

**2021 FACA WEIGHTLIFTING CLINIC
HILTON DAYTONA BEACH OCEANFRONT RESORT**

Clinic Schedule

FRIDAY – JAN. 8TH

8:00 AM - 2:00 PM	CLINIC REGISTRATION
8:30 AM - 9:30 AM	Speaker: Joey Lippo and Brian Seacrest USAW Senior International Coaches Topic: Teaching the Snatch from the Ground Up
9:30 AM - 10:30 AM	Speaker: Rich Lansky, Braden River Head Coach Topic: Perfecting the Bar Path
10:30 AM - 11:30 AM	Speaker: Josh Storms, FSU Strength Coach Topic:
11:30 AM – 12:30 PM	Lunch and Visit Exhibits
12:30 PM – 1:30 PM	Speaker: Meredith Alwine, Team USA Lifter Topic: What a Lifter Expects from a Coach
1:30 PM - 2:30 PM	Speaker: Dragomir Cioroslan, Olympic Legend Topic: Programming to Prepare Your Lifter
2:30 PM - 3:00 PM	FHSAA Staff "FHSAA Update"
3:00 PM - 4:00 PM	"Barber Shop Questions & Answers" Danny Camargo plus this year's speakers
4:00 PM - 5:00 PM	Dan Marsee, Suwannee High School FACA State Weightlifting Chairman "General Meeting"