

Session 1, Monday, November 5, 2007- Team Gym Bags, Gatorade Refreshment

1. Power snatch + full snatch	<u>50</u>	2	<u>60</u>	2	<u>70</u>	3	<u>80</u>	3				
	2+2		2+2		1+2		1+1					
2. Power clean & jerk	<u>50</u>	2	<u>60</u>	2	<u>70</u>	2	<u>80</u>	2	<u>85</u>	2	<u>90</u>	2
	3		3		2		2		1		1	
3. Snatch pulls below the knees	<u>70</u>	1	<u>80</u>	1	<u>90</u>	2	<u>100</u>	3				
	4		4		4		3					
4. Front squats	<u>60</u>	1	<u>70</u>	1	<u>80</u>	1	<u>90</u>	3	<u>100</u>	2		
	4		4		3		3		2			

Session 2, Wednesday, November 7, 2007-Video Session, Gatorade Refreshment

1. Snatch	<u>50</u>	2	<u>60</u>	2	<u>70</u>	2	<u>80</u>	2	<u>85</u>	2	<u>90</u>	2
	4		3		3		2		1		1	
2. Snatch pulls, half hang	<u>60</u>	2	<u>70</u>	2	<u>80</u>	2	<u>90</u>	2				
	4		4		4		4					
3. Clean & jerk	<u>50</u>	2	<u>60</u>	2	<u>70</u>	2	<u>80</u>	1	<u>85</u>	1	<u>90</u>	1
	3		2		2		1		1		1	
4. Half squats	<u>60</u>	1	<u>70</u>	1	<u>80</u>	1	<u>90</u>	1	<u>100</u>	1	<u>110</u>	1
	5		5		4		3		3		2	

Session 3, Thursday, November 8, 2007-Video Analysis & Food Served (Sport Manitoba)

1. Snatch form the hang	<u>50</u>	2	<u>60</u>	2	<u>70</u>	2	<u>80</u>	3				
	4		4		3		3					
2. Clean pulls	<u>60</u>	1	<u>70</u>	1	<u>80</u>	1	<u>90</u>	2	<u>100</u>	2		
	3		3		3		3		2			
3. Front squats	<u>60</u>	1	<u>70</u>	1	<u>80</u>	1	<u>90</u>	4				
	4		4		4		3					

Session 4, Friday, November 10, 2007-Technique Refinement, Gatorade Refreshment

1. Snatch from half hang	<u>50</u>	2	<u>60</u>	2	<u>70</u>	5						
	5		4		3							
2. Clean from the blocks	<u>50</u>	2	<u>60</u>	2	<u>70</u>	2	<u>80</u>	3				
	3		3		3		2					
3. Clean pulls, feet on the podium	<u>60</u>	2	<u>70</u>	2	<u>80</u>	2	<u>90</u>	2				
	5		5		4		3					
4. Back squats	<u>60</u>	1	<u>70</u>	1	<u>80</u>	1	<u>90</u>	2	<u>100</u>	3		
	5		5		4		4		4			