sign-up for chores that will need to be done when we have a competition at our home barn.

What are Expectations of Vaulters?

- **Pre-Competition:** Vaulters are expected to help with at least a couple of the following chores to prepare before the competition including: clean tack, bathe horses, load the trailer prior to departure, and load last-minute supplies and horses on day of departure.
- **During Competition:** Vaulters are expected to care for the horses and keep the barn area clean at the competition. A chore chart with detailed jobs will be sent out by the coaches and may be in the form of a sign-up link from the coaches.
- **Post Competition:** Vaulters must also help load up at the end of the competition. Of course there may be specific conflicts with school commitments, etc., that prevent individual vaulters from helping at a particular time. That's ok, just communicate that to your coach and try to help when and where you can as much as possible. It takes a lot of help to get a barn full of horses transported to a competition and take care of them while there!

What are some of the Specific Tasks Needed?

At the Competition Grounds – Pre-Competition Jobs:

- Setting up the tack and stall area when we first arrive at show grounds
- Settling horses in their stalls – adding shavings to stalls, filling water buckets.
- Writing competition schedule on MHV “White Board” with times Listed
- Braiding horses
- Finish washing horses or spot wash as necessary

During Competition Jobs:

- Mucking stalls
- Feeding morning and night
- Sweeping aisles
- Making sure that horses are spot washed as needed and that braids are fixed if needed.

At the End of a Competition:

- Usually while the last horse or two are carrying their last rounds, or if the end of the competition are barrel rounds, those vaulters not vaulting are expected to start tearing down the tack room, load the trailer and clean out the stalls according to instructions.
- Vaulters should plan, when possible, to stay to the very end of competition to help with these important tasks, even if their rounds are over earlier.

What are Parent Friendly Jobs?

Again, supervision and help is always appreciated

- Braiding horses or Assisting with horse braiding (ie. Holding horses). For parents without horse braiding experience (we can train!)
- Braiding vaulter hair with French braids in various styles. “Teams” must have the same hairstyles. Braiding is usually started in the morning each day of competition.
- Tracking the OOG with times of the events, staying up on when competition is running ahead or behind schedule and writing on a White Board OOG and times.
 - Letting competitors know when they should get ready (60 minute warning, 30 minute warning). Helping kids put on unitards, find armbands & shoes
 - Sending kids out to get warm-up rounds when it is warm-up time.
- Helping vaulters with Costume changes because sometimes there is little time between goes, and the

vaulters may need help changing quickly. Parents can help with this activity!

When should vaulters and horses be ready?

- **Two hours prior to first go please arrive at the Event Grounds**
 - If the first go is in the afternoon, vaulters should arrive even earlier than two hours in advance so you can help the other vaulters and assist with horses as needed.
- **One hour prior to first go:** Horses should be groomed and fully tacked with show tack.
 - Lungers and assistant coaches will be available to direct tacking of horses in the morning. Tacking and grooming will take at least 15-20 minutes, so start this with time to spare.
 - Older, experienced vaulters should tack their own horses.
 - Horses will go to the arena for warm-up as directed by their Lunger and Coaches.
 - Vaulter's hair should be ready and unitard should be on.
- Teams will have a designated hair style. Those with braiding skills should help braid hair if available. The braiding will start two hours prior to Team Goes (when vaulters first arrive). While some vaulters have their hair done, others tack the horses.
- **20-30 minutes Prior:** Vaulters should meet up with their horse in the arena, about 30 minutes in advance. Warm-up goes will happen about 20 minutes prior to the go, but sometimes earlier warm-up is allowed.

How does warm-up work at the events?

- For multi-day events out of town, the horses will be warmed up so that they get used to the new arena on Friday evening. There may be a chance for vaulters to get warm up rounds on the horse that evening, so stick around and help if possible.
- At most events there are only two or maybe three warm-up circles available. These warm-up circles are allocated to the horses who are next on the schedule and managed by the gate person who makes sure that everyone is ready to go.
- Once the competition starts, vaulters will usually get at least one warm-up go on their horse prior to entering the arena. This warm-up usually happens in the 30 minutes prior to the competition round. The warm-up is not a full round – just a few moves to warm up. There may also be vaulters from other clubs who are borrowing MHV horses. They will usually get more warm-up time than MHV vaulters because they need to get used to the horse.

What are the Expectations for the Awards Ceremonies?

Awards are held at the end of the day for all classes that have fully completed (all rounds are complete). Listen for information on timing and location of awards because sometimes awards from Day One may be incorporated into Day Two awards.

