



Masters Weightlifting Seminars

In our efforts to promote Masters Weightlifting in Canada, the CMWFHCM is inviting any interested provincially-registered weightlifting club to consider conducting a half or full day Masters Weightlifting Seminar. The expectations are as follows:

- *Participants must be 30 years of age or older and members of a Provincial Weightlifting Association;*
- *Participants do not have to be members of the Canadian Masters Weightlifting Federation; however, it is expected that CMWFHCM members will be offered a discounted registration fee;*
- *The fee structure is deemed reasonable by the CMWFHCM Board of Directors;*
- *Revenue from participant registrations remains fully with the organizing club.*

Interested parties are invited to contact the CMWFHCM President, indicating a brief description of the following:

- Content and structure of the seminar and its relevancy to CMWFHCM members; (example: technical movements of the lifts; training and preparation for competition; competition rules of significance to the athlete...)
- Coaching expertise of the instructor(s); (example: competitive experience; coaching experience with masters age athletes; provincial or national Coach Certification...)
- Geographical proximity to potential CMWFHCM and Provincial Masters weightlifters. (Near a large city or manageable travelling distance to a smaller city).

The CMWFHCM Board will decide which seminars to endorse and will advertise Seminar information on the CMWFHCM Website and the CMWFHCM Facebook page.

Please submit the details of your Masters Weightlifting Seminars to the President,

MASTERS WEIGHTLIFTING SEMINARS – GUIDELINES

Introduction: A brief introduction to the Seminar.

Fee Structure: Provincial Association Members \$
CMWFHCM Member \$

Content and Schedule of the Seminar:

Day 1	Time	Focus/topic	Presenter/Coach
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Day 2	Time	Focus/topic	Presenter/Coach
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Note: It would be advantageous, if possible, to include some content on nutrition and antidoping education. Our website has information on doping education. [Anti-Doping/Antidopage – Canadian Masters Weightlifting Federation \(cdnmastersweightlifting.org\)](http://cdnmastersweightlifting.org)

Facility: A short description of the facility, location, equipment available.

Coaches/Instructors: A bio of the Coach/Instructor(s) and their qualifications, particularly as it relates to Masters.