

Skill Clinics: Saturday, October 24th

Limited spaces available. Register TODAY!

770-704-1750

Forward/Straddle Roll Clinic

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 our advanced tumbling.

Cartwheel/Round-off Clinic

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.

Bars: Pullover Clinic

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 pullovers.

Back Handspring Clinic

5:00pm-7:00pm

Participants at 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

7:00pm-9:00pm

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

Layout & Full Clinic

7:00pm-9:00pm

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

Prices:

1 hour clinics: \$16 for members

\$19 for non members

2 hour clinics: \$30 for members

\$34 for non members

HOH Clinics
have a 4:1
student to

