

Olympic Lifting Clinic



Hosted by; CrossFit Charlotte
MuscleDriver USA

When/Where; Saturday, November 7th from 9:00 – 4:00 pm
CrossFit Charlotte
600 West Charles St.
Mathews, NC 28105
Phone: 704-519-6693
Web: www.crossfitcharlotte.com

The Purpose

With proper technique Olympic lifting helps build explosive power and teaches athletes how to accelerate or receive a load (be it an object or another person). The movements of Olympic lifts are common to many sports. Performing these movements efficiently through proper technique increases an athlete's ability to improve both performance and avoid injury.

The Program will cover demos, teaching progressions, and fault correction for the snatch, the clean, and the jerk. There will be plenty of hands on time, as well as, Q &A. The class size will be kept small to allow for plenty of personal attention.

The Coaching Staff

Glenn Pendlay – Head Coach

The Pendlay name is one of the most recognized in both the Olympic Lifting and CrossFit communities. Glenn received a master degree in Exercise Physiology and was taught the Olympic Lifts by Mendeleyev in Moscow. Glenn has been coaching since 1995. In 1999 Glenn started a coaching program in Wichita Falls, Texas that quickly became one of the top programs in the USA, consistently winning team championships at national competitions, and regularly placing lifters on international teams. Glenn is an international level coach, and currently coaches in northern California.

Caleb Ward – Assistant Coach

Caleb has been since age 12 when he qualified for Schoolage Nations. Caleb has gone on to break 12 Schoolage American Records and in 2009 placed 2nd in the 2009 Arnold Classic and qualified for the 2009 Junior Worlds as the #1 ranked lifter. Caleb is currently training under Glenn and is planning on a push for the 2016 Olympic Games

Cost: \$100 per person. Availability is limited.



Glenn Pendlay coaching Caleb Ward at California Strength Gym.