



**USA Weightlifting**  
**Level 1 Sports Performance Course**  
**@ Edmond Memorial High School *Dog House***  
**TENTATIVE 2-Day Schedule**

**Location:** Edmond Memorial High School ***Dog House***, 1000 E. 15<sup>th</sup> Street, Edmond, Ok. 73013  
**Map:** [link](#)

**Time and Dates:** 12:00pm until 8:00pm, **Friday 06/06/2014** and  
9:00 am until 5:00pm, **Saturday 06/07/2014**

**Coordinator:** Tom Ward

**Contact Information:** Office: 405-715-6519, Cell: 405-474-7336,  
email: [tom.ward@edmondschools.net](mailto:tom.ward@edmondschools.net)

**Instructor: Master Strength & Conditioning Coach Tom Cross**

**Day 1:** **Friday June 6, 2014**

12:00pm – 1:00 pm	Introduction, Objectives, Rationale - <b>Lecture</b> Safety and Evaluation Basic Biomechanics	
1:10pm – 3:30pm	Exercises, Snatch Related	- <b>Practical</b>
3:40pm – 4:00pm	Review: Q and A Session	- <b>Lecture</b>

**4:00pm - 5:00 pm**

**Dinner**

5:00pm – 6:50 pm	Exercises, Clean Related	- <b>Practical</b>
7:00pm – 8:00 pm	Exercises, Jerk Related	- <b>Practical</b>

**Day 2:** **Saturday June 7, 2014**

9:00 am – 9:30am	Program Design	- <b>Lecture</b>
9:30 am– 12:00 am	Review Snatch	- <b>Practical</b>
	Review Clean and Jerk	- <b>Practical</b>
12:10pm-12:30pm	Other Assistance Exercises	- <b>Practical</b>
12:30pm-1:00pm	Exam Review Session	- <b>Lecture</b>

**1:00 - 2:00 pm**

**Lunch**

2:00pm – 3:30 pm	Snatch and Clean & Jerk Practice Coaching Session	- <b>Practical</b>
3:45pm – 4:45 pm	Written Exam	

**Enrollment:** USAW [E-Store](#) or go to the website: [usaweightlifting.org](http://usaweightlifting.org), E-Store

**Area Hotels**

**Best Western Edmond Inn & Suites in Edmond** 1-800-997-5148, 2700 E 2nd St., Edmond, OK 73034

**Comfort Suites in Edmond** 1-800-997-5149, 200 Meline Dr., Edmond, OK 73034

**Fairfield Inn & Suites by Marriott Edmond in Edmond** 1-800-230-4134, 301 Meline Dr., Edmond, OK 73034

**Holiday Inn Express & Suites in Edmond** 1-800-997-5148, 3840 East 2nd St., Edmond, OK 73034

**Stafford Inn in Edmond** 1-800-997-5149, 1809 East 2nd St., Edmond, OK 73034