SPARK ATHLETICS

SPECIALTY SKILLS CLINICS

BACKHANDSPRINGS
11/8/26 – 4–5:30pm

This clinic will focus exclusively on the drills, strength and shaping needed to achieve a backhandspring and round-off handspring! Students registering shouldhave a strong handstand, cartwheel, bridge kickover

SPACE IS LIMITED!
REGISTER TODAY TO GUARANTEE YOUR SPOT!

Just $35/athlete

TRAMPOLINE FLIPPING
11/15/26 – 4–5:30pm

It's all about bouncing and flipping in this 1.5 hour clinic designed to help your athlete learn to flip safetly on the trampoline. Students registering should have Level 1 skills and be ready to learn front/back tucks and more on the trampolines!

Register Today!

Spark Athletics Louisville (J-town)
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