



2019



Back Handspring Clinics

July 29

12-1:30pm

PDC

COST: \$35 per gymnast

***Register online at tntgymnasticswi.com/events-clinics**

*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.

