

- ❖ Please read pre-requisites carefully as we want the athlete to be able to work towards mastering their skills in the appropriate clinic so that they can confidently execute those skills when they are evaluated.
- ❖ During the Intermediate & Advanced Tumbling Clinics, athletes must be able to do the pre-requisite skills without assistance, but maybe have not mastered the skill yet. In each session, they will work on mastering the pre-requisite skills as well as working on variations of those skills. An athlete may achieve a new skill in the Intermediate & Advanced clinics but the focus will be on mastering the skill and working on combinations of passes within the skill level.
- ❖ NEW skills will be focused on during - Cartwheels, Bridge Kick Overs, Backward & Forward Rolls, Valdez, Walk it off, Nothing but Backhandsprings, Aerial & Punch Fronts, FrontWalkover Ariels, Standing Tuck, Nothing but Tucks, Nothing but Layouts, Whips, Punch Front Stepouts, Standing Full & All the Twists Clinics.
- ❖ Brandon Beat will only be offered for Mini through Senior Aged Athletes!

LEVEL 1 TUMBLING CLINICS	LEVEL 5 TUMBLING CLINICS	DANCE CLINICS
LEVEL 2 TUMBLING CLINICS	LEVEL 6 TUMBLING CLINICS	STUNT CLINICS
LEVEL 3 TUMBLING CLINICS	TINY & MINI NOVICE CLINICS	FLYER, JUMPS, & SPECIALTY CLINICS
LEVEL 4 TUMBLING CLINICS	NEW ATHLETE & PREP CLINICS	

Clinic Name	Clinic Pre-requisite	Clinic Description	Option 1		Option 2		Option 3		Option 4	
Intermediate Level 1 Standing Tumbling	Backbend Kickover	Intermediate Level 1 Standing Tumbling	MON 4/29	5PM-6PM	THURS 5/2	5PM-6PM	THURS 5/9	5PM-6PM	MON 5/13	5PM-6PM
Advanced Level 1 Standing Tumbling	Backwalkover	Advanced Level 1 Standing Tumbling	TUES 4/30	5PM-6PM	WED 5/1	5PM-6PM	MON 5/6	6PM-7PM	TUES 5/14	5PM-6PM
Intermediate Level 2 Standing Tumbling	Standing Backhandspring	Intermediate Level 2 Standing Tumbling	MON 4/29	5PM-6PM	WED 5/1	5PM-6PM	THURS 5/2	5PM-6PM	MON 5/13	7PM-8PM
Advanced Level 2 Standing Tumbling	Backwalkover Backhandspring	Advanced Level 2 Standing Tumbling	TUES 4/30	7PM-8PM	MON 5/6	5PM-6PM	THURS 5/9	6PM-7PM	TUES 5/14	7PM-8PM
Intermediate Level 3 Standing Tumbling	Standing 2 Backhandsprings	Intermediate Level 3 Standing Tumbling	TUES 4/30	6PM-7PM	MON 5/6	5PM-6PM	THURS 5/9	7PM-8PM	MON 5/13	5PM-6PM
Advanced Level 3 Standing Tumbling	Jump Connected to Backhandspring	Advanced Level 3 Standing Tumbling	MON 4/29	7PM-8PM	THURS 5/2	7PM-8PM	TUES 5/14	5PM-6PM		
Intermediate Level 4 Standing Tumbling	Standing 3 Backhandsprings plus Running Tuck	Intermediate Level 4 Standing Tumbling	WED 5/1	5PM-6PM	TUES 5/7	5PM-6PM	MON 5/13	7PM-8PM		
Advanced Level 4 Standing Tumbling	Standing 3 Backhandsprings to Backtuck	Advanced Level 4 Standing Tumbling	MON 5/6	7PM-8PM	THURS 5/9	7PM-8PM	TUES 5/14	7PM-8PM		
Intermediate Level 5 Standing Tumbling	Standing 3 Backhandsprings to layout plus Running Layout	Intermediate Level 5 Standing Tumbling	MON 5/6	7PM-8PM	MON 5/13	5PM-6PM				
Advanced Level 5 Standing Tumbling	Standing Backhandspring to Layout plus Running Layout	Advanced Level 5 Standing Tumbling	THURS 5/2	7PM-8PM	TUES 5/7	7PM-8PM	TUES 5/14	5PM-6PM		
