

2018 Achieve Gymnastics Team Clinics

Compulsory Level Gymnasts Clinics		
Thursday	05/03/2018	Floor: Tumble Passes & Connections // Beam: Turns & Cartweels
Thursday	05/10/2018	Vault: Competition Vault // Beam: Routine
Thursday	05/17/2018	Bars: Routine // Floor: Routine
Thursday	05/24/2018	Tramp: Back Handsprings & Front Handsprings // Bars: Connections of skills
Thursday	05/31/2018	Floor: Routine Review // Bars: Routine
Thursday	06/07/2018	Vault: Competition Vault // Beam: Routine
Thursday	06/14/2018	No Clinic
Thursday	06/21/2018	Bars: Kips, Front Hip Circles & Dismount // Tramp: Back Handsprings & Front Handsprings
Thursday	06/28/2018	Bars: Kips, Squat on, Back Hip Circle Connections // Floor: Tumble Pases & Pirouettes
Thursday	07/05/2018	Vault: Over the Table // Beam: Tryout Skills
Thursday	07/12/2018	Bars: Tryout Skills // Floor: Tryout Skills
Thursday	07/19/2018	Tramp: Back Handsprings & Front Handsprings // Beam: Handstands, Full Turns & Cartweels
Thursday	07/26/2018	No Clinic
Thursday	08/02/2018	No Clinic
Thursday	08/09/2018	Bars: Kips, Single Leg Knee Swing & Squat On // Floor: Front Handsprings, Round Offs & Back extension Roll
Thursday	08/16/2018	Vault: Over the table // Beam: Cartwheels & Jumps
Thursday	08/23/2018	Bars: Kips & Tapswings // Tramp: Back Handsprings
Thursday	08/30/2018	Beam: Jumps Full Turns and Dismounts // Floor: Back Handspring, Back Extension Rolls & Handstand Pirouette