



Hercules Weightlifting Club

NCCP Competition Introduction Workshop

Registration fee: \$350 - \$425 after 01/22/2024

Name _____ Date of Birth _____

Address _____

City _____ Province _____ Postal Code _____

E-mail _____ Phone _____

Date of Application _____ Male [] Female []

NCCP Locker number: _____

In consideration of my registration being accepted, I intending to be legally bound, do hereby for myself, my heirs, my executors and administrators, waive, release and forever discharge Hercules Weightlifting and Strength Training Academy and their successors and/or assigns and Mirek Korkowsk, Sean Mazur and his heirs, executors, administrators and assigns and all employees thereof, from all manner of actions, causes of action, claims for damages which I may have now or in the future as a result of my participation in the Hercules Weightlifting Club programs and events.

I agree to be bound by the rules and regulations of the Hercules Club.

Signature _____ Date _____

Note: If under 18 must be signed by a parent or guardian

Parent/Guardian

Name _____

NCCP Competition Introduction Workshop

February 24 - 25, 2024

Location:

Theory: Sport Manitoba - 145 Pacific Ave, Winnipeg, MB R3B2Z6
Practical: Hercules Weightlifting Club - 980 Winakwa Rd, MB R2J1E7

WEIGHTLIFTING

Learning Facilitators: Mirek Korkowski & Sean Mazur

A G E N D A

Part I – Saturday, February 24, 10:00 am – 2:00 pm Theory

- 1. Introduction**
- 2. Analyze Performance**
 - a. Purpose and intend of the module**
 - b. Introducing the Olympic lifts – technical description and analysis**
 - c. Long Term Athlete Development (LTAD) and CWFHC Model**
 - d. Process of detection and correction of technical errors**
 - e. Understanding and communicating technical aspects to the athlete**
 - f. Case studies – the snatch and the clean & jerk**
- 3. Provide Support to Athletes in Training**
 - a. Teaching and learning strategies**
 - b. Application of the CWFHC LTAD – Transition Phase**
 - c. Ensure the practice environment is safe**
 - d. Psychological preparation**

Part II – Saturday, February 24, 3:00 pm – 6:00 pm, Practical (gym attire required)

- 4. Basic technique of the Olympic lifts:**
 - a. Practical education**
 - b. Coaching tips**

Part III – Sunday, February 25, 10:00 am – 2:00 pm, Theory

- 5. Provide Support to Athletes in Training - continuation**
 - a. The training program**
- 6. Support the Competitive Experience**
 - a. General recommendation concerning athletes nutrition**
 - b. Understanding the Olympic style competition**
 - c. Preparing for readiness in competition**
 - d. Coach makes effective interventions during and after the competition**
 - e. Preparing to host a competition**
- 7. Continuing education**