

SWING BIG!



Sample Topics: **Note the clinic topics can be combined or expanded upon based on the needs of the gym. This is by no means exhaustive.

1. Leaps all the way up - split leaps to turning tour jetes
2. Working presentation into your workout - how to make more beautiful gymnasts
3. Pirouettes - how to make sure your pirouettes land on top of the bar
4. Kipping - step by step process of developing kips
5. Yurchenkos from the beginning - teaching correct yurchenko techniques from the beginning so you don't have to go back and fix it
6. Beginning bar circles - clear hips, stalders and toe shoots
7. Intro to front tumbling
8. Intro to back tumbling
9. How your beam complex can change your beam workout
10. Effective and efficient conditioning and flexibility
11. Compulsory vault development
12. Developing shapes through circuits, conditioning and side stations
13. Intro to twisting
14. Acro development on beam on beam
15. Developing drills that teach shapes to young gymnasts
16. Rehab, prehab and keeping gymnasts healthy and happy in the gym
17. Bars specific conditioning and shaping
18. Developing beam series and dealing with fear