ATTENTION Ontario Elementary & Secondary School Teachers!!!

Become a Qualified Leader in presenting introductory Olympic Weightlifting Skills

Attend an 8-hour practical course presented by an Ontario Weightlifting Association Course Facilitator

Working in an interactive adult learning environment, you will be provided with:
• a carry bag
• detailed training resources for the delivery of your training to your athletes/students
• practical experience with the movements

Explore:
Long Term Athlete Development
How weightlifting skills training can be incorporated into your current training and added into current school curriculum

Skills Addressed:
Clean Dead Lift * Snatch Dead Lift * Clean Pull * Snatch Pull * Power Snatch * Power Clean * Front Squat * Back Squat * Military Press * Push Jerk * Overhead Snatch Squat

Contact owatechnical@gmail.com for more information on how to set up this course in your community!