



**CANADIAN
MASTERS 2020
WEIGHTLIFTING
SEMINAR**

STEVE SANDOR 2- DAY WEIGHTLIFTING CAMP

On April 18th and 19th Steve Sandor will be hosting a two-day training camp in Saskatoon. Steve has been a team Canada coach an incredible 11 times in his career. He has continuously produced some of the best lifters our country has seen.

The agenda for the two days will be as follows:

Saturday April 18th: 10:00 – Noon: Snatch and snatch derivatives - Steve will adjust the athletes and assign personal drills based on faults observed. Pulls and accessory work

Noon - 1PM - Lunch will be provided and a presentation on programming considerations for master’s and lifters in general will be delivered by Jason Cain, head coach of 306 W.C. and world master silver medallist.

Sunday April 19th: 10:00AM - 11:30: Clean and jerk - technique work followed by moderate to heavy loading as determined by Steve. Back squats volume work

Cost for the weekend is only **159\$** -

Registration link: <https://www.reebokcrossfit306.com/competitive-weightlifting-program>

NEXT CMWFHCM APPROVED MASTERS WEIGHTLIFTING SEMINAR

Moncton, New Brunswick	Colosseo Weightlifting Club and CrossFit Moncton	April 18, 2020 Greg Doucette Race Roster Links will soon be available at https://nbweightlifting.ca/
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