

Become a USA Weightlifting Coach!



- Suitable for Strength & Conditioning / Sports Performance, Health & Fitness and beginning level competitive Weightlifting Coaches.
- Gain base line knowledge about the programming of training and technical rules.
- All participants will learn technical progressions and variations of the:
 - **Snatch**
 - **Clean & Jerk**

The course includes theoretical classroom, and practical hands-on portions. Course duration is one weekend and approximately 13-14 hours.

USA Weightlifting and Sports Performance Coaching Course

Date: June 5 & 6

Time: June 5 / 12:00 – 8:00 PM

June 6 / 9:00 AM – 4:45 PM

Location: Edmond Memorial High School
Dog House

Instructor: Tom Cross, MSCC

Local Contact: Tom Ward-405-474-7336
tom.ward@edmondschools.net

Register Today at USAWeightlifting.org
\$495

