

ADVANCED OLYMPIC LIFTING CERTIFICATION (AOLC)

OLYMPIC LIFTING FOR EXPLOSIVE POWER

“Taking it to the Next Level”

JOIN US AFTER THE CONFERENCE!!

7.0 CEU's for CSCCa

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

Presented by: Totten Training Systems, LLC

Date: May 10-11, 2013
Fri, May 10 - 5:00-10:00pm & Sat, May 11 - 8:00am-6:00pm

Location: University of Missouri-Kansas City
Swinney Recreation Center
5030 Holmes St.
Kansas City, MO 64110

Lead Instructor: Leo Totten 717-345-6525 tottentraining@comcast.net

Registration: www.tottentraining.com **deadline for registration – May 1, 2013**

Leo Totten, M.S., CAA

- Senior International Coach for USA Weightlifting (Level 5)
- Owner, Totten Training Systems, LLC
- Head Coach, East Coast Gold Weightlifting Team
- 8 time National Men's and 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 / 14 hours
- CLASS SIZE:** 30 participants maximum
- INSTRUCTORS:** Leo Totten, lead instructor
- COST:** \$595 includes course plus pre-clinic information and post-clinic follow-up
- CEU's:** CSCCa (7.0), NSCA (1.6) and ACE (1.6)
- 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
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