



# 2019



## *Back Handspring Clinics*

<b>May 10</b>	<b>5:30-7pm</b>	<b>RC</b>
<b>June 14</b>	<b>2-3:30pm</b>	<b>LVNGSTN</b>
<b>June 20</b>	<b>11:45am-1:15pm</b>	<b>PDC</b>
<b>July 12</b>	<b>11am-12:30pm</b>	<b>RC</b>
<b>July 19</b>	<b>4-5:30pm</b>	<b>LVNGSTN</b>
<b>July 29</b>	<b>12-1:30pm</b>	<b>PDC</b>

**COST: \$35 per gymnast**

**\*Register online at [tntgymnasticswi.com/clinics-events](http://tntgymnasticswi.com/clinics-events)**

\*No refunds for missed clinics. In the event you need to drop the clinic—you must notify manager within 5 days of the clinic to be issued a refund.

The handspring clinic is a great time to focus primarily on the drills and repetitions required to achieve the success of completing a back handspring. Back handsprings are also the gateway skill for gymnasts to be a part of the competition team. The clinic is also for the athlete working to increase strength, flexibility and to learn how to “flip”! Join this clinic for a fun, exciting way to further your child’s gymnastics. Gymnast should be able to do standing back bends and kick-overs by themselves.

