

General Information

Courses are held in every capital city around Australia and also in regional centres.

Confirmation of registration, map of the venue, CEP timetable and receipt will be circulated to participants once the CEP registration has been processed.

The Australian Weightlifting Federation reserves the right to cancel any advertised CEP if minimum numbers are not met.

Places on each CEP are limited and will be filled on a first in basis. Each CEP has a maximum 20 participants.

Registered with:

**National Coach
Accreditation Scheme
(NCAS) &
Fitness Australia**



Please direct any inquiries to:

**Australian Weightlifting Federation
34 Morella Street, Wishart QLD 4122**

**Leo Isaac
Manager – Industry Partnerships**

**Mobile: 0423 767 955
Email: lisaac@awf.com.au**

Become a Licensed Sports Power Coach

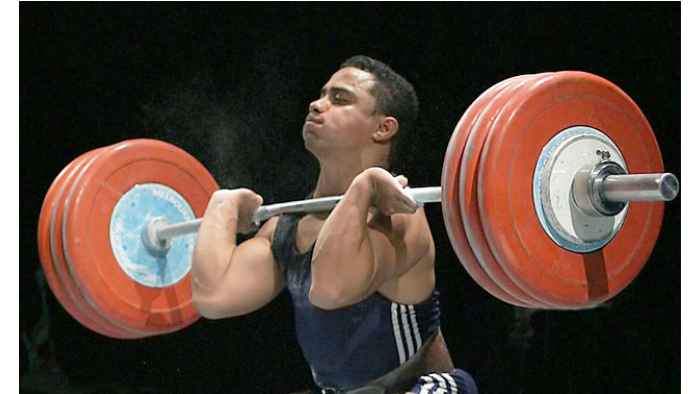


Photo: Miles Wydall

**Club Weightlifting / Sports Power
Coach 1 Licence Course**

**Teach and correct basic power training
and weightlifting skills of athletes**

Accredited Course
National Coach Accreditation Scheme
and Fitness Australia



Australian Government
Australian Sports Commission

www.awf.com.au



Who's the course for?

The Club Weightlifting / Sports Power Coach 1 Licence Course is suitable for:

- Sports coaches
- Personal trainers
- Cross Fit enthusiasts
- Teachers
- Physiotherapists
- Human movement and science students
- Strength and conditioning specialists
- Athletes interested in developing power
- People interested in Weightlifting technique.



Course Content

The Club Weightlifting / Sports Power Coach 1 Licence Course covers:

- Basic lifting techniques
- Coaching methodology
- Programming principles
- Principles of power development
- Progressive resistance principles
- Exercises to develop technique and power
- Warm-up and stretching techniques
- Progressive development of technique
- Safety principles



Participants Receive

As a course participant you will receive:

- Access to all sessions
- Hands on assessment and feedback
- Access to specialised equipment
- Coaching manual
- Australian Weightlifting Federation Polo Shirt
- Morning & afternoon tea
- NCAS accreditation on completion of all assessment tasks
- 15 CEC's (Fitness Australia)
- AWF Capitation and Insurance Cover



Benefits

At the completion of this CEP you will be able to:

- Teach and correct basic power training and weightlifting skills of athletes.
- Plan, organise and conduct safe, enjoyable and progressive training.
- Write training programs that incorporate appropriate skill learning, fitness and tactical development relevant to level of athlete.
- Monitor and review power training activities of athletes and provide appropriate feedback.

Presenters

Course presenters have extensive experience in the fields of Weightlifting and Power Training, working with Elite athletes in Weightlifting; Track & Field; Rowing; Football Codes; Netball; Baseball; and Swimming.

Registration

Register yourself as an interested person by contacting:

Leo Isaac, Manager – Industry Partnerships

Email: lisaac@awf.com.au or

Mobile: 0423767955

Courses are in popular demand and there are limited places available. Registrations close one month prior to advertised events. Please see the following URL for information on future courses.

<http://www.awf.com.au/coacheducation.aspx>

Cost

The registration fee for the Club Weightlifting / Sports Power Coach 1 Licence course is:

\$660.00