

PERFORM CENTRE

PERFORM

advanced strength & sports conditioning

TAKING YOU TO YOUR HIGHEST LEVEL!!

BWLA LEVEL 2 COURSE

CLUB COACH AWARD

Part 1-

Mechanics of lifting-Analysis of the Snatch and Clean & Jerk- Key coaching points of the 2 lifts-training plans-Principles of Power development-teaching and coaching practise-BWLA safety code of practise.

Part 2-

Bones of Skeleton-major joints-major muscle groups-introduction to kinetics-teaching sequence of exercise-weight training schedule-group/class teaching practise.



PERFORM

Are Proud to host the British Weight Lifters' Association Level 2 course. The course is delivered in 2 parts, over 2 weekends by BWLA Coach, Dave Bell. The dates are:

13th and 14th February

And

13th and 14th March, 2010

Cost per delegate—

BWLA members £330

Non BWLA members £357

(Including course materials)



PERFORM CENTRE

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