

Open to SOFA Sponsored Personnel • Ages 16 years & older

Improve your Snatch and Clean & Jerk + Multi-Sport Athlete Development + Become a USAW certified coach!

USA WEIGHTLIFTING SPORTS PERFORMANCE COURSE: LEVEL 1

\$499

Cost includes:

- Seminar
- Certification
- One Year USAW Membership
(Valued at \$79.99)



Saturday, July 28 - Sunday, July 29
8 a.m.-4 p.m. • Fleet Fitness Complex

Registration Deadline: Friday, June 22

Register at the Fleet Fitness Complex or Hario Fitness Center

For more information, call 252-6899.



Where Olympic Journeys Begin