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present

Explosive Lifting Clinic

Date: March 21, 2009
Time: 8 am – 4pm
Where: CrossFit Amelia Island, 1114 South 14th Street, Amelia Island, FL 32034
Topics: Snatch (a.m.) / Clean and Jerk (afternoon)
Cost: \$99 – (Register early; limit 20 students)

- Each additional immediate family member take \$10 off
- Preregistration by March 14th includes t-shirt. All entries postmarked or received after 3/14/09 are \$129 and will not include t-shirt.)
- 1 hour lunch – food provided by The Lunch Box-please indicate your desired Zone Blocks on Registration form. If none selected – we will assume you desire a 3 block meal)

Clinician: Harvey Newton, MA, CSCS

- 1996, 2000, 2004, 2008 – key part of the NBC Commentary - USA Weightlifting Team
- USA Weightlifting head Coach 1984
- Former USA Weightlifting Executive Director
- A Level 2 USA Cycling coach, Harvey was the strength training advisor to USA Cycling and continues to assist USAC in their efforts at educating athletes and coaches.
- Former Executive Director of the National Strength and Conditioning Association.

What to expect: Clinic will have 2 segments on the Snatch in the a.m. – a note taking session followed by student practical evaluation by Harvey Newton. The same format will occur in the afternoon with the Clean and Jerk. We will be video taping your lifts for Dartfish Analysis available from Coach Newton for an additional \$29. Please indicate if you would like this service on your registration form.

Air Travel into: Jacksonville International Airport (JAX)
Host Hotel: Hampton Inn - 2549 Sadler Road, Fernandina Beach, FL 32034, 904-321-1111
Registration (pick one):

1. Active.com – Event name: **CrossFit Explosive Lifting Clinic** (or)
2. Download our registration form at : www.newton-sports.com, or www.crossfitameliaisland.com and mail in your registration.

Name: _____ Day Phone: _____ Date: _____
Address: _____ City: _____ State: _____ Zip: _____
DOB: ____/____/____ Male: ___Female: _____ Weight: _____ Height: _____ Age: _____
Email: _____ How did you hear about us? Client ___ Staff ___ Ad ___ Other: _____
T-Shirt size: S M L XL Would you like a Dartfish Analysis from Coach Newton? Y N (\$29 special!)

Please send in this entry form to above address or email this form with your check or credit card information:

Credit Card Provider: Am Ex Visa M/C Discover Number: _____
Exp Date: ____/____ Name on Card: _____