



OLYMPIC LIFTING CAMP

For Middle Schoolers & Beginners



Join us for an empowering Olympic Lifting Camp led by YMCA's Adam Sorum.

EVENT DETAILS

- September 24, 25, 26
- 6:00 pm
- Altru Sports Advantage

WHAT YOU'LL GAIN

- professional coaching by Adam Sorum
- techniques for clean & jerk, snatch, and other lifts
- personalized feedback to improve form and performance
- a supportive and motivating environment

WHO CAN ATTEND

- middle schoolers and anyone interested in learning Olympic lifts

COST

- \$50 for Olympic Lifting Camp
- \$80 for both Powerlifting & Olympic Lifting Camps



Register today! Limited spots are available.

Altru Sports Advantage
1375 S Columbia Road
Grand Forks, ND 58201

Contact Adam Sorum
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Elevate your lifting game and achieve your fitness goals.