Intermediate Level 6 Standing Tumbling	Standing 3 to Full	Intermediate Level 6 Standing Tumbling	TUES 5/7	7PM-8PM	MON 5/13	7PM-8PM				
Advanced Level 6 Standing Tumbling	Standing 3 to Double	Advanced Level 6 Standing Tumbling	THURS 5/2	7PM-8PM	TUES 5/14	7PM-8PM				
Intermediate Level 1 Running Tumbling	Cartwheel plus Backbend Kickover	Intermediate Level 1 Running Tumbling	MON 4/29	6PM-7PM	THURS 5/2	6PM-7PM	THURS 5/9	6PM-7PM	MON 5/13	6PM-7PM
Advanced Level 1 Running Tumbling	Cartwheel plus Front Walkover OR Back Walkover	Advanced Level 1 Running Tumbling	TUES 4/30	6PM-7PM	WED 5/1	6PM-7PM	MON 5/6	7PM-8PM	TUES 5/14	6PM-7PM
Intermediate Level 2 Running Tumbling	Roundoff Backhandspring	Intermediate Level 2 Running Tumbling	MON 4/29	6PM-7PM	WED 5/1	6PM-7PM	THURS 5/2	6PM-7PM	MON 5/13	8PM-9PM
Advanced Level 2 Running Tumbling	Roundoff Backhandspring Series plus Front Walkover	Advanced Level 2 Running Tumbling	TUES 4/30	8PM-9PM	MON 5/6	6PM-7PM	THURS 5/9	7PM-8PM	TUES 5/14	8PM-9PM
Intermediate Level 3 Running Tumbling	Roundoff Backhandspring Tuck	Intermediate Level 3 Running Tumbling	TUES 4/30	7PM-8PM	MON 5/6	6PM-7PM	THURS 5/9	8PM-9PM	MON 5/13	6PM-7PM
Advanced Level 3 Running Tumbling	Roundoff Backhandspring Tuck plus Punchfront OR Ariel	Advanced Level 3 Running Tumbling	MON 4/29	8PM-9PM	THURS 5/2	8PM-9PM	TUES 5/13	6PM-7PM		
Intermediate Level 4 Running Tumbling	Roundoff Backhandspring Layout	Intermediate Level 4 Running Tumbling	WED 5/1	6PM-7PM	TUES 5/7	6PM-7PM	MON 5/13	8PM-9PM		
Advanced Level 4 Running Tumbling	Roundoff Backhandspring Layout plus Punchfront OR Whip	Advanced Level 4 Running Tumbling	MON 5/6	8PM-9PM	THURS 5/9	8PM-9PM	TUES 5/14	8PM-9PM		
Intermediate Level 5 Running Tumbling	Roundoff Backhandspring Full	Intermediate Level 5 Running Tumbling	MON 5/6	8PM-9PM	MON 5/13	6PM-7PM				
Advanced Level 5 Running Tumbling	Roundoff Backhandspring Full plus Punchfront OR Whip	Advanced Level 5 Running Tumbling	THURS 5/2	8PM-9PM	TUES 5/7	8PM-9PM	TUES 5/14	6PM-7PM		
Intermediate Level 6 Running Tumbling	Roundoff Backhandspring Double Full	Intermediate Level 6 Running Tumbling	TUES 5/7	8PM-9PM	THURS 5/9	8PM-9PM	MON 5/13	8PM-9PM		
Advanced Level 6 Running Tumbling	Roundoff Backhandspring Double Full plus Punchfront or Arabian	Advanced Level 6 Running Tumbling	THURS 5/2	8PM-9PM	TUES 5/14	8PM-9PM				
Forward Rolls and Backward Rolls (30 min)	No experience required	Learn a forward roll and backward roll	TUES 4/30	5:30PM-6PM	THURS 5/2	5:30PM-6:00PM	MON 5/6	5:30PM-6PM		
Tiny Novice Prep (45 min)	No experience required	Prepare for the All-star Fundamentals	TUES 5/7	5PM-5:45PM						
Mini Novice Prep (45 min)	No experience required	Prepare for the All-star Fundamentals	TUES 5/7	5PM-5:45PM						
Cartwheels (30 min)	No pre-requisite required for this clinic	Learn cartwheel drills and technique	MON 4/29	6PM-6:30PM	TUES 4/30	6PM-6:30PM	THURS 5/2	6PM-6:30PM		
Bridge Kick Overs (30 min)	Must have a bridge	Learn kick over and intro to back walkovers	MON 4/29	5:30PM-6PM	TUES 4/30	5PM-5:30PM				
Valdez (45 min)	Must have backwalkover	Learn a valdez	THURS 5/2	7PM-7:45PM	THURS 5/9	6PM-6:45PM				
Front Handsprings & Flysprings	Must have a front walkover and a back handspring	Learn a front handspring and a flyspring	MON 4/29	5PM-6PM	WED 5/1	6PM-7PM	MON 5/6	8PM-9PM	TUES 5/7	5PM-6PM
