

Olympic Weightlifting Event Request Form

Please select your clinic:

**a.) Olympic Weightlifting Technique Clinic:**

For athletes new to using the snatch and the clean & jerk, the Technique clinic emphasizes proper technique as the critical foundation for learning the Olympic lifts.

For experienced lifters and coaches, this clinic will offer the opportunity to identify and correct bad habits, and become significantly more efficient in the lifts to improve speed and power.

Clinic is limited to 10 people and provides four (4) hours of technique instruction (including two 10 minute breaks for rest), hands-on lifting with coaching feedback and video analysis of each participant’s weightlifting technique during the clinic. Clinic Fee: $600

**b.) Olympic Weightlifting Intermediate Clinic**:

During this interactive, intermediate-level clinic, each attendee will have the opportunity to spend considerable time with training weights and to learn important exercises that will significantly improve their technique in the snatch, clean and jerk.

Clinic limited to 10 people and provides five (5) hours of instruction (including two 15 minute breaks for rest), practice with the corrective exercises, and video analysis of each attendee. Clinic Fee: $900.

**c.) Coaches’ Seminar:**

CHFP will provide a five (5) hour Olympic Weightlifting Coaches’ Seminar, including two 15 minute breaks for rest. The Coaches Seminar will emphasize proper technique as the critical foundation for learning and teaching the Olympic lifts. Attendees will become skilled at identifying and correcting bad habits, and learn helpful progressions and coaching cues to assist their athletes in becoming more efficient in the lifts, and to improve speed and power.

Attendees will have the opportunity to spend considerable time with training weights, and receive feedback during our video analysis portion of the seminar.

Seminar is limited to ten (10) coaches. Seminar Fee: $1,250.00

**Contact Information**

Please enter your contact information:

|  |  |
| --- | --- |
| Contact Name |  |
| Contact Phone Number |  |
| Gym Affiliation |  |
| Gym Address |  |
| City, State , Zip |  |
| Phone |  |
| Email |  |

**Dates**

|  |  |
| --- | --- |
| 1st Choice |  |
| 2nd Choice |  |
| 3rd t Choice |  |

**Location**

Clinics and seminars can be conducted at an appropriate gym/location of your choice, or at CH Fitness and Performance’s home base (CrossFit South Arlington). Please note your preference:

|  |  |
| --- | --- |
| Your Location |  |
| CH Fitness & Performance | 206 South Ball Street, Arlington, VA 22215 |

**Clinic/Seminar Request Process**

Please complete the clinic request form and submit it to [cara@caraheads.com](mailto:cara@caraheads.com) . You will be notified within three (3) business days to confirm Cara Heads Slaughter is available to present a clinic on your requested date(s). Upon notification that your requested date(s) is available, you will be sent an email invoice for 50% of the clinic fee as a deposit to hold the clinic date.

When payment is received, your scheduled date is confirmed and you are free to market your clinic/seminar to participants. Marketing guidelines will be provided. Please review the guidelines before officially marketing your clinic or seminar. The remaining 50% balance of the clinic fee will be due 48 hours prior to the clinic date. Also, if the requested location for your clinic or seminar is more than 100 miles round-trip, a travel stipend will be added to the fee (fee TBD). We look forward to working with you!