

USAW Level I Course
December 9-10, 2011
@ Edmond Memorial High School *Dog House*

USA Weightlifting would like to introduce our new **USAW Level I** Coach Certification Course. The course will focus on the utilization and application of the Olympic lifts and their assistance exercises, plyometrics and medicine ball training to the realm of sport specific training, power development and injury prevention.

This course is a result of the tremendous popularity of our USA Weightlifting Club Coach Course. The Club Coach Course is designed primarily as our initial course in the coaching development of USA Weightlifting coaches. The **USAW Level I** Coach Course developed from this course because the use of the Olympic lifts as well as other explosive training methods has become more widespread in the realm of athletic development and personal training. There has clearly been an increased need for a means of gaining a working knowledge of these training methods and how to apply them in an appropriate fashion.

In developing this course we have combined the time-proven teaching and training methodology from the sport of Weightlifting along with the practical experience of some of the most innovative and successful professionals from the field of athletic development and professional sports training. Our hands-on approach to learning insures that the participant gains a more thorough understanding of the complexities and the difficulties of learning these movements. This experience along with the knowledge gained into the areas of program design and practical considerations provide the participant with a comprehensive foundation to successfully implement this training into the programs of their athletes or clients.

USA Weightlifting would like to make this course available to strength and conditioning professionals at all levels, fitness instructors, physical education personnel and any other interested parties. The course length is fifteen hours and will run from Friday afternoon until Sunday afternoon. The course will have an assessment where the candidate will be evaluated on their practical ability to demonstrate lifts and assistance exercises and their ability to coach colleagues during the course of the practical sessions. There will also be a written examination covering the lecture material given throughout the weekend. Upon passing the written examination and practical portion a certificate will be mailed to the candidate.

Materials for this course will include a manual and an official USA Weightlifting **USAW Level I** Coach polo shirt. **The cost of the course is \$395.** USA Weightlifting can facilitate this course at any institution for groups larger than fifteen.

We hope to see you in December!

If you are interested in signing up go to the internet www.usaweighting.org. Click on E-Store, scroll down and click on the Level I Coaching Course. Scroll through the calendar to our date: December 9 & 10, 2011, click on that date and a PDF application form will appear which you can print out, fill out and mail to USA Weightlifting. If you have questions about the course call me @ the Adams Room in our DogHouse 715-6519, or my cell 474-7336.

USA Weightlifting
Level 1 Sports Performance Course
@ Edmond Memorial High School *Dog House*
2-Day Schedule

Location: Edmond Memorial High School ***Dog House***, 1000 E. 15th Street, Edmond, Ok. 73013

Map: [Click here for link](#)

Time and Dates: 1:00 pm until 9:00pm, **Friday:** 12/09/2011 and
9:00 am until 5:00pm, **Saturday:** 12/10/2011

Coordinator: Tom Ward
Contact Information: **Office:** 405-715-6519, **Cell:** 405-474-7336,
Email: tom.ward@edmondschools.net

Instructor: **Tom Cross**

Day 1: Friday June 10, 2011

1:00pm – 2:00 pm	Introduction, Objectives, Rationale Safety and Evaluation	- Lecture
2:10pm – 4:30pm	Basic Biomechanics Exercises, Snatch Related	- Practical
4:40pm – 5:00pm	Review: Q and A Session	- Lecture

5:00pm - 6:00 pm **Dinner**

6:00pm – 7:50 pm	Exercises, Clean Related	- Practical
8:00pm – 9:00 pm	Exercises, Jerk Related	- Practical

Day 2: Saturday June 11, 2011

9:00 am – 9:30am	Program Design	- Lecture
9:30 am– 12:00 am	Review Snatch	- Practical
	Review Clean and Jerk	- Practical
12:10pm-12:30pm	Other Assistance Exercises	- Practical
12:30pm-1:00pm	Exam Review Session	- Lecture

1:00 - 2:00 pm **Lunch**

2:00pm – 3:30 pm	Snatch and Clean & Jerk Practice Coaching Session	- Practical
3:45pm – 4:45 pm	Written Exam	

Enrollment: **Click here for link** USAW [E-Store](#) or go to website: usaweightlifting.org E-Store

