

Two-day workshop on the role of weight lifting

Name:		UKSCA Member No:	
Address:			
Email:		Telephone:	
Principle employer:		Position:	

Workshop Dates (please tick your booking)

See website or call the office for the up to date list of workshops

12/13 Sept 09 – Velodrome, Manchester	14/15 Nov 09 – Lee Valley, London **FULL
17/18 Oct 09 – St Mary's Uni, London**FULL	21/22 Nov 09 – University of Dundee
7/8 Nov 09 – WIS, Cardiff **FULL	12/13 Dec 09 – University of Birmingham

** FULL - please contact the office to be placed on the waiting list for this workshop

Fees & Payment

£200 for members £250 for non-members (this includes Associate membership)

I enclose a cheque or official purchase order made payable to UKSCA

Learning outcomes:

By the end of the workshop coaches will be able to;

- Identify the importance of neurological adaptation as a result of strength training
- Design a dynamic warm-up and explain the principles of this type of warm-up in relation to explosive exercise including weight lifting
- List key safety factors when working in a weight lifting environment
- Demonstrate the following weight lifting movements with good technique and list the key technical and safety points for each of them
 - Back Squat
 - Front Squat
 - Overhead Squat
 - Stiff Leg Dead Lift
 - Squat clean and its derivatives
 - Snatch and its derivatives
 - Overhead presses and jerks
- Describe and explain the use of Combination lifts and Complex Training
- Describe a simple weight lifting programme including the need for variation in loading, which would compliment an overall strength and conditioning programme
- Evaluate their competence to supervise athletes training in a weight lifting environment

Additional areas for discussion during the workshop

- Simple biomechanical analysis of movements in sport and comparison to the movements involved in the learned weight lifting techniques
- The priority energy systems used in a variety of sports
- The importance of mid-section strength to sound sport specific performance and how to develop it using a range of methods including dumbbells, medicine ball and body weight exercises

Cancellation/alterations to booking

All cancellations must be made in writing (via letter, fax or email).

A cancellation charge will be incurred depending on the notice received:

- 21 days or over – £200 refunded
- Between 6 and 20 days notice – £100 refunded
- 5 days or less – £0 refunded

A full refund of these fees will only be provided in exceptional circumstances. Please contact the office for further information.

