

AVA 2009 Annual Convention begins today in Maryland

Vaulters from around the country will attend educational workshops and clinics this weekend.

February 26, 2009

The American Vaulting Association celebrates the 40th anniversary of its official founding in 2009, and what better place to start the celebration of our history than the 2009 AVA Annual Convention, Feb. 26 thru March 1, in the Washington, D.C. metropolitan area! In addition, one of our earliest clubs, Great Falls Vaulters of Potomac, Maryland, is celebrating its 30th anniversary this year as well, and we're planning a blowout bash for the dual anniversary!

The theme for this year's Convention is Reaching Out, Reaching Up! As we celebrate our first 40 years, the AVA will continue reaching out to the many riding programs that will soon launch their first vaulting programs, and we will continue to reach up as we aim to grow vaulting exponentially in the United States.

Our 2009 Convention includes even more exciting workshops and clinics than ever before: A special full-day workshop (repeated during the Convention) by members of the Pilobolus dance company, who have thrilled millions around the world with their own take on the imaginative and athletic exploration of creative collaboration (brought to the AVA by an extraordinary and anonymous grant). Two special workshops (Balance & Symmetry and Sports Psychology) by the famous equestrian and author Daniel Stewart, who teaches clinics and seminars to thousands of riders each year and is widely considered one of the world's leading authorities on equestrian biomechanics, conditioning and sports psychology. A special business session for coaches by Jane Rohde, who will share her business expertise with clubs and coaches to help better manage and grow their organizations. Special private and semi-private vaulting clinics coached by two of the world's winningest vaulters-- nine-time AVA USEF Women's Gold National Champion and five-time World Vaulting Championship medalist Kerith Lemon and three-time AVA USEF Women's Gold National Champion and 2006 WEG Women's World Vaulting Champion Megan Benjamin.

[View the full schedule for more information.](#)

[Read the top ten reasons to attend the AVA convention.](#)

[Read about last year's World Vaulting Championships.](#)