

FLIP-FLOP

Shop



Saturdays 12:00 p.m. - 1:00 p.m.

\$15 per child / Ages 6 yrs - 18 yrs

This weekly clinic is perfect for athletes of any skill level who wish to achieve a flip-flop (back-handspring) or simply want to perfect a recently learned flip-flop. Learning the correct technique is critical, as the back-handspring is one of the foundational skills in becoming an advanced tumbler and cheerleader. Many cheer programs also require a flip-flop to make the squad. During the hour, our staff will break down the skill into basic parts and movements involved in the back-handspring through the use of drills and stations. Different spotting techniques will also be utilized with our knowledgeable staff members.

You do not need to be a member of Technique to participate! All participants must have a current registration form signed by a parent or legal guardian on file. Space is limited, so be sure to sign up early!

Call, email, or stop by the front desk to enroll.

BACK TUCK

Clinic

*Now for both
standing & running
tumbling back tucks!*



Tuesdays 8:00 p.m. - 9:00 p.m. * Athletes must have a round-off back-handspring to enroll.

\$15 per child / Ages 9 yrs - 18 yrs (ages 6-8 with staff approval only)

The staff at Technique are excited to offer a special weekly clinic designed to help athletes master both the standing back tuck and round-off or round-off-back handspring-back tuck. The back tuck is an advanced level skill that is very valuable and sought after in junior high and high school cheer as well as in the upper levels of All-Star cheer. Our staff will break the skill down into understandable, achievable stations and drills, as well as spend time developing leg strength and explosive jumping and rebounding techniques. Don't miss this weekly extra opportunity to super-charge your back tuck!

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