



2010 Powerlifting Coaches Training

Who:

Volunteers interested in coaching Special Olympics athletes in Powerlifting

When & Where:

Saturday, March 20, 2010

Special Olympics Wyoming office and Flex Complex - Casper

Saturday, March 20 - Classroom Session - Noon – 2:00 p.m.

Saturday, March 20 -Sport specific training – 2:00 p.m. – 4:00 p.m.

What:

Sports specific training will provide volunteers with the knowledge and experience to be an effective coach in their respective sport. A classroom session will cover equipment, clothing and rules. The practical skills session will include technique, skills progression, safety and other issues pertaining to your sport.

How:

If interested, e-mail skiesner@specialolympicswy.org. Include name, address, contact information, and which sport training you will be attending. Or, fill out and return the application below. Registration must be received by Friday, March 12 for the training. A confirmation e-mail will be sent to you with specifics on agenda, meal plans and other 'fun' stuff after registration is complete. Special Olympics Wyoming will reimburse up to \$25 for gas with receipts.

2010 Powerlifting Coaches Training

Local Program _____ Program Coordinator _____

1) Training: **Powerlifting**

Name _____ E-mail _____

Address _____ Phone _____

City _____ State _____ Zip _____

Local Program _____ Program Coordinator _____

2) Training: **Powerlifting**

Name _____ E-mail _____

Address _____ Phone _____

City _____ State _____ Zip _____