



**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:**

<http://www.bing.com/maps/default.aspx?encType=1&where1=1000+E+15th+St%2c+Edmond%2c+OK+73013-5023&cp=35.638297~-97.466794&qpv=map+of+1000+East+15th+Street%2c+Edmond%2c+Ok.+73013&FORM=MIRE>

**Time and Dates:** 1:00 pm until 9:00pm, **Friday 12/12/2014** and  
9:00 am until 5:00pm, **Saturday 12/13/2014**

**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 December 12, 2014

1:00pm – 2:00 pm	Introduction, Objectives, Rationale - <b>Lecture</b> Safety and Evaluation Basic Biomechanics	
2:10pm – 4:30pm	Exercises, Snatch Related	- <b>Practical</b>
4:40pm – 5:00pm	Review: Q and A Session	- <b>Lecture</b>
<b><u>5:00pm - 6:00 pm</u></b>	<b><u>Dinner</u></b>	
6:00pm – 7:50 pm	Exercises, Clean Related	- <b>Practical</b>
8:00pm – 9:00 pm	Exercises, Jerk Related	- <b>Practical</b>

**Day 2:** Saturday December 13, 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>
<b><u>1:00 - 2:00 pm</u></b>	<b><u>Lunch</u></b>	
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