



Summer Backhandspring Clinics

June - 12 & 26th - July - 10th & 24th - August - 7th & 21st

We'll break down the back handspring and drill each part!

Students will learn:

- The fundamentals of performing a safe back handspring, including the four phases: Entry, Flight, Impact, and Exit.
- Students will do drills for each phase of the back handspring and learn some drills and exercises that can be practiced, safely, at home.
- This clinic will benefit the beginner student who has just started to learn their back handspring, the student who is close, and the student who is already throwing their back handspring.
- Those students who are already throwing their back handspring by themselves will be concentrating on their form and working towards the round-off back handspring connection and round-off, two handsprings.

***Depending on the number of students signed up, students will be broken into groups based on ability.*

COST: \$15.00 current members, \$20.00 non-members (must have waiver signed by parent)

TIME: 12- 1:30pm.



15.

16.
