

AAU STRENGTH SPORTS

ATHLETIC MOVEMENT & LONG TERM DEVELOPMENT CERTIFICATION PROGRAM

This program was developed by a team of Coaches, Educators and Athletes, all of which have more than 30 years of experience. They include Patrick Cullen-Carroll, Dr. Larry Medders, Martin Drake, Ray Anderson, Gordon Santee, Lorenzo Gaspar and Danny McDermott.

All Clinicians, Athletes and Coaches must have a current AAU membership. The program is available to members of any age, but only adult members will receive the certification. The certification program will typically be a two- day program utilizing 2-4 clinicians. The cost of the two day program will be \$250.00. One-day Sport Specific clinics will also be offered in some cases. These will be a minimum of 4 hours in length and are open to all current AAU Members for a \$50.00 fee. Registrations will be online at www.austrengthsports.org.

Certification Program will cover as a minimum:

- How to keep athletes safe will improving strength and athletic movement
- Weightlifting training, Movement and strategy
- Powerlifting training, Movement and strategy
- Feats of Strength/Strongman training, Movement and strategy
- Bodybuilding training, for safe and effective growth
- Strength and Movement training applicable to developing athletes for other AAU Sports
- Awareness of supplements and substance abuse concerns

Sports specific clinics being offered:

- Powerlifting training, strategy and meet preparation
- Weightlifting training, strategy and meet preparation
- Strongman training, strategy and event preparation
- Bodybuilding training, posing and event preparation
- ALL CLINICS WILL DISCUSS OUR SUBSTANCE ABUSE PROGRAM

More Information will be released soon on

www.austrengthsports.org