Nothing but Handsprings	Backwalkover	Backhandspring Drills and Techniques	TUES 4/30	8PM-9PM	WED 5/1	5PM-6PM	TUES 5/7	6PM-7PM	THURS 5/9	6PM-7PM
Nothing but Tucks	Round off BHS	Drills for Running Tuck	TUES 4/30	5PM-6PM	TUES 5/7	7PM-8PM	THURS 5/9	6PM-7PM	MON 5/13	5PM-6PM
Front Walkover Ariels (45 min)	Both a Front Walkover, Ariel and a Running Tuck	Drills for a Front Walkover Ariel	MON 4/29	6PM-6:45PM	THURS 5/2	6PM-6:45PM	THURS 5/9	7PM-7:45PM		
Ariels & Punchfronts	Round off BHS tuck	Work on and perfect Ariel/Punchfront	TUES 4/30	6PM-7PM	WED 5/1	5PM-6PM	MON 5/6	8PM-9PM		
Nothing but Layouts	Round off BHS to a tuck	Drills for Running Layout	MON 4/29	7PM-8PM	TUES 5/7	8PM-9PM	THURS 5/9	7PM-8PM		
Standing Tucks (45 minutes)	Standing Tuck Drills to a tuck	Standing Tuck Drills and Techniques	MON 4/29	6PM-6:45PM	TUES 4/30	6PM-6:45PM				
Whips (45 min)	Strong Round off BHS Layout	Work on drills for a whip	TUES 5/7	7PM-7:45PM	MON 5/13	6PM-6:45PM				
Punch Front Stepouts (45 min)	Round BHS Layout	Drills for a Punch Front Step Out	TUES 5/7	6PM-6:45PM						
Standing Fulls (45 minutes)	Standing backhandspring to a full and Standing Tuck	Standing Full Drills and Techniques	TUES 5/14	8PM-8:45PM						
Build & Bounce	No pre-requisite required for this clinic	Work on rebounds and bounding strength into skills	MON 4/29	7PM-8PM	WED 5/1	6PM-7PM	THURS 5/2	7PM-8PM	THURS 5/9	8PM-9PM
Walk it Off	Cartwheel plus Backbend Kickover	All Walkover Drills and Techniques	WED 5/1	6PM-7PM	MON 5/6	6PM-7PM	TUES 5/7	6PM-7PM		
All the Twists	Strong Roundoff Backhandspring Layout	Full Drills and Techniques	MON 5/6	7PM-8PM	THURS 5/9	8PM-9PM				
Just Dance with JJ	No dance experience necessary	Learn different style dance choreography w/ JJ	MON 4/29	8PM-9PM	TUES 4/30	5PM-6PM				
Jump to the Moon	Must have some knowledge of a pike, toe touch & hurdler	Stretching, Jump Drills, Jump Strength	MON 4/29	8PM-9PM	TUES 4/30	8PM-9PM	THURS 5/2	8PM-9PM	TUES 5/7	5PM-6PM
Move It Like Marcus	No dance experience necessary	Learn different style dance choreography w/ Marcus	MON 5/6	7PM-8PM	TUES 5/7	8PM-9PM	THURS 5/9	6PM-7PM		
The Brandon Beat: Try Out Dance	No dance experience necessary	Learn and perfect the Tryout Dance	MON 5/13	6PM-7PM	MON 5/13	7PM-8PM	TUES 5/14	6PM-7PM	TUES 5/14	7PM-8PM
Motions & Choreography	No experience required	Work on your motion placement and technique	THURS 5/2	8PM-9PM						
Pull it the BA Way	For new and experienced flyers	Flyer Groundwork: Stretching & Body Positions	TUES 4/30	5PM-6PM	MON 5/6	8PM-9PM	TUES 5/14	8PM-9PM		
Intro to BASing	For new bases and team tumblers looking to get under a stunt	Learn appropriate basing technique, grips and positions	MON 4/29	5PM-6PM	TUES 5/7	7PM-8PM				
BA Strength	For all athletes looking to gain strength and endurance for full season	Core, legs, and shoulder strength	MON 4/29	8PM-9PM	TUES 4/30	8PM-9PM	TUES 5/7	8PM-9PM		
For the Flyers	Must have flown previously	Groundwork: Stretching, Performance, Drills & Positions	MON 4/29	7PM-8PM	WED 5/1	5PM-6PM	THURS 5/2	6PM-7PM	MON 5/13	8PM-9PM
