

# USA WEIGHTLIFTING LEVEL 1 CERTIFICATION

**June 22-23 | Webber International University Fitness Center**

Join us for this two day to become USA Weightlifting Level 1 Certified! In this course you will gain practical experience on technique, assessing movement, effective coaching, and program training. A large portion of the course will be hands-on teaching of the technical progressions of the Olympic lifts including the snatch, clean and jerk as well as assistance lifts. These movements will be able to be applied to weightlifters, clients, and athletes.

The course will balance in depth discussion of teaching progressions, as well as science based programming.

THOSE IN ATTENDANCE SHOULD FEEL COMFORTABLE WITH TEACHING AND IMPLEMENTING THE COMPLEXITY OF THE OLYMPIC MOVEMENTS TO ATHLETES OF ALL AGES. WHETHER YOU ARE LOOKING TO BEGIN A PATH AS A WEIGHTLIFTING COACH, REFINE THE SKILLS OF THE MOVEMENTS OR APPLY THE SKILLS TO INCREASE SPORT PERFORMANCE THIS COURSE WILL BE VERY VALUABLE TO YOUR CAREER.

Contact Coach Chris Slavin For More Info - [slavincj@students.webber.edu](mailto:slavincj@students.webber.edu)

