

ADVANCED 

OLYMPIC WEIGHTLIFTING

MISSION STAY AS NEAR TO THE TOP 12 AS POSSIBLE

YOU'VE DONE A LOT OF INTERNATIONALS LAST YEAR, BUT MAYBE YOU HAVEN'T HAD ENOUGH TIME TO DEVELOP STRENGTH TO GET TO AN OLYMPIC STANDARD

THIS YEAR WILL BE ABOUT TAKING FULL ADVANTAGE OF THE MOTIVATION THE OLYMPIC GAMES AND YOUR TEAMMATES WILL DELIVER ON THEIR CAMPAIGN TO BECOME AN OLYMPIAN.

YOU'VE BEEN SELECTED FOR THE EUROPEAN CHAMPIONSHIPS IN FEBRUARY AND WANT TO GET SOME MORE INTERNATIONAL EXPERIENCE

LEVEL 2  COMING FEBRUARY 2024