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OLYMPIC WEIGHTLIFTING FOR SPORTS (PAPERBACK)



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Catalyst Athletics, LLC, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. From the author of what has been called the best book on Olympic weightlifting, *Olympic Weightlifting: A Complete Guide for Athletes Coaches*, comes *Olympic Weightlifting for Sports*. This book focuses on athletes and coaches outside of the competitive weightlifting world to present a method of teaching the Olympic lifts and their variants simply, safely and effectively to all types of athletes. Also includes information on program design and flexibility training to prepare athletes to perform the lifts. Coach Everett's *Olympic Weightlifting for Sports* is an extraordinary product for any sport coach's library. As a proponent of the power clean and its variations for performance training, I found this book to be an outstanding reference for teaching methodology for the Olympic Movements. Coach Everett provides user-friendly terminology for the explanations of these movements. This book is a must-have for any coach who implements Olympic lifts in their program. Joe Kenn, Head Strength and Conditioning Coach, Carolina Panthers Coaches, make room on your bookshelf for Greg Everett's *Olympic Weightlifting for Sports*. Thorough, well written, well organized, and full of information pictures to help make each point understandable. This will help make you a better coach, and in turn help improve your athletes potential to succeed. I'm excited for Greg and excited to put the information to use! Jim Malone, Head Strength Conditioning Coach, San Diego Padres This is, by far, the most detailed and thorough book about Olympic weightlifting technique. Greg Everett has done an excellent job in presenting and organizing the material in this book. The photos are great. I strongly recommend that any strength coach or sports performance coach own this book if he/she is teaching deep squatting,...



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