- Vaulters are expected to stay for awards!
- Vaulters should wear the appropriate MHV-designated attire for awards. Coaches will let their vaulters know what that attire is, but it typically will consist of a green collared MHV shirt and/or Track Jacket with beige/khaki pants or shorts/skirt. (Sometimes attire may change due to the vaulter's level or a team they are on, in which a coach will inform the vaulter/team of requirements)
- All MHV vaulters should sit together and cheer each other on.

WHAT DO YOU NEED TO ACQUIRE BEFORE THE COMPETITION?

Unitards/Costumes

Compulsories Unitards:

- If a vaulter is on a team working towards nationals, they need to purchase the MHV official unitard. Any vaulter may purchase the MHV official unitard.
- The other MHV Compulsory unitards will be available to “rent” for the season. The MHV non-profit club handles all unitard rentals, and arrangements should be made at the time you enter the first competition of the season.
- Alternatively (especially for Tiny Tots and new younger vaulters) a plain long sleeved leotard with matching plain leggings can work to get going.

Freestyle Unitards: May be a little fancier than the compulsory unitards and will be used on both the horse and barrel freestyle routines.

For new vaulters –

- There are some loaner unitards and leotards available to borrow. These should be acquired from the tubs where they are stored prior to the competition.
- A long sleeved (or short sleeved) leotard – such as for gymnastics, with long matching color leggings can work for younger, newer vaulters.
- Vaulters who have been vaulting for several years may have freestyle unitards for sale or “rent” – so ask around.

When you are ready for a custom or semi-custom freestyle unitard, there are several options -

- At larger competitions there are sometimes unitards for sale (such as at nationals) from vendors “off the rack.”
- KFS Designs (Kathy Schimack from Fort Collins) designs and creates amazing unitards. Order well in advance since she is busy! Contact her at kfs@rockinranch.com. Kathy also sells previously worn unitards at a great budget price!
- GrettaWear – they have some ready-made ready to ship (mostly in adult sizes) and also custom unitards: <http://www.grettawear.com/custom-equestrian-vaulting/>
- Snowflake Designs makes vaulting unitards based on any of the numerous styles of their gymnastics unitards for relatively decent prices. <http://www.snowflakedesigns.com/>
- Dance Wear Solutions: <http://www.dancewearsolutions.com/>
- Ervy <http://www.ervy.de/USA.aspx>

Pairs: Generally the pairs should try to match costumes to some degree. Looking at photos is probably the best way to get ideas.

Team Uniforms: If you are on a team, the team will all wear matching unitards, and this will be discussed in advance.

Shoes

Vaulting shoes are available through Pegasus Vaulting Supply <http://www.pvsupply.net/shoes.html>. Please be sure to order well in advance to receive your shoes in time. Sizes are European – there is a size chart on the website.

- The cost is approximately \$40 for the basic rubber sole shoe and \$50 for the split sole leather sole. The Split sole lasts longer, so if you plan on using them longer than a year (foot isn't growing as much) – then the extra \$10 is worth it. The rubber sole shoes seemed to last about one year before wearing out.

- If you can't quite invest in regular vaulting shoes yet, we found that black water shoes work ok (at least for practice – although they are a little bulkier once you get to competition stage), or there are dance shoes called “agility gym” or “split sole gym” shoes that are similar to vaulting shoes, and cost around \$20-\$30 online (see Discount Dance Supply for instance). In the long run, \$40-\$50 for vaulting shoes is worth it.

Armbands

Once a vaulter joins AVA, you will be issued a permanent member number that will also become your Arm Band number used in competitions. There are many ways to make an armband. One easy way is as follows:

- Create a 3” band with either elastic or fabric. If you sew Velcro on the ends, then there is some adjustment which is advantageous!
- Put the AVA number on the armband so that all three letters/numbers are visible on the outside. You can buy 2” tall premade letters/numbers at stores like Joann's.
- You can put the number on a fabric band that goes around the elastic or the other band so that you just have to make new arm bands but keep the number piece (see versions in the MHV “number bag” at the barn.)
- Black numbers on white bands are best for visibility, or they can be reversed.
- You may also purchase embroidered #s for arm bands through our spirit wear site, www.threads-of-inspiration.com.

MHV logo wear & Track Suits

Many items with our MHV Logo are available on our spirit wear site by going to the Mile High Vaulters section on www.threads-of-inspiration.com.

