



Press Release/Public Service Announcement

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FOR IMMEDIATE RELEASE
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GIRLS AND BOYS OLYMPIC WEIGHTLIFTING MEETