

The 4th Annual “Be A Star” Clinic at DCA & Twiststars

Join us for our premier training clinic where we collaborate with world-class coaches to enhance your tumbling & trampoline training. This is going to be a collaborative workshop where each athlete will get to fine tune their skills, work to their highest ability while having fun with coaches from across the country who are world-class athletes and coaches dedicated to the sport of T&T!

Your Clinicians:

Nicole Ahsinger, 2016 & 2020 Olympian Team USA-TRAMPOLINE

Austin Nacey, World Champion Team Double Mini, 14x World finalist, 7x World medalist,
co-owner TwistStars-TUMBLING

Tristan Van Natta, participated in every WAGC/World championships for 13 years with multiple gold medals for Team USA on Double Mini,
Athlete & Coach at Integrity Athletics, OH-DOUBLE MINI

Andy Franke, Coached multiple athletes to World medals, 2021 Coach of the year, Coached over 20 national champions, Coach at Integrity Athletics, OH- ALL Events & Masterful Warmups

Session 1 & 2 @ DCA | Session 3 & 4 @ TwistStars
\$75/clinic | Register online

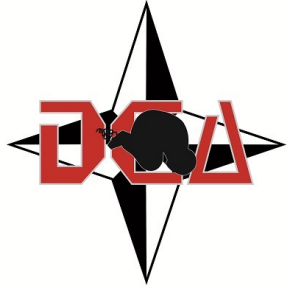
Session 1 - Saturday October 23rd 2-5pm: SA- Elite Athletes

Session 2- Saturday October 23rd 5:30 - 8:30pm: Beg. - Int.

Session 3 - Sunday October 24th 10am - 1pm: SA- Elite

Session 4 - Sunday October 24th 1:30 - 4:30pm: Beg. - Int.

Hosted by: DuPage Cheer & Power Tumbling | 630-588-9000



4th Annual “Be A Star” Schedule & Registration

(tentative schedule. Subject to change)

Session 1 @ DCA: Saturday October 23rd-

SA- Elite Athletes

1:30pm - arrival/check in
2:00-2:30 - Welcome & warm up
2:30 - 3:15 - ROTATION 1
3:15 - 4:00 - ROTATION 2
4:00 - 4:45 - ROTATION 3
4:45- 5:00 - DEMO - New Skills (parents invited)
5:00pm - dismissed

Session 2 @ DCA Saturday October 23rd -

Beg - Int Athletes

5:00 pm - arrival/check in
5:30 - 6:00 - Welcome & warm up
6:00 - 6:45 - ROTATION 1
6:45 - 7:30 - ROTATION 2
7:30 - 8:15 - ROTATION 3
8:15 - 8:30 - DEMO - Ne Skills (parents invited)
8:30pm - dismissed

Session 3 @ TwistStars: Sunday October 24th -

SA- Elite Athletes

9:30am - arrive/check in
10:00 - 10:30 - Welcome & warm up
10:30 - 11:15 - ROTATION 1
11:15 - 12:00 - ROTATION 2
12:00 - 12:45 - ROTATION 3
12:45 - 1:00 - DEMO- New Skills (parents invited)
1:00pm - dismissed

Session 4 @ TwistStars: Sunday October 24th

Beg - Int Athletes

1:00pm- arrive/check in
1:30 - 2:00- Welcome & warm up
2:00 - 2:45 - ROTATION 1
2:45 - 3:30 - ROTATION 2
3:30 - 4:15 - ROTATION 3
4:15 - 4:30 - DEMO- New Skills (parents invited)
4:30 -dismissed

LOCATIONS:

Session 1 & 2 @ DCA |1862 N Neltnor Blvd | West Chicago, IL |

Session 3 & 4 @ TwistStars Tumbling & Trampoline | 18530 Spring Creek Drive | Tinley Park, IL

REGISTRATION:

Each session is \$75. There are limited spots for each session so register early to reserve your spot! Register for each session on portal at <https://app.iclasspro.com/portal/dupagecheerpowertumbling>. Once you have registered, DCA will approve your request and your card will be charged. Search classes for “4th Annual Be A Star Clinic- Session 1/2/3/4” (pick your session(s)) WE HIGHLY RECOMMEND YOU REGISTER FOR 2 CLINICS AND TAKE ADVANTAGE OF THESE WORLD-CLASS COACHES!

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