

## Mark Your Calendar

- **End of 2019-2020 Season**  
August 29th
- **Beginning of 2020-2021 Season**  
Monday August 31st
- **Labor Day Club Closed**  
Monday September 7th
- **Halloween Fest**  
October 24th

## COVID-19 Response Update

As you know and appreciate COVID-19 continues to make planning anything a moving target. We continue to align with Garrod's operational practices and guidelines. The requirements do change, so plan on adjustments continuing to occur periodically.

**#NOVIRUSCANSTOPUS**

## Virtual Vaulting Competitions

Many of the MEVC vaulters participated in the Virtual Nationals Vaulting Competition. Videos have been submitted and we are waiting for the results. It was exciting for the vaulters to participate in a virtual competition since they need to prepare for it just like any regular competition, but it involves less travel and more planned go times.

## Listen to The Horse Nutrition Podcast: Vaulting, Dancing on Horseback

Olivia Griswold was recently interviewed about vaulting. Check out the podcast. <https://www.horseradionetwork.com/2020/08/05/the-horse-nutrition-podcast-vaulting-dancing-on-horseback/>

*Photo below of Trot Team finishing up their rounds of Compulsories*



*Compulsories in action below*



*Freestyle below*





### **2020-2021 Season is almost here!**

The new season is starting Monday August 31st. Be on the lookout for registration packets. If you have any questions about the new season contact our Vaulting Program Director Fabian Guida [fabianguida@gmail.com](mailto:fabianguida@gmail.com)

### **Halloween Fest: October 24th**

Our annual Garrod "Spring" Classic, September 12th - 13th has been cancelled. Instead we will be hosting an event Saturday October 24th. This event will need to be highly modified to accommodate social distancing requirements. We will decide in September what this competition will look like: in-person, virtual or as a club-only event. We will also be in need of volunteers to make this event successful. Contact Pamela Burke if you have any questions. [peanut\\_burke@yahoo.com](mailto:peanut_burke@yahoo.com)

### **2019-2020 Season Recognition**

Huge thank you to all the coaches, lungers, and staff for making the best out of a very challenging season!

Since we are unable to have an all-club gathering, we decided to post the end of season recognition in this newsletter.

All the vaulters have come a long way despite the COVID challenges and recent fires. Thank you to all the vaulters and families for being flexible and adjusting to

the changing format. We are really looking forward to next season.

"A diamond is merely a lump of coal that did well under pressure" - Henry Kissinger

*Coach Emma sharing her COVID theme T-Shirt with Vinnie*



### **B-Team**

#### **Maddy**

"Unstoppable"

No matter what, she always shows up.

#### **Vidhi**

"Tick-Tock Vaulteer"

Always happy, always shining, never a "Renegade"

#### **Svea**

"Intrepid"

Risking to do everything that the coach asks even when she does not understand why.



## **Katherine Lin**

“Home Jewel”

It’s Katherine!!, It’s our Katherine!! It’s Maroon!! We celebrate her evolution day by day.

## **Kassidy**

“Harmony like a Symphony”

Her moves on the horse are perfectly in resonance with her spirit.

## **Stefano**

“God of Vaulting”

Like God, you can not see him, but he’s always there. Thank you for holding virtually at this difficult time.

## **C-Team**

*C-Team photo below with horse Vinnie and Coach Emma*



## **Ava Haro**

“Busy Bee”

started the season with some skills, and then, like the Busy Bee gathers pollen, she gathered and practiced more and more skills, making her vaulting sweet as honey.

## **Claire Schie**

“The Professor”

Evaluates the challenge, figures out how to fix it and then puts it to work and does it. A+

## **Lisa Paral**

“Surprise!”

She says there are moves she can’t do but when she tries them Surprise! she actually can do them and does them quite well.

## **Emma Persselin**

“The Tortoise and the Hare”

One foot in front of the other, calm and sure and now she is in the lead standing tall and secure.

## **Katherine Burke**

“Climb the Mountain”

She started the year on the ground only and then began putting one foot in front of the other and next thing we know she’s climbing aboard Vinnie at the canter!

## **Mia Renfro**

“The Magician”

Took a lemon of a year last year, worked through it and made this year a bowl of cherries!

