

# Olympic Lifting for Sport Coaches

Presented By:



## Event Description

This session is for coaches and athletes of any sport who want to learn to use Olympic lifts in their training, but do not plan to be weightlifters. This session will go over simple teaching progressions of both the snatch and the clean that will focus on practical applications for team sport and non-weightlifting athletes.

After watching technical models both in film and a live demonstration from an international level athlete, participants will work through the technical progressions with guided feedback. While this is not an NCCP course, participants will leave the session with a better understanding of performing and teaching basic variations of the Olympic lifts.

## Event Details

**Date/Time** - Sunday, March 30th, 2:00pm-4:30pm

**Location** - Crossfit Renfrew Strength & Conditioning, 23 Enterprise Way, Elmsdale, NS

**Registration\*** - To register, go to [www.trackie.com/event/ANSOLSC](http://www.trackie.com/event/ANSOLSC). \$30 for Athletics NS/Athletics Canada members. \$50 for non-members.

\* Registration will be capped at 15 participants to provide adequate space and attention to participants.

## Presenter Bio

Kirk Jessome is the Technical Director of Athletics Nova Scotia, but he is also a Comp-Dev certified weightlifting coach. Over his 6 year weightlifting coaching career, Kirk has worked with multiple Team Canada weightlifters, national medalists and numerous provincial record holders. Locally, Kirk works with a small group of weightlifters in Halifax, as well as a team online.

