



PARA POWER LIFTING

Level 1 Camp

Coaches can obtain Level 1 Certification.
Lifters should complete a Level 1 camp before
competing in a regional meet.

SUNDAY APRIL 14, 2019

NOON to 2:00 PM - Classroom

2:00 PM to 4:00 PM - On the bench

GLASA Office

**27864 Irma Lee Circle, #101,
Lake Forest, IL 60045**

Presenter: Jim Greco, a National Strength
& Conditioning Association certified coach,
Team USA Para Powerlifting Coach, and
former U.S. Top 20 Powerlifter.

FOR MORE INFO,
CONTACT
Cindy Housner
chousner@glasa.org
(847) 283 - 0908

REGISTER HERE