

USA Weightlifting Sports Performance Coach Certification Announcement

USA Weightlifting would like to introduce our new Sports Performance Coach Certification Course. The course will focus on the utilization and application of the Olympic lifts and their assistance exercises, plyometrics and medicine ball training to the realm of sport specific training, power development and injury prevention. This course is a result of the tremendous popularity of our USA Weightlifting Club Coach Course. The Club Coach Course is designed primarily as our initial course in the coaching development of USA Weightlifting coaches. The Sports Performance Coach Course developed from this course because the use of the Olympic lifts as well as other explosive training methods has become more widespread in the realm of athletic development and personal training. There has clearly been an increased need for a means of gaining a working knowledge of these training methods and how to apply them in an appropriate fashion. In developing this course we have combined the time-proven teaching and training methodology from the sport of Weightlifting along with the practical experience of some of the most innovative and successful professionals from the field of athletic development and professional sports training. Our 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 or clients. USA Weightlifting would like to make this course available to strength and conditioning professionals at all levels, fitness instructors, physical education personnel and any other interested parties. The course length is fifteen hours and will run from Friday afternoon until Sunday afternoon. The course will have an assessment where the candidate will be evaluated on their practical ability to demonstrate lifts and assistance exercises and their ability to coach colleagues during the course of the practical sessions. There will also be a written examination covering the lecture material given throughout the weekend. Upon passing the written examination and practical portion a certificate will be mailed to the candidate. Materials for this course will include a manual and an official USA Weightlifting Sports Performance Coach polo shirt. The cost of the course is \$300 per coach for USAW members and \$335 for non- members. USA Weightlifting can facilitate this course at any institution for groups larger than fifteen. On occasion, USA Weightlifting makes this course available at the Olympic Training Center in Colorado Springs, CO. 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. Please keep checking our website for when the course will be offered in Colorado Springs. For more information or questions, 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