

## 2017 Achieve Gymnastics Team Clinics

Compulsory Level Gymnasts Clinics		
Thursday	09/07/2017	<b>Bars:</b> Kips & Front Hip Circle/Back Hip Circle Connection // <b>Beam:</b> Cartwheel & Dismounts
Thursday	09/14/2017	<b>Vault:</b> Run & Hurdle // <b>Floor:</b> Front Handspring, Round Off & Back Extension Roll
Thursday	09/21/2017	<b>Bars:</b> Glide Swing, Kip & Dismount // <b>Tramp:</b> Round Off & Back Handspring
Thursday	09/28/2017	<b>Beam:</b> Handstand, 123 Turn & Full Turn // <b>Floor:</b> Round Off & Back Handspring
Thursday	10/05/2017	<b>Bars:</b> Kips, Tap Swing & Squat On // <b>Vault:</b> Blocking Handstand
Thursday	10/12/2017	<b>Tramp:</b> Front Handspring & Back Handspring // <b>Beam:</b> Cartwheels, Jumps & Leaps
Thursday	10/19/2017	<b>Floor:</b> Handstand Pirouettes, Jumps & Front Handspring // <b>Bars:</b> Kips, Front Hips & Dismounts
Thursday	10/26/2017	<b>Vault:</b> Comp 3 & Comp 4 Vault // <b>Beam:</b> Cartwheels, Leaps & Turns

Clinics are from 4:00 - 5:00 pm and cost \$12 each.

You must register for clinics and space is limited. Therefore, we may not be able to accept same day registration.

If you register for a clinic and do not give Achieve Gymnastics a 12 hour notice that your daughter cannot attend you will be charged for the clinic.

To register log into the Customer Portal at, <https://app.jackrabbitclass.com/portal/ppLogin.asp?id=516110>

If this is your first time logging in, enter the email address we have on file and click on the "Forgot your password or Need to get started" link. A password will be sent to your email. Once you are logged into your account on the portal you can either click on the Event Registration tab or select Register for Event on the 'I want to' drop down menu. Click on the Event Calendar and change the calendar to the month of the clinic you want to register in. Click on the clinic(s) you want to register for.