



West Wales Regional Athletics Council
Olympic and Power Lifting Coaching Workshop
Swansea University Indoor Athletics Centre
Sunday 23rd October 2011
10.30am to 2.30pm

On **Sunday 23rd October** there will be an Olympic and Power Lifting workshop for any interested coach and athletes with novice or intermediate experience of weight training. The workshop will be held in the weight training room of Swansea University Indoor Athletics Centre. The cost of the session will be £5 per athlete, cheque payable to West Wales RAC. Coaches are **FREE** and the session is open to athletes and coaches from any region in Wales. To be eligible athletes must be in at least the U17 age group.

The workshop will include demonstration, instruction and technique for;

- Back Squat
- Front Squat
- Overhead Squat
- Stiff Leg Dead Lift
- Squat clean
 - Snatch
- Overhead presses and jerks
- Planning and periodisation for a weight lifting programme.

The tutor is Rhodri Thomas whose weightlifting experiences include coaching Leon Griffin a World Junior Bronze Medallist, 1995, Commonwealth Games Gold Medallist 1998 and Tommy Yule Sydney Olympian 2000, Commonwealth Medallist 1998, 2002 & 2006. Rhodri works with a range of sports; Rugby:- all Welsh squads from U18 up to senior squad, GB Under 23 Rowing Squad, Welsh Rowing Squad, Welsh Tennis and Welsh Hockey Men's and Women's squads. Rhodri has worked with Matthew Richards and Carys Parry Welsh Athletics 2010 Commonwealth Games Hammer throwers. Rhodri has a BSc Sports Science degree and he also competed in weightlifting where he gained 5th Place in the 1994 Commonwealth Games and is a 5 times Welsh Champion.

To book return the form below to Andrew Jenkins, 5 Highpool Close, Newton, Swansea, SA3 4TU, no later than Friday 21st October.

Coach / Athlete Name: _____

Club: _____ Athlete age group: _____

Email Address: _____

Mobile Number: _____

I enclose a cheque for £___ payable to West Wales RAC.

Signature: _____ Print Name: _____