Brandon Beginners: Ages 6-11	Must be new to All-star Cheerleading	Diving into All-star cheer and what its like	THURS 5/2	5PM-6PM	THURS 5/9	5PM-6PM				
Brandon Beginners: Ages 12+	Must be new to All-star Cheerleading	Diving into All-star cheer and what its like	THURS 5/2	5PM-6PM	THURS 5/9	5PM-6PM				
New Athlete Clinic	Must be new to Brandon All-stars	Introduction to Brandon All-stars Training	TUES 4/30	7PM-8PM	TUES 5/14	6PM-7PM				
Flyer Performance	No experience required	How to feel confident and perform in the air	THURS 5/2	7PM-8PM	TUES 5/7	6PM-7PM	MON 5/13	5PM-6PM		
The Half Season to Full Season Transition	Must have been on a BA Half Season Team	Learn to connect jumps and tumbling skills	MON 4/29	6PM-7PM	MON 5/6	5PM-6PM	MON 5/13	7PM-8PM		
Confidence & Evaluation Tips (Junior & Senior) (45 min)	No pre-requisite required for this clinic	Confidence, Goal Setting & Evaluation tips	MON 5/6	6PM-7PM	TUES 5/14	8PM-9PM				
Confidence & Evaluation Tips (Mini & Youth) (45 min)	No pre-requisite required for this clinic	Confidence, Goal Setting & Evaluation tips	MON 5/6	5PM-6PM	TUES 5/14	7PM-8PM				
Junior Coaching with Brandi (45 min)	Must be trying out at BA and 12 or older	Junior Coaching Tips and Application Process	TUES 4/30	7PM-7:45PM	MON 5/6	7PM-7:45PM	TUES 5/7	5PM-5:45PM	THURS 5/9	5PM-5:45PM
Tiny Novice Mock Evaluation Birth Years 2017-2021	Must be born in 2016-2020	Go through the evaluation process at BA	TUES 5/14	5PM-6PM						
Mini Novice Mock Evaluation Birth Years 2015-2018	Must be born in 2014-2017	Go through the evaluation process at BA	TUES 5/14	5PM-6PM						
Mini Glow Up: The Jump From Mini Novice Birth Years 2015-2018	Must be born in 2014-2017 & on a 23-23 BA Mini Novice Team	Transition from mini novice to an elite mini team	THURS 5/2	5PM-6PM	MON 5/6	6PM-7PM	THURS 5/9	5PM-6PM		
Tiny Glow Up: The Jump From Tiny Novice Birth Years 2017-2019	Must be born in 2016-2020 & on a 22-23 BA Tiny Novice Team	Learning more intricate tumbling & stunts	MON 4/29	5PM-6PM	MON 5/6	5PM-6PM	THURS 5/9	5PM-6PM		
Coed Stunts	Minimum Level 3 athlete and MUST be a current flyer	For flyers and bases: Learn how to coed stunt	THURS 5/2	8PM-9PM	TUES 5/7	8PM-9PM				
Tiny Stunts (45 min) Birth Years 2017-2019	Bring in any approved stunt group within your age group	Work on Basic Stunt Technique	MON 5/13	6PM-6:45PM						
Mini & Youth Stunts Birth Years 2012-2018	Bring in any approved stunt group within your age group	Work on Basic Stunt Technique	TUES 5/14	6PM-7PM						
Junior & Senior Stunts Birth Years 2005-2016	Bring in any approved stunt group within your age group	Work on Basic Stunt Technique	MON 5/6	8PM-9PM						
Twisting Stunt Skills	Bring in any stunt group	Work all types of twisting skills	THURS 5/9	7PM-8PM						
Release Stunt Skills	Bring in any stunt group	Work all types of release stunt skills	MON 5/13	7PM-8PM						
Dismounts & Transitions Stunt Skills	Bring in any stunt group	Work dismounts and creative transitions	MON 5/13	8PM-9PM						
Inversion Stunt Skills	Bring in any stunt group	Work inversion stunt skills	THURS 5/9	8PM-9PM						
Stunt Group Bootcamp	Bring in any stunt group	Work on higher level skills in a controlled environment	TUES 4/30	6PM-7PM	THURS 5/2	6PM-7PM	TUES 5/7	7PM-8PM	TUES 5/14	7PM-8PM