

ADVANCED OLYMPIC LIFTING CERTIFICATION (AOLC)

OLYMPIC LIFTING FOR EXPLOSIVE POWER

“Taking it to the Next Level”

- Developed by:** Leo Totten, M.S., USAW 5 (see resume below)
- Presented by:** Totten Training Systems, LLC
World Class Weightlifting
- Date:** Sept 28-29, 2013
Saturday 8:00am – 6:00pm / Sunday 8:00am – 3:00pm
- Location:** Gardiner Athletics, 19 Osprey Lane, Gardiner, NY 845-419-2177
- Coordinator:** Cait Prottas-Finn 845-325-1069 finncmh@gmail.com
- Lead Instructor:** Leo Totten 717-345-6525 tottentraining@comcast.net
- Registration:** www.tottentraining.com **deadline for early registration – Sept 18, 2013**

Leo Totten, M.S., USAW 5

- **Senior International Coach for USA Weightlifting (Level 5)**
- **Head Coach, East Coast Gold Weightlifting Team**
 - **8 time National Men’s Team**
 - **6 time National Women’s Team Champions**
- **President, WerkSan Barbells, 2005-2012**
- **Over 20 years as Olympic weightlifting coach**
- **Over 20 years as clinician for USA Weightlifting**
- **Over 20 years training High School / College elite athletes**
- **Over 30 years in Physical Education and Athletic Administration**
- **Two Olympic Teams**
- **Three Pan Am Teams**
- **Five World Championship Teams**
- **Named as one of 65 Most Influential Strength Coaches of All Time**
- **USA Weightlifting Coaching Excellence Award, 2005**

GENERAL COURSE INFORMATION

- FORMAT: 2 day / 16 hours
- CLASS SIZE: 30 participants maximum
- INSTRUCTORS: Leo Totten, lead instructor
- COST: \$545 EARLY REGISTRATION
\$595 after July 10
(includes course plus pre-clinic information and post-clinic followup)
- CEU's: NSCA, CSCCa, ACE, ISSA
- PRE-REQUISITES: one or more of the following:
- CSCS (NSCA)
 - SCCC (CSCCa)
 - USAW Level 1
 - Crossfit Olympic lift course
 - Exercise Science degree or junior/senior in such program with instructor approval
 - Competitive athlete or coach with instructor approval
- CONTENT: 90% practical application of principles / 10% lecture
- Pre-clinic information on material to be covered
- Videotaping and analyzing during course
- Post-clinic video analysis available
- Topics:
- Clean/Snatch/Jerk technique training
 - Clean/Snatch/Jerk assistance exercises
 - Basic biomechanics
 - Safety recommendations
 - Dealing with flexibility issues
 - Accommodations for Tall/Large athletes
 - Program design
 - Sport Specific Program design
 - Long term athletic development