Area Hotels

Best Western Edmond Inn & Suites in Edmond 1-800-997-5148, 2700 E 2nd St., Edmond, OK 73034

Comfort Suites in Edmond 1-800-997-5149, 200 Meline Dr., Edmond, OK 73034

Fairfield Inn & Suites by Marriott Edmond in Edmond 1-800-230-4134, 301 Meline Dr., Edmond, OK 73034

Holiday Inn Express & Suites in Edmond 1-800-997-5148, 3840 East 2nd St., Edmond, OK 73034

Stafford Inn in Edmond 1-800-997-5149, 1809 East 2nd St., Edmond, OK 73034

**USA WEIGHTLIFTING
LEVEL 1 SPORTS PERFORMANCE COACH
APPLICATION FORM**

www.usaweightlifting.org

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COURSE INFORMATION:

Date of Course: December 9-10, 2011 Deadline for Application: November 28, 2011
Clinic Coordinator: Tom Ward Instructor: Tom Cross
Facility Name: Edmond Memorial High School Dog House
Facility Address: 1000 East 15th Street Contact Telephone: (Work) 405-715-6519 (Cell) 405-474-7336
City: Edmond State: Oklahoma Zip: 73013

PARTICIPANT INFORMATION:

Name: _____ Date of Birth: _____
Mailing Address: _____
City: _____ State: _____ Zip: _____
Telephone (Home): _____ (Work): _____ (Cell): _____
E-mail Address: _____ Gender: M _____ F _____ U.S. Citizen: Y _____ N _____
USAW member # (if already a member): _____ USAW Club to be affiliated with: _____

FEES: _____ \$395.00 for courses held in locations *other than* the Olympic Training Center (OTC)

_____ **Add \$50.00 late registration fee (if applying after deadline posted on website – non-OTC course only)**
Walk-in registrations not accepted.

_____ \$495.00** if held at the OTC (includes room and board)

(deadline for courses held at the OTC is absolute – no late or walk-in registrations accepted)

**** International participants – contact National Office for more info on cost of courses held at the OTC**

MAKE CHECK PAYABLE TO USA WEIGHTLIFTING OR PAY BY CREDIT CARD

Visa __ Mastercard __ Discover __ American Express __ Credit Card #: _____ Expires: _____

Shirt Size (circle one): XS S M L XL XXL XXXL

Waiver of Liability

In consideration of my participation in any USA Weightlifting program, I acknowledge that I understand the nature of the activity, and that I, and/or my minor child, am qualified, in good health, and in proper physical condition to participate in such activity. I fully understand that weightlifting involves risk of serious bodily injury, including permanent disability, paralysis, and death, and that these and other risks may be caused by my own actions, or inaction, those of other participating in the event, the conditions in which the event takes place, or the negligence of the Releasers named below, and that there may be other risks either not known to me or not foreseen at this time and I fully accept and assume all such risks and all responsibility for losses, costs and damages I incur as a result of my participation in the activity. I hereby release, discharge and covenant not to sue USA Weightlifting, their respective administrators, directors, agents, officers, volunteers and employees and any sponsors and advertisers of any USAW sanctioned event in which I participate (each considered on of the Releasers herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused whole or in part by the negligence of the Releasers. This release, waiver of liability and express assumption of risk agreement does not apply to any liability, claims demands, losses or damages arising out of the gross negligence of or intentional, willful or wanton misconduct of Releasers. If I or anyone on my and/or my minor child's behalf makes a claim against any of the Releasers, I will indemnify, defend, save and hold harmless each of the Releasers from any loss, liability damage or cost which may incur as a result of such claim.

I acknowledge that I have read this release, waiver of liability and express assumption of risk agreement and fully understand it.

Signature _____ Date Signed: _____

Mail Application to: USA Weightlifting OR Fax to: 719-866-4741 Contact: Ph: 719-866-4508
One Olympic Plaza Email: usaw@usaweightlifting.org
Colorado Springs, CO 80909

**VALID USA WEIGHTLIFTING COACHING CERTIFICATION REQUIRES CONTINUALLY ACTIVE
USAW MEMBERSHIP, ANNUAL RECERTIFICATION FEE AND ANNUAL RECERTIFICATION TESTING**

(this application effective 8/10/2010)