

Team Clinic Schedule - Summer 2025

TNT Gymnastics will be holding clinics for 3 weeks this summer for our competition team! These clinics will work at improving fundamental skills for their level, as well as creating a strong baseline to progress to the next level. The clinics will occur the following weeks from **11:00 am - 3:00 pm**:

*** June 9 - June 12 ***

*** July 7 - July 10 ***

*** July 14 - July 18 ***

July 18 will be the final day of our clinics and will consist of a mock competition. Gymnasts must have participated in at least one clinic day for each event in order to participate in the mock competition.

Clinic Breakdown (see schedule below):

Floor: floor lines and basics, tumbling, tumbling drills, dance drills, series work, and upper level progression

Bars: basic shaping, warm up progression, low bar drills, high bar drills, dismount drills, falling drills, and upper level progression

Beam & Vault: beam lines and basics, acro drills, dance drills, falling drills, dismount drills, ballet work, running drills, power drills, vault shaping and basics, and upper level progression

***ALL** clinics will start with a stretch and end with flexibility and strength training. **ALL** clinics will have a 30 minute break for snack/lunch/rest.*

Please bring all snacks, drinks, or lunches with you on clinic days. Breaks will also be provided between clinics and practices.

Mock Competition Breakdown - **July 18, 12:00 pm - 3:00 pm**:

To celebrate and show off their hard earned efforts, all gymnasts who have participated in at least one clinic day for each event can participate in our mock competition. This event will be modeled after a formal competition, with the coaches judging. Gymnasts will all wear one agreed upon leotard and competition style hair. There will be snacks and drinks provided to the gymnasts as a celebration after the competition.

Pricing:

\$20 per clinic day

\$65 for an entire clinic week

\$180 for 3 clinic weeks and free entry into the mock competition

\$10 for entry into the mock competition

***To sign up**, please see the sign-up sheet at the front desk.*

Week	Monday	Tuesday	Wednesday	Thursday	Friday
June 9 - June 12 (11:00 - 3:00)	Floor clinic	Bars clinic	Floor clinic	Beam/Vault Clinic	
July 7 - July 10 (11:00 - 3:00)	Bars clinic	Floor clinic	Beam/Vault Clinic	Bars clinic	
July 14 - July 18 (11:00 - 3:00)	Beam/Vault Clinic	Bars clinic	Beam/Vault Clinic	Floor clinic	Mock Competition

3400 Fairlane Farms Rd. Wellington 33414

561- 383-8681