WEIGHTLIFTING FOR SPORTS

Eleiko SportCenter • Halmstad, Sweden • June 7-9 2013

GAIN MAXIMUM RESULTS AS A STRENGTH COACH!

Weightlifting for Sports

Eleiko Sport, Sweden *7th - 9th June 2013*

GENERAL OVERVIEW:
This course is suitable for Strength & Conditioning /Sports Performance Practitioners , Health & Fitness Professionals, Crossfitters and Sports Coaches who are introducing people to Olympic weightlifting movements and exercises for sports and the Fitness market. It provides each participant with a body of knowledge and practical expertise to enable them to introduce an athlete to the Olympic Lifts. The course will cover programming principles: Olympic lifting techniques: Coaching methodology: Progressive resistance exercises to develop coordination, technique and power: Equipment selection and Health & Safety guidelines.

Course Contents:
Safety in Weightlifting
Bio-mechanics of weightlifting
Coaching principles
The role of Postural Analysis and Functional Movement Assessment
Progression lifts and Classical lifts
Adaption of exercises for sports
Technique Assessment and correction
Progressive Resistance Principles
Developing training programs

LEARNING OUTCOMES
The coach will learn and practice the Core lifts (Clean and Jerk and the Snatch) Squat and associated exercises.
Be able to introduce and correct weightlifting skills and ensure that each athlete has the opportunity for optimal learning, development and performance.
Outline and explain the background and principles in planning and preparing weightlifting training programmes for fitness and sport .
Prepare a program that meets the needs of the athlete/ team under their supervision and adjust it to meet the demands of their sport.
Demonstrate a range of practical coaching approaches in weightlifting training.

Course Duration:
60 hours, comprising of:
24 hours course contact time over 3 days .
20 hours EWF internet lectures and IWF course manual.
16 Hours Logbook procedures and practical coaching.
Practical Coaching:
Course contact time will be 40% Lecture based. 60% Practical based.

Assessment:
1. Written test, Multiple Choice Questions (MCQs).
2. Practical Coaching test.
3. Coaching Logbook - Reflective Learning Journal.

Accreditation :
This "Weightlifting for Sports" is accredited by the International Weightlifting Federation and the European Weightlifting Federation . An IWF / EWF Certificate will be issued.

Course Fees: €500.00
All course materials, snacks and cooked lunch are included in the price.

Concession rates available for EWF National Weightlifting Federations.

Applications Forms and further course information E-mail :

ewf.sportsweightlifting@gmail.com

Venue:
Eleiko, Sports Center ,
Korsvägen 31 , 302 56 Halmstad , Sweden,
Phone: +46 (0)35-17 70 70

Course Timetable:
Friday 7th 10.00am – 6.00pm
Saturday 8th 9.00am – 6.00pm. **Eleiko Bar-b-cue** : 8.00pm – 12.00am
Sunday 9th 8.00am – 2.00pm

Language:
English

Course Participants:
Places limited to a maximum of 30 Coaches

Accommodation details:
Clarion Collection Hotel Norre Park, located in city centre. Evening buffet included, free wifi.
Rooms from 82 EUR per night.http://norrepark.se

Arena Hotel. Close the the Eleiko Sport Centre. Breakfast included, wifi, has a pool.
Rooms from 105 EUR per night. http://www.arenahotel.se

Quality Hotel Halmstad. Near a shopping centre, outside of town, 5 minutes drive from Eleiko Sport Center.
Free breakfast, has wifi. Rooms from 104 EUR per night. www.qhh.se

When making reservation, the client needs to refer to Eleiko to qualify for the special discounts above

Further accommodation and travel details can be found on:
www.destinationhalmstad.se
www.halmstad.se

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