## **Riley Alves**

“Peter Pan”

Started the year all alone on the ground and then learned to fly up to the top all in one season!

## **Selma Engstrom**

“The Sprinter”

Started out slow and cautious and is now sprinting across the finish line with a crazy amount of improvement!





## **Trot Team**

*Trot Team photo below with horse Cody and Coach Quinn*



### **Ella**

*“Wordy Birdy”*

Ella has a catchphrase and lingo for every drill, compulsory, and freestyle move that motivates her and the rest of the team!

### **Zoe P.**

*“Miss I Can Do It!”*

Always willing to be the brave one and prove herself through her determination and braveness

### **Zoe C.**

*“Friesian Vaultler”*

Although at times she is mysterious, her vaulting shines through as elegant and beautiful just like a Friesian!

### **Tina**

*“Ms. Doubtfire”*

At practice she doubts herself at first but with effort and determination she proves to be her vaulting is fiery and elegant!

### **Megan**

*“Okay What's Next”*

Disciplined and determined, Megan revolutionizes her talent and love for vaulting every practice, growing her skill within a VERY short amount of time.

### **Kate Higgins**

*“Bendaroo”*

What can't she do? Kate surprises all of us with her mind boggling flexibility – mentally and physically. Whether she folds in half or is up to try a new move, her flexibility is inspiring!

### **Natalie**

*“Cody's Biggest Fan”*

From rallying to buy him a new halter, bringing him treats, and always petting him, Natalie is Cody's number one fan. Her love for her equestrian partner – and human ones too – is very apparent and appreciated!





**Masters**

*Photo below of the adult Masters team with horse Vinnie and Coach Emma*



**Jen Ellington**

“Ms. Butterfly”

Transformed herself through hard work and dedication from beginner to Shining Star!

**Kate Mallison**

“Believe it or Not”

Is hesitant to believe in herself and yet throughout the season has proven that she can do really well whether she believes it or not!

**Lore Hourtellian**

“Tightrope Walker”

“Gutsy” is the word for Lore, always willing to try something, no matter how precarious.

**Louisa Schneider**

“The Cheerleader”

Always supportive of her teammates and her club. Takes new ideas and puts them to work enthusiastically.

**Kudos and Thank You!**

This year we went digital with the thank yous to be COVID compliant! Below are thank yous from the coaches and staff for all the great wishes shared on the Kudo Boards. And big THANK YOU to Ling Zhang, B-Team Parent, for coordinating the Kudo Boards!

**Below is a 'thank you' message, directly from Coach Fabian:**

*MEVC Vaulters:*

*was an amazing/difficult/hard/fun/exited/challenge and FUN season.*

*You made the impossible possible.*

*I cannot wait for the next season.*

*Love you guys!!*

*I'm feeling grateful.*

*Thank you so much*

*Yours*

*Fabian*



**Below is a 'thank you' message,  
directly from Coach Quinn:**

*Thank you so much for all your kind words! I will miss the trotters so much, they always brought so much joy to my life! I can't wait to see where they go in the vaulting career. I am so blessed to have taught them this year. All your words meant so much to me!*

*Best regards,*

*Coach Quinn*

**Below is a 'thank you' message,  
directly from Coach Makayla:**

*Thank you,*

*All of you have brought so much joy into my life and are so much fun to work with. I have loved watching everyone grow as teams pre COVID and individually during COVID. I'm sad to leave but excited for future endeavors. I won't be far away, you will still be seeing me around the barn:)*

**Below is a 'thank you' message,  
directly from Laura:**

*I LOVE it!!! Thank you SO much!!!*

*Best, Laura*

**Below is a 'thank you' message,  
directly from Olivia:**

*Thank you MEVC for the beautiful Kudoboard!*

*I miss seeing you all up at the barn, hope to get back on the horses soon!*

*Let's keep vaulting!!*

*<3 Olivia*

### **Riding Warehouse Discount**

Mt. Eden Vaulting Club is partnered with Riding Warehouse. All orders can receive a 15% discount if you use our club coupon code: **MT EDEN** at checkout. They are located in San Luis Obispo so most items can be received within 1-2 days. <https://www.ridingwarehouse.com/>

