



Frances Jones

Vaulting Coach



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Address
Hout Bay Riding Centre
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I started vaulting in 2006 at the age of 8 at the Hout Bay Riding Centre as an individual but I have also vaulted in pas-de-deux. I started assisting as a vaulting coach in 2015 and stopped vaulting competitively in 2016. I have competed in several Regional and National Championships and have also competed at a CVI 2* - where I received a Broze.

Experience

2020–current

Athletes' Representative, Western Cape

2019–current

Member of the Western Cape Vaulting Council

2006–2016

Vaulter, Hout Bay Riding Centre
Western Cape, South Africa

2015–2017

Assistant Vaulting Coach, Hout Bay Riding Centre
Western Cape, South Africa

2018–2020

Vaulting Coach, Hout Bay Riding Centre
Western Cape, South Africa

Education

Lunging

2016 – South African Lunging Certificate Level 1
2018 – South African Lunging Certificate Level 2

Coaching

2019 – FEI Vaulting Coach, Level 1, ESEE, South Africa