

Level 1 Para Powerlifting Camp

FRIDAY
NOV 6
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, OCTOBER 16 TH