

OLYMPIC LIFTING SEMINAR

WITH USA WEIGHTLIFTING COACH DANIEL BELL

Daniel Bell is a certified USA Weightlifting Advanced Level Coach with ten years experience coaching the sport.

He started the Columbus Weightlifting Club, now coached by Mark Cannella, and co-chairs the Arnold Sports Festival Weightlifting Championships.

He has coached several lifters to the national level, and currently coaches Holley Mangold, USA National Junior Champion, American Open Champion, and two time Junior World Team member. Coach Bell is preparing Holley to challenge for a spot on the 2012 Olympic Team.

WHEN?	WHERE?	HOW MUCH?
Saturday February 20 10:00a - 4:00p (w/lunch break)	The BARN (v2) 1737 Georgetown Rd. Suite F Hudson, OH 44236	SPC Members: \$50.00



train to **live** - train for **life**