



# SKILL CLINICS THIS SATURDAY!

The purpose of a skill clinic is to focus on the technique and execution of a single skill. The clinics offered will be coordinated with our gymnastics or tumbling class curriculum. Video taping will be used as a teaching tool during most clinics.

## **Forward Roll Clinic**

Saturday, August, 29<sup>th</sup>

4:00pm-5:00pm

All gymnasts and cheerleaders should learn the proper way to forward roll. The tuck and roll position is used often in our advanced gymnastics class & in combination with advanced tumbling.

## **Cartwheel/Round-off Clinic**

Saturday, August, 29<sup>th</sup>

4:00pm-5:00pm

This clinic will focus on the body positions and coordination skills that are necessary to learn a cartwheel or round-off. The cartwheel is the first upper level skill a gymnast or cheerleader will learn.

## **Slide/Rollover Clinic**

Saturday, August, 29<sup>th</sup>

4:00pm-5:00pm

This clinic will be working specifically on the bars skills we have worked on in gymnastics class. We will work on the proper technique of glides & front tuck rollovers. Glides are building blocks for most upper level bar skills.

## **Back Handspring Clinic**

Saturday, August, 29<sup>th</sup>

5:00pm-7:00pm

Participants of the HOH back handspring clinic should be able to do a perfected round-off. The clinic will focus on the body positions and drills necessary to correctly do a standing & running back handspring.

## **Back Tuck Clinic**

Saturday, August, 29<sup>th</sup>

7:00pm-9:00pm

This clinic is for students who have mastered the back handspring and multiple back handsprings. It will focus on techniques & drills necessary to perform a standing tuck & handspring tuck combinations.

## **Layout & Full Clinic**

Saturday, August, 29<sup>th</sup>

7:00pm-9:00pm

Students who have mastered a round-off back handspring tuck should attend this clinic. This clinic will teach the proper body positions and techniques for a layout and full twisting layout.

## **CLINIC COST**

**1 hour clinics: \$16 for members  
\$19 for non-members**  
**2 hour clinics: \$30 for members  
\$34 for non-members**

I get lots of attention  
with a 4:1 student to  
instructor clinic ratio!

