2018 USA Weightlifting Coaching Symposium

Unless otherwise noted, events will be in the Rosemont room of the Sheraton hotel.

Friday 7/20
3:00 - 5:00 pm  Registration open
5:00 - 6:00 pm  **Keynote: What is high performance?**
                Chris Snyder
6:30 - 8:30 pm  **Welcome Reception:** Please join us for drinks and appetizers the Sheraton Lobby Bar

Saturday 7/21
6:00 - 7:30 am  Rogue training hall open (Sheraton Grand room)
7:00 - 12:00 pm  Registration open
8:00 - 8:15 am  Welcoming remarks
8:15 - 9:15 am  **Cutting weight without cutting performance**
                Dr. Layne Norton
9:30 - 10:30 am  **Why I use Olympic lifts for sports performance**
                 Al Vermeil
10:45 - 12:15 pm  **The Latvian Training System**
                   Eduards Andruskevics
12:15 p.m. - 1:30 p.m.  *Lunch on your own*
1:30 p.m. - 2:30 p.m.  **Injury prevention and post-rehabilitation return from Olympic style weightlifting injuries**
                      Robert A. Panariello
2:45 - 3:45 pm  **USA Weightlifting elite coaches panel 1: Building your business model**
                   Dave Spitz – Cal Strength
                   Derrick Johnson – Kings of Weightlifting
                   Kerri Goodrich – Performance Initiatives
                   Tom Sroka – Team SAW
                   Moderator: JP Nicoletta
4:00 - 5:30 pm  **The German Weightlifting System**
                   Michael Vater
Sunday 7/22

6:00 - 7:30 am  Rogue training hall open (Sheraton Grand room)

7:30 - 8:00 am  **USADA**

- Cathlyn Pistolas

8:00 - 8:45 am  **USA Weightlifting: Current initiatives**

- Phil Andrews and Mike Gattone

9:00 - 10:00 am  **USA Weightlifting elite coaches panel 2: Club models**

- Ben Hwa – Team Divergent
- Travis Mash – Mash Elite
- Dane Miller – Garage Strength
- Moderator: Mike Gattone

10:15 - 11:15 am  **Reducing risk and managing injury for the weightlifter**

- Dr. Quinn Henoch

11:30 - 12:30 pm  **Keeping your athletes healthy**

- Dr. Trevor Pfaendtner

12:30 - 1:30 pm  **Lunch on your own**

1:30 - 2:45 pm  **Q&A with Michael Vater and Eduards Andruskevics**

3:00 - 4:00 pm  **USA Weightlifting elite coaches panel 3: Performance models**

- Tim Swords – Team Houston
- Danny Camargo – Team OC
- Kevin Simons –Team Alpha
- Moderator: Mike Gattone

4:00 - 4:15 pm  Wrap-up and adjourn