

Have you thought about becoming a Certified Coach  
by the OFFICIAL governing body and teachers of  
Olympic Weightlifting in the United States?



## LEVEL ONE SPORT PERFORMANCE COACH CERTIFICATION

On December 8-9, 2012 Old School Weightlifting and CrossFit Salt will be hosting a USAW Level One Sports Performance Coach's Course. The lead instructor, will be Senior International Coach Harvey Newton.

Course Description: The purpose of this course is to take all participants through complete technical progressions of the Snatch, Clean & Jerk, and all associated movements including Power Snatch, Power Clean, Power Jerk, Squat variations, and pulling progressions. Participants will gain base line knowledge about the programming of training and technical rules. The course includes theoretical classroom, and practical hands-on portions. Course duration is over one weekend and lasts approximately 13-14 hours with up to 9 hours being practical and 4-5 hours lecture based. It is suitable for Strength & Conditioning /Sports Performance, Health & Fitness and beginning level competitive Weightlifting Coaches alike.



CrossFit Salt  
100 Commerce Center Dr.  
Brunswick, GA 31523  
912-506-0894  
jellison36@comcast.net