

Level 1 Para Powerlifting Camp

SATURDAY
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9 am—3 pm



Interested in learning more about Para Powerlifting? Sign up for the Level 1 camp held by one of USA Para Powerlifting's Coaches! This camp will teach you all the ins and outs of what it takes to become a coach or athlete. You will learn about programming, competing, general nutrition, the Paralympic Pathway, and more!



Location: Samaritans Walk

431 England Street

Ashland, VA 23005

Hotel: Country Inn & Suites—Hanover/Ashland

Sign up at www.Logan.edu/USAPP

For more information, contact Caitlin Brown at caitlin.brown@logan.edu or Mary Hodge at mary.hodge@logan.edu

DEADLINE: FRIDAY, APRIL 10TH