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Austin Hickey-Owner/Head Coach. Certified CrossFit Level 3 Trainer (CCFT) Burgener Strength Seminar Staff (CrossFit Weightlifting) USA Weightlifting Advanced Sports Performance Coach. Westside Barbell Personal Trainer & Athletic Coach . OPEX Fitness CCP - Nutrition, Program Design, Physical Assessment, Life Coaching, Business Systems

our Coaches - Performance Training - St. Petersburg, FL

Our Team. Jason Jensen. Jason is an NASM Certified Personal Trainer, USA Weightlifting Level 2 Sports Performance Coach, CPPS Level 2 Certified Specialist, and RPR Level 2 Specialist. His passions include training high school and college age athletes and Olympic Weightlifting, specifically the snatch because of the extreme technicalities required to perfect it!

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USA Weightlifting Level 1. Course Description: In this two-day course, participants will gain practical information about how to safely and effectively teach how to snatch, clean, squat, and jerk as well as how to best utilize weightlifting movements for beginner lifters and sport performance athletes. A large portion of the course is hands-on teaching, coaching, and applying the USAW five ...

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The Sports Performance Coach 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.

USA Weightlifting - Wikipedia

NSCA CSCS USAW Advanced Sports Performance Coach. Darin Bergen. Assistant Coach

Coaches - VULKAN WEIGHTLIFTING

USA Weightlifting Sports Performance Coach L1. NCCPT Personal

Trainer. BS Biology. Coaching Experience. Head Boys Varsity Soccer Coach at Depaul Catholic High School . Academy Coach at TSF Academy. Soccer Trainer at The Sports Factory. Fitness Coach at TSF Academy. Jimmy Pierson.

Sports Training | Krank Sports Performance | United States

USA Weightlifting Certification. The Life Time Academy USA Weightlifting – Sports Performance Coach certification course provides a unique educational experience of online, in-classroom and hands-on learning combined with practical experiences. The purpose of this course is to take all participants through complete technical progressions of the Snatch, Clean & Jerk, and all associated movements including Power Snatch, Power Clean, Power Jerk, Squat variations, and pulling progressions.

USA Weightlifting Certification - Life Time Academy

Team USA High Performance has been created to deliver online training courses and programs in key areas of sport from the United States Olympic Committee and our partner National Governing Bodies. This site is your portal to sport education that can be used to better yourself and others.

Team USA High Performance

Benefits of Being USA Weightlifting Level 1 Certified. Industry recognition as a weightlifting coach from the sole governing body on weightlifting in the USA. Increased desirability as a potential hire when you seek employment in coaching and training. Access to USAW coaching materials to support your growth as a coach.

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 General Warm-Up & Flexibility General Warm-Up 1:00 Flexibility
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