

Functional Strength Olympic 2020 Youth Programmes – Information for Parents

Thank you for your interest in Olympic Weightlifting. Please read below for more information on the sport and our programme intentions.

Background

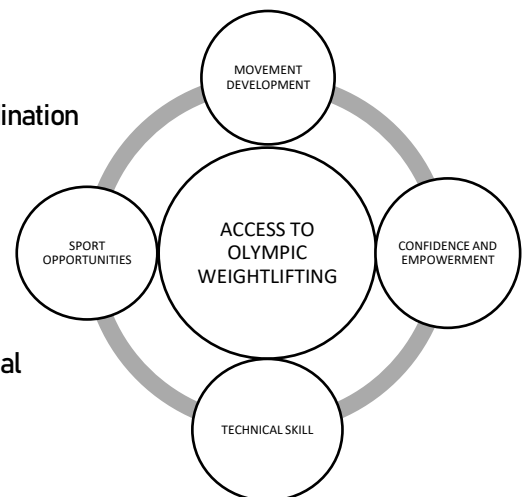
Olympic Weightlifting is a sport that requires coordination, strength, power, stability, flexibility, and mental fortitude. With quality coaching and supervision Olympic Weightlifting is safe and can serve to benefit youth motor competency and long-term athletic development. It is a sport for everyone with a low incidence of injury and the ability to cater to a wide range of physical proportions and body compositions.

Olympic Weightlifting operates with a single goal; lift a barbell from the ground to overhead while meeting technical requirements. This is completed in two ways, which make up the competition lifts of the snatch and the clean & jerk.

Programme Design

Our vision with this programme is to provide access to Olympic Weightlifting to Pinehurst students where they can learn to use free weights (specifically barbells) safely and effectively. There are four parts to our model including;

- *Movement Development*; the combined teaching of strength, coordination and mobility
- *Confidence and Empowerment*; training is process focused encouraging athletes to dissect and tackle complex tasks, and individually progressed
- *Technical Skill*; learning to generate and apply coordinated and precise full body power
- *Sport Opportunities*; with the ability to compete in local and national events, or training to compliment other sport involvement



Programme Details

Classes are offered as two 60 minute sessions every week throughout term time- athletes are asked to attend both sessions each week in order to allow ongoing progression and training adaptations. Participation costs are subsidised thanks to KiwiSport in order to reduce associated expenses of the sport.

Day/Time: Tuesday and Thursday 3:45-4:45pm

Location: Functional Strength Olympic, 7a Piermark Drive

Registration: Completion of waiver and payment serves as confirmation of registration. Waiver is required prior to the first class of the term.

Primary Coach: Cameron McTaggart, 2018 Commonwealth Games representative, Tokyo Olympic hopeful

All queries: Programme Manager and assistant coach Gabrielle Peach events@functionalstrength.co.nz, 0273443020