- Coaches will inform you what the required attire is for the Awards ceremony, but typically MHV vaulters are asked to wear the following:
 - Green MHV Polo (collared shirt) or MHV Track Jacket
 - Beige/Khaki pants or shorts/skirt (again, occasionally this will change at coach's discretion per a vaulter's level or team they are on)
- In the morning it is often chilly, no matter what time of the year; therefore, most vaulters will wear track suits or sweats over their unitards. Also, once the unitards are put on, it is best to keep them covered so that the white doesn't get dirty (especially true for the younger vaulters!).
- MHV green track jackets with the vaulter's name are available as are matching track pants. These are not required, but are a nice addition.
- Watch your email for order information sent out periodically from our Volunteer Spirit Wear Coordinator.

What Else Do We Need to Bring?

Hair Bag (not as important for those with really short hair!)

- Hair brush (labeled so that it is not shared).
- Hair elastics & mini rubber bands (lots of them, they seem to disappear).
- Bobby pins, twist bun pins
- Lots of hair spray
- Glitter spray is a popular item.
- Accessories – small and close to the head such as rhinestones, small flower barrettes, scrunchies, etc.
- Bun makers, depending on hair styles.

Food/Drinks

- Shareable snacks are always a good idea but try to bring healthy/high protein snacks such as clementines, apple slices, nuts, granola bars, etc.
- Sometimes there is a concession stand or food trucks at the events which are often fundraisers for one of the clubs but if there isn't, plan on packing a lunch or seeing if there is a restaurant close-by.
- Bring your own water bottle and fill with water or add some gatorade/powerade if the weather is hot. Usually the club also has jugs of water/gatorade to fill water bottles up during the day.

Duffle Bag with Unitards/Costumes

- Vaulting shoes, arm bands, MHV tracksuit, a jacket/sweatshirt to cover up with (dress in layers), extra socks, muck boots, tennis shoes for between goes, face masks, hand sanitizer.
- MHV awards attire per coach (Usually a green MHV polo shirt and beige/khaki pants, shorts/skirt)
- We will generally have optional club themed days at competitions. A schedule will be sent out prior to the competition indicating what theme will be for each day. These are generally like Team Dancy (pink or gray shirt) or Nationals T-shirt (coral shirt), MHV T-Shirt, etc. Again, this is just for fun & not required.
- MHV Duffle bags may be ordered in advance from the spirit wear site with the vaulter's name embroidered. These are very nice!
- Please make sure you label your items and teach your vaulter to always keep their items in their bags. Things get easily misplaced at a competition.

Band-aids

(I think I've needed them at every event so far...) There are some in the equipment that MHV brings, but it's good to have your own supply too!

For Overnight/Out-of-Town Events

When staying at a hotel, bring all the "regular" stuff for an overnight stay plus swimsuits. The vaulters love to get together with their teammates for a swim and dinner (club outing, on your own, order in, pick up, pizza). I am not sure how we find the time, but somehow we manage to make it work. It is important, after all, to have fun too.

SCHEDULE & COMMUNICATION

Competition Schedule/Events

All Competitions are not required to attend and the club will decide which competitions they are going to as a club or as a team/pair if your vaulter is on a team or PDD. Here are some typical events that the club attends each year.

- AVA Symposium is a three day training clinic in Las Vegas in March.
- MHV Wintergreen Competition held at the barn in Fort Lupton in April.
- Rocky Mountain Cup/Heart of the Rockies Competition held in Loveland in June.
- Oktoberfest Competition held in Castle Rock in October.
- Non-competitive & fun Holiday Recital held at the barn in Fort Lupton in December.
- Other competitions may take place in the AVA Region IV, out of region, and also National competitions in other states such as UT, NM, CA & more.

Communication

Follow Mile High Vaulters on various platforms to get information on upcoming events and to share with friends and family.

- Private Email Communication: mhv-members@googlegroups.com
- Private Facebook Page: MHV Team
- Public Facebook & Instagram Pages: Mile High Vaulters
- Public Website: <https://milehighvaulters.org/>

Fundraising

The MHV Non-profit is a separate non-profit organization whose mission is to promote vaulting and to put on events for the club. You can easily support the club by participating in these fundraisers and also earn money for your vaulter's fees for vaulting competitions and clinics.

- AmazonSmiles & King Soopers Grocery Cards: Select Mile High Vaulters as the Charity
- SCRIP/RaiseRight App gives money back to the vaulter and the club with the purchase of gift cards for places that you shop/eat at every day
- Purchase Peaches/Apples/Pears in late summer/early fall
- Purchase Holiday Wreaths, Garland, and other festive items

Happy Vaulting!