

2024 Team / Pre-Team Summer Tuesday Clinics

What: Are you ready to take your skills to the next level this summer? Look no further than our Competitive Team Clinics! Don't let the sunny days slip away without sharpening your abilities and getting prepared for the upcoming season. Our clinics are designed to provide you with top-notch coaching and training, ensuring that you step up your game. Don't miss out on this opportunity to enhance your skills and make the most of your summer – sign up now!

Times:

Pre-Team: 11:00am-12:30pm
Copper-Bronze 11:00am-12:30pm
Silver & Above: 12:45pm-2:45pm

Cost:

\$40.00 per day Pre-Team Copper Bronze
\$200.00 Pre-Team Copper Bronze Summer pass (all clinics)
\$45.00 per day Silver & Above
\$230.00 Silver & Above Summer pass (all clinics)

___ June 11th Run & Jump Camp

Front Handspring Vault, Half on - Half Off, Copper, Bronze, Silver Vault. Running Technique & Trampoline Fun.

___ July 9th Comp prep Camp

Lets get ready for the 2024/2025 Season.

Goal Setting, Team Bonding Games. You will be working on the skills you need for the 2024/2025 season.

___ July 16th Putting together a Great Floor Routine, Starting your Beam

Choreography Prep.

Beam Mounts

Specialize Dance Skills, Leaps /Turns, Stretch, Dance Sequences

___ July 23rd Bring it to the next Level

Tumbling Camp with Air-Trak and Trampoline Fun

___ July 30th Tumble to your hearts content

Tumbling Camp showing your Olympic Spirit!

Round Off Back Handspring, Front Handspring, Aerials, Walkovers and more

___ August 6th Kips and Flips

Bar Skills:

Kips, Clear Hip Circle, Cast Handstand, Fly Aways, Pull Overs, Cast Squat Ons and more

Floor Skills:

Front Tuck, Back Tuck, Layouts, Front and Back Handsprings and more!

Gymnasts Name _____

___ Cash ___ Credit ___ Check # _____

Total\$ _____

Early Bird Discount Save \$5.00 per individual clinics if registered by Wednesday June 5th.