

OLYMPIC LIFTING FOR EXPLOSIVE POWER

“Taking it to the Next Level”

ADVANCED OLYMPIC LIFTING CERTIFICATION (AOLC)

Developed by: Leo Totten, M.S., CAA (see resume below)

Presented by: Totten Training Systems, LLC

Date: Nov 10-11, 2012

Location: Westminster Strength and Conditioning
61 John St.
Westminster, MD 21157

Coordinator: Beau Bryant 540-454-6697 beau82nd@gmail.com

Lead Instructor: Leo Totten 717-359-0100 tottentraining@comcast.net

Registration: www.tottentraining.com **deadline for registration – Nov 3, 2012**

Leo Totten, M.S., CAA

- **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**
- **USA Weightlifting Coaching Excellence Award, 2005**

GENERAL COURSE INFORMATION

- FORMAT: 2 day / 16 hours
- CLASS SIZE: 30 participants maximum
- INSTRUCTORS: One qualified lead instructor and two qualified assistant instructors
- COST: \$595 includes course plus pre-clinic information and post-clinic followup
- CEU's: eligible for CEU's from NSCA (1.8), CSCCa (8.0), ACE (1.6)
- PRE-REQUISITES: one or more of the following:
- CSCS (NSCA)
 - SCC (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
- Dartfish 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