

O-Lift SEMINAR



Olympic Weight - Lifting Seminar

February 1, 2014 • 8:30am – 12:30am • Harney Bubble Gym

\$60 per person, only 20 slots available!

Register at athleticbodyandmind.com to reserve your space!

USAW Olympic Lift Coaches:

Elizabeth Brown and Laura Brown

***Elizabeth Brown**, is the owner and operator of “Athletic Body and Mind, LLC.” Her gym is located at 123 W. Esplanade Street, KS.*

Website: <http://www.athleticbodyandmind.com/>. Elizabeth has been a strength and conditioning coach for 5 years, competed for 5 years, and holds the National Record.

***Laura Brown** has coached and competed for 4 years.*

