



**USA WEIGHTLIFTING OFFICIAL COACHING COURSE SANCTION FORM**

Coaching course sanctions must be submitted to the National Office *at least two (2) months before* the date requested for the course. *The minimum number of people (not including instructors) required for a course to proceed is 15.*



I, \_\_\_\_\_, as the coordinator, apply on behalf of \_\_\_\_\_  
(please print name) (organization)  
for a sanction to hold the following coaching course:

\_\_\_\_ *Level 1 Weightlifting Coach*      \_\_\_\_ *Senior Coach*      \_\_\_\_ *Regional Coach*

**Name of Facility Hosting Course:** \_\_\_\_\_

Facility Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Date(s) of Course: 1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> Choice \_\_\_\_\_

**Name of Coordinator:** \_\_\_\_\_

Coordinator's Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_

Coordinator's Email: \_\_\_\_\_

Coord.'s Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Name of Instructor** (must be approved by National Office): \_\_\_\_\_

Instructor's Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_

Instructor's Email: \_\_\_\_\_

**MAIL TO: USA WEIGHTLIFTING  
1 Olympic Plaza  
Colorado Springs, CO 80909**

**OR**

**FAX TO: 719-866-4741  
EMAIL TO: [usaw@usaweightlifting.org](mailto:usaw@usaweightlifting.org)**

(Do Not Write Below This Line – National Office Use Only)

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Course Approved: \_\_\_\_\_ YES \_\_\_\_\_ NO      Coaching Course Sanction # \_\_\_\_\_

High Performance Director's Signature: \_\_\_\_\_ Date: \_\_\_\_\_