

5 Day Elite Training Camp
September 7-11 (Wednesday-Sunday)

Initial Contact: Jared@theoutlawway.com

Registration: <https://www.eventbrite.com/e/5-day-elite-obb-camp-charlotte-nc-tickets-26841597942>

Price Option 1: \$599

- Includes admission to camp

Price Option 2: \$799

- Includes camp admission, hotel stay for entire camp, travel to and from training and airport

Location: Rock Hill, Sc (20 minutes south of Charlotte, NC)

Pre-Requisites: There are no requirements to attend. However, it is highly recommended that you are a member of USA Weightlifting. If you are not currently a member you can become one here:

<https://webpoint.usaweightlifting.org/>

If you choose not to become a member that's fine but you will not be able to compete or referee at *Barbells and Brews*. If you choose to compete I need your Full name, USAW #, entry total, and shirt size. (If you have questions on any of this please email me)

Camp Description:

The Outlaw Barbell Level 2 camp will be the most involved camp ever offered by TOW. 10-15 people will have the opportunity to spend 5 days being coached by and train with Jared and Dave Fleming. Not only will you extensively broaden your

knowledge and expertise on all things weightlifting, this camp is also designed to double as a vacation. Everyday there will be a group hangout event with Jared and Dave whether it's hanging out on Lake Wylie, grabbing drinks at one of the local breweries, or spending a day at the *Barbells and Brews* competition held by 2x National champion, Travis Cooper. This camp will be full of learning, lifting, and just flat out having a good time.

Things to expect:

- Become an Outlaw Barbell certified coach
- Learn the basics all the way up to the advanced components of the Snatch, Clean, Jerk, Squat, and all accessories related to the Snatch and Cj.
- Free camp T-shirt
- Free entry into the *Barbells and Brews* weightlifting meet held by 2x national champion Travis Cooper.
- Special visit from National champions, Travis Cooper and James Tatum to help coach and do training sessions alongside you.
- Hangout sessions with Jared, Dave and other members of the weightlifting community (James Tatum, Travis Cooper, and others)
- Video analysis of all camp attendees throughout the week of different lifts and accessories to show how to troubleshoot and correct movement patterns.
- 2 training sessions nearly every day. Some sessions focusing on teaching proper movements and others are prescribed workouts to be coached through and practice new movements.
- Multiple lectures throughout the camp ranging in topics from programming, teaching correct movement patterns in the Snatch and Cj, and competition management.
- Hours of 1 on 1 coaching to develop your skills as an athlete as well as sharpen coaching abilities.
- Competition experience at *Barbells and Brews* on 9/10 either as an athlete, coach, ref, or all of the above to learn all necessary components of coaching, lifting, reffing, and loading at a competition.

- *Become a USAW certified referee (still working on logistics of this part)

Arrive and Depart:

People flying in will want to fly into Charlotte International Airport (CLT) sometime on Tuesday (9/6) and depart either Sunday night after 6pm (9/11) or Monday (9/12). The first official session will be Monday morning and the final session will be Sunday afternoon.

Transportation:

I will be able to pick people up and drop people off at the airport as well as help transport you before and after training sessions. However, I recommend that 1-2 people get a rental car for camp so that people are free to go out when there are no scheduled activities.

Communication:

Everyone that signs up will get my personal phone number to stay in contact with me leading up to camp about flight arrangements and etc. All attendees and I will be added into a private FB chat together where everyone can become acquainted with one another and to discuss potentially splitting hotel costs, rental car costs, and to communicate while at camp.

Certification:

Upon completion of the 5 Day Elite Training Camp there will be a written test covering material discussed at camp. All who pass will be awarded the title of certified Outlaw Barbell Weightlifting coach. After demonstrating a solid understanding of the extensive knowledge gained from camp we will feel 100% confident in your abilities to coach to the Outlaw Barbell standards.