

KANSAS T&T ASSOCIATION

TUMBLING *Clinic*



Saturday, September 7, 2024

at Solar Athletics

438 SE 61st Street

Topeka, KS 66619

Sessions:

8:30-10:30am - Cheer Tumbling

10:30am-12:30pm - Back Handsprings

1:30-3:30pm - Back Tucks

3:30-5:30pm - Whips & Twists

SEE NEXT PAGE FOR REQUIREMENTS

*Advance your
skills for the
2025 season!*



SCAN TO VIEW ALL 2024 CLINICS
or visit www.tntkansas.org

Clinician: Kindyl Keeton

-Former Level 10 and Junior Elite athlete

-Multiple National Titles & 3rd Place World Championship Title

-20+ years of coaching experience including power tumbling,
trampoline, double mini, dance, and all-star cheer

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TUMBLING

Clinic

Session #1 - Cheer Tumbling: 8:30-10:30am

GOALS: Back Handsprings & Jumps to Back Handspring

REQUIREMENTS: Athlete must be able to perform a round-off, toe touch, and unassisted handstand.

Session #2 - Back Handsprings: 10:30am-12:30pm

GOALS: Back Handsprings & Round-Off Back Handspring

REQUIREMENTS: Athlete must be able to perform a round-off and unassisted handstand.

Session #3 - Back Tucks: 1:30-3:30pm

GOALS: Back Tuck, Back Pike, and Back Straight

REQUIREMENTS: Athlete must be able to perform a back handspring unassisted.

Session #4 - Whips & Twists: 3:30-5:30pm

GOALS: Back Twisting Skills (Back Half & Back Full)

REQUIREMENTS: Athlete must be able to perform a back straight on rod floor unassisted.