

USA Weightlifting Club Coach Course Certification Announcement

USA Weightlifting would like to continue to offer our very popular Club Coach Certification Course. For over a decade now USA Weightlifting has facilitated this course and has certified over 2500 coaches. This course is aimed at beginning coaches who are introducing young athletes to the Olympic sport of Weightlifting. The focus is to provide each candidate with a body of knowledge and practical expertise to enable them to progress a beginning lifter from commencing in the sport to competent club standard. This course is a result of USA Weightlifting implementing a standard coaching education curriculum for all coaches through the premier technical organization in the United States. The Club Coach Course is the first level of five available in the coaching curriculum. Although the Club Coach Course is designed primarily as our initial course in the coaching development of USA Weightlifting coaches, it has been widely attended by strength coaches, personal trainers and sports medicine personnel. Because of this, USA Weightlifting has developed our new certification, the Sports Performance Coach described in the adjoining letter. In developing the Club Coach Course we have broken down the movements in Weightlifting and developed progressions for the lifts and assistance exercises to a very elementary yet efficient manner. Our facilitators are professionals who have been involved in coaching these movements for many years and their hands-on approach to learning insures that the participant gains a more thorough understanding of the complexities and the difficulties of learning these movements. This experience along with the knowledge gained into the areas of program design and practical considerations provide the participant with a comprehensive foundation to successfully implement this training into the programs of their athletes. USA Weightlifting makes this course available to all coaches at all levels. The course length is 15 hours and will run from Friday evening through noon Sunday. A condensed two-day format is also available. The course will have several practical portions requiring the candidate to perform lifts and assistance exercises and their ability to coach colleagues during the course of these sessions. There will also be a written examination covering the lecture material given throughout the weekend. Requisites for certification as a USAW Club Coach include proof of CPR certification and coaching of at least one USAW competitive athlete.

It is sincerely hoped that once the candidates have qualified at the Club Coach Level, they will put their knowledge and expertise to use and develop and nurture more participants in the sport of Weightlifting. We encourage all Club Coaches to continue on in their education and qualification to the Senior Coach course and beyond. USA Weightlifting coaching courses are advertised regularly in, Weightlifting USA, and are organized in a variety of locations from our headquarters in Colorado Springs at the Olympic Training Center to locally organized courses by the Local Weightlifting Committee's. USA Weightlifting will teach this course at any institution for groups larger than 10 coaches. Materials for this course will include a manual, video and an official USA Weightlifting Club Coach Polo shirt. The cost of the course is \$300 per coach for USAW members and \$335 for non- members. In addition, throughout the year, this course is available at the Olympic Training Center in Colorado Springs, CO. Please check our website, www.usaweighting.org, frequently for dates. The cost of the course

is \$420 per coach for USAW members and \$455 for non-members. This price includes a room and all meals for the weekend. For more information, please contact Paul Fleschler, Technical Director for USA Weightlifting at 719.866.4508.

We hope to see you soon!

Rodger DeGarmo USAW
Director of High Performance and Coaching