



# COACHING CERTIFICATION COURSE

**WEDNESDAY, OCTOBER 10** 2018  
**HOTEL RL BY RED LION**  
SPOKANE, WA

**THE PREMIER  
POWERLIFTING  
CERTIFICATION**

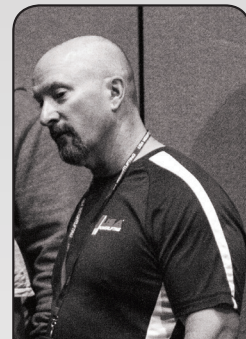
**COURSE INCLUDES**

**MEET PREPARATION &  
STRENGTH TRAINING**  
METHODOLOGY, PRINCIPLES, & PROGRAMMING

**LIFTER AND TEAM  
MANAGEMENT**  
PLUS GAME DAY STRATEGIES  
TO ENHANCE PERFORMANCE

**ROLES AND  
RESPONSIBILITIES**  
OF COACHES AT ALL EVENTS  
FROM LOCAL TO INTERNATIONAL

**SQUAT, BENCH  
PRESS, DEADLIFT**  
RULES OF PERFORMANCE  
& TECHNICAL RULES



## MEET YOUR COURSE INSTRUCTOR **LARRY MAILE**

Dr. Larry Maile is a retired Clinical and Forensic Psychologist. Since 2003, Larry has been the President of USA Powerlifting and has been the driving force behind its exponential growth since his tenure began.

Larry was awarded USA Powerlifting's "Coach of the Year" award two times: 2000, 2007. He is in the International Powerlifting Hall Of Fame, USA Powerlifting Women's hall of fame, and has coached 27 National Teams at the international level.

Dr. Maile has coached 140 National Champions and 35 IPF World Champions during his time as a coach. These lifters have set a combined 125 IPF World Records throughout their careers. His attention to detail and in depth knowledge on powerlifting programming, technical mastery, and coaching set him apart from the crowd and make the USA Powerlifting Coaching Certification Course the premiere course of its kind in the United States.

**REGISTER NOW!**  
[COACHING.USAPOWRLIFTING.COM](http://COACHING.USAPOWRLIFTING.COM)

**REGISTRATION DEADLINE 8/31**

 **EARLY BIRD SPECIAL**  
REGISTER BY 3/15 TO SAVE \$65  
LATE REGISTRATION 9/27