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Weightlifting Competition Guide

Greg Everett

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The Catalyst Athletics Weightlifting Competition Guide is a concise yet thorough guide to help new coaches and athletes understand the process of Olympic weightlifting competition. It covers everything the coach or athlete needs to know to get started competing or coaching at the local to national level, including:

Age Categories
Bodyweight Categories
Qualifying Totals
Clothing & Personal Gear
Making Weight
Pre-Competition Preparation
Competition Procedure
Warm-Up Room Etiquette
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