



USAW Level 1 Sport Performance Coach Course



Brought to you by

ATHLETIC LAB

by Human Performance Consulting

Date:

March 13-14, 2010

Contact:

info@athleticlab.com
919-617-1HPC (617-1472)

Location:

Athletic Lab
951 Aviation Pkwy
Suite 1000
Morrisville, NC 27560

Tentative Schedule:

March 13, 2010 –Saturday
8:30AM to 6:00 PM

March 14, 2010 –Sunday
8:30 AM to 2:00 PM

About the Sport Performance Coach Course:

This course focuses 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. This 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.

Registration:

Register Online at <http://bit.ly/w8lift> by clicking the “**REGISTER ONLINE**” link. The cost is \$395. There will be an additional \$35 late fee added if registering after the deadline. The registration deadline is 2/26/10, 7pm EST

WALK IN REGISTRATIONS ARE NOT ACCEPTED.

*** Price for international registrations, including those from will be different. Contact our National Office for the price of an international registration.*

Host Hotel Information

Holiday Inn RDU
930 Airport Blvd.
Morrisville, NC 27560
919-465-1910
\$75 / Night

Fairfield Inn & Suites RDU
2750 Slater Road
Morrisville, NC 27560
919-468-2660
\$59 / Night

Holiday Inn Express
1014 Airport Blvd
Morrisville, NC 27560
919-653-2260
\$75 / Night

***** Ask for Athletic Lab group discount to receive special rates *****

About Athletic Lab

Athletic Lab is the premiere sport science research and athletic development training center in the Triangle. Established in 2009, Athletic Lab has quickly become the sport performance center of choice for some of the top athletes and teams in the Triangle region of NC, including the HPC Elite world class track and field team and the Carolina Railhawks. Located less than 3 miles from the RDU airport, Athletic Lab features a collegiate style training and conditioning center complete with a 40 yard sprint track. Our staff consists of the finest athletic development coaches in the field and have proven their expertise in the field of sport.