

Join us for an Adaptive Olympic Weightlifting Training Camp at the world-class Eleiko Sports Center in Halmstad, Sweden from October 16-20, 2023.

This Adaptive Olympic Weightlifting Training Camp is for adaptive athletes (aged 21+) and their coaches who want to learn, challenge themselves, and connect with other people who are passionate about adaptive Olympic weightlifting. The goal of the Training Camp is to build a foundational understanding of movement, and adaptations to it, to give athletes the skills to train safely and effectively.

This is a great opportunity to live and train like the best in the weightlifting world and it will provide all participants with an amazing training experience.

Adaptive athletes will participate in two training sessions a day (based on the athlete) for 5-days with an introductory module, mobility training, technical days and a test (PR) session at the end of the camp. There will be a daily Q&A period, recovery techniques and tips, a sports performance nutrition session, competition day tips as an adaptive athlete and more.

The 5-day training camp will feature an opportunity to be coached and mentored by some of the best in the adaptive world, like the [Adaptive Training Academy](#), [Peak Fitness Dieppe](#), and more.

Athletes – we encourage you to consider bringing your weightlifting coach to partake in this experience with you.

Coaches – now is your chance to work with your adaptive athlete, and receive mentorship from other coaches and professionals in the sport. Learn from your peers, and support this grassroots initiative.

Are you thinking about coming to the Adaptive Olympic Weightlifting Training Camp but have questions? Please contact the Training Camp Administrator, Nalani Perry at nalani_perry@yahoo.ca

Note, the cost of Training Camp does not include travel, accommodation or meals. Once you have registered and paid your booking fee, more information and a link to a per-arranged block of rooms will be provided.

To register, please

CLICK HERE:

<https://www.eventbrite.ca/e/adaptive-olympic-weightlifting-training-camp-tickets-544626310957>