

ADVANCED OLYMPIC WEIGHTLIFTING CAMP WITH JOHN BROZ

March 16-17, 2013



This camp is designed for those athletes and coaches who want to get significant improvements in their Olympic lifting technique. Learn how to correct technical flaws and improve your training plan for bigger lifts.

ABOUT JOHN BROZ

Broz is coaching some of the best weightlifters in the country. In a very short time he has had numerous lifters make Jr National, Sr National, Jr World, Sr World and Pan-American teams. His lifters have even attempted to break multiple National records. He has successfully taken lifters from Crossfit and in less than 1 year turned them into National Championship top 3 finishers.

Broz was introduced to Olympic lifting at the age of 10, and during his early years as an athlete he trained at the Olympic Health Club in Cleveland, Ohio. Among his mentors were John Schubert, who coached countless National Champions, Olympic team members and the last male Olympic weightlifting champion from the US, Charles Vinci.

He was then introduced and coached by World Champion Powerlifters Vince Anello, who deadlifted over four times bodyweight in the '70s; and John Black, who squatted 821 @ 198, who went on to open the now legendary gym, Black's Health World. Later he would befriend and eventually live with 3x World Weightlifting Champion and World Record holder, Antonio Krastev of Bulgaria.

With 30+ years of experience in Weightlifting and Strength training he continues to train hard – he holds national masters records and remains undefeated in international competitions. 5 Years ago Broz redirected much of his passion for the sport into coaching. His gym, Average Broz Gymnasium located in Las Vegas is where he and his small but powerful team of the most promising weightlifters train.

For more info about John and one of his top athletes, Pat Mendes, see <https://www.youtube.com/watch?v=Vr70cfip254>



Morning sessions

- Stretching Techniques to allow optimum body positions
- Squats to 80% 1rm with corrections being made to incorrect positions
- Discussion and Demonstration of proper technique for *Muscle Snatch, Power Snatch and Snatch*.
- Power Snatch to 80%)
- Discussion and Demonstration of proper technique for *Muscle Clean, Power Clean, Squat Clean*
- Power Clean and Jerk 80%
- Individually correcting lifters during session so others can see cues / errors
- Personally experience implementation of corrections on technique and positions

Afternoon sessions

- Stretching / Proper Warmup
- Snatch to Max
- Discussion and Demonstration of proper technique for *Power Jerk, Split Jerk*
- Clean & Jerk to maximum
- Individually correcting lifters while others can see cues / errors
- Front Squat / or Back Squat to max
- Supplemental exercises recommended on an individual basis to maximize overall health /positions

**The Camp will be held at in the heart of Canada's capital
at the Centre for Strength and Athlete Development
800 Industrial Ave unit 1 Ottawa, Ontario Canada K1G 4B8**

For more information, please contact:

George Chiappa at 613-866-1626 or george.chiappa@gmail.com

Local Accomodations:

Comfort Inn Ottawa East	1252 Michael St , Ottawa, ON K1J7T1 Canada
Welcominns Ottawa	1220 Michael St , Ottawa, ON K1J7T1 Canada
Chimo Hotel Ottawa	1199 Joseph Cyr St , Ottawa, ON K1J7T4 Canada
Travelodge Ottawa East	1486 Innes Rd , Ottawa, ON K1B3V5 Canada
Courtyard by Marriott Ottawa East	200 Coventry Rd , Ottawa, ON K1K4S3 Canada
Hampton Inn	100 Coventry Rd , Ottawa, ON K1K4S3 Canada