

CALL NOW: 0423 767 955



INTENSIVE TRAINING CAMP 9-13 JAN 2018

Weightlifting
Academy
of Tasmania

**\$325 FOR FULL CAMP
OR \$75 PER DAY**



COACHING

You will enjoy the coaching and 8 session special training program designed to provide a unique insight into critical factors for success in the improvement of Weightlifting performance. Each participant will go at their own pace and receive advice and feedback based on their own performance characteristics.



PERFORMANCE ANALYSIS

You will have the opportunity to take part in a groundbreaking study in which your performance of the snatch will be analysed for displacement, velocity and acceleration using 3-D motion analysis, accelerometers and videography at 100 frames per second. The study will be conducted by Dr. Daniel Cahreman.



LECTURES AND TALKS


Each day of the program will provide you with a group discussion in the morning in which participants can bring their own questions on training and performance. In the afternoon a special lecture will be provided on subjects such as nutrition, injury management and psychology.

WHY CHOOSE US

- ✓ Excellence of coaching in the sport of Weightlifting.
- ✓ Proven training environment that gets results.
- ✓ Regular events for education and learning in Weightlifting and sports science.
- ✓ Caters for all people irrespective of age and experience

STAY IN TOUCH

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ABOUT US

The Weightlifting Academy of Tasmania is a major contributor to the Australian Weightlifting scene and a top 10 club in terms of participants, results and development of the sport. The Academy's principal coach is Leo Isaac who is also a leading coach educator, is currently an appointed coach to Australia's national team and an Olympian in the sport of Weightlifting. Our mission is to provide expert guidance to all from beginner to experienced in the sport of Weightlifting in a safe and caring environment.