



Become a USA Weightlifting Coach!

Learn the Olympic Lifts (Snatch and Clean & Jerk) and gain knowledge of programming and rules in one weekend both in the classroom and in the gym.



Go to www.usaweightlifting.org
to register

Instructor: Whitney Rodden

Coordinator: Tom Ward

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October 21 & 22, 2017
The Field House / Athlete Inc.
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