

Olympic Lifting Masterclass - Intensive Mentoring Day

- ARE YOU PREPARING FOR THE ASSESSMENT DAY OR ATTENDED OUR 2 DAY WORKSHOP?
- HAVE YOU BEEN AWAY AND PRACTICED YOUR TECHNIQUES?
- ARE YOU STILL NOT 100% CONFIDENT AND WOULD VALUE SOME INTENSIVE SUPPORT?
- THEN, THIS DAY IS DESIGNED FOR YOU.....

In response to feedback from members we are hosting mentoring days to enable members to demonstrate, receive expert feedback on, and improve their weight lifting technique. This day will enable you to

- demonstrate and practice your lifts and receive expert feedback on your technique
- test your underpinning knowledge and its application to weight lifting for sports performance
- coach others and gain feedback on your coaching skills
- receive coaching tips and work with a range of lifters - essential for improving your own coaching skills

Tutor: member ratios are kept low to ensure you gain the maximum from this day.

TO BOOK:

Cheque: Please use the form below and post
Purchase order: Post or fax to 0870 116 1223
Credit Card: Please call the office on 0870 116 1566 or book online at www.ukzca.org.uk

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

Training Date (please tick your booking)

	3 May 09 – University of Birmingham		2 Aug 09 – SportCity, Manchester
	5 July 09 – Lee Valley Athletic Stadium		6 Sept 09 – St Mary’s College, London
	19 July 09 – University of Stirling, Scotland		1 Nov 09 – University of Birmingham

Fees & Payment

£80 for current members

£130 for non-members – this includes 1 years Associate membership

