



Cheer and Dance Extreme is excited to have the owners of Perfect-A-Flip at our 2016 EXTREME BEACH CAMP in Ocean City, Maryland. Owners **Tom Balent**, **Yuri Kostoveskiy**, and **Michael Nasikan** will lead the tumbling portion of our EXTREME SKILLS CAMP!

With more than 20 years experience in the competitive gymnastics, acrobatics, and cheerleading arenas, the owners of Perfect-A-Flip have trained beginner level athletes to the elite level tumblers and gymnasts. Owner Tom currently works with multiple programs to develop their tumbling protocols and programs based on a perfection before progression model. Tomy also teaches tumbling and stunt camps all year long, working with recreation groups, high school, and all-star programs throughout the Northeast and Mid Atlantic areas. Owner Yuri was a member of the 1999 USA National Team and traveled the world to compete in the World Games and World Championships for Sports Acrobatics. Since retiring from Sports Acrobatics, Yuri has continued to use his knowledge to travel all over the country teaching the proper techniques of tumbling to cheerleaders, fitness competitors, gymnasts and many more. He also works closely with coaches on preventing injuries and improving the overall strength of athletes to make them stronger tumblers. Owner Michael specializes in twisting and elite level passes. Michael is also a former member of the US National Team for Sports Acrobatics and has won many National titles for Power Tumbling.

Perfect-A-Flip will be leading the tumbling portion of the EXTREME SKILLS CAMP and will emphasize perfection before progression and proper progression of skills. They will also lead a demonstration Saturday, July 30th beginning at 3:15 PM that is open to parents before the Camp Performances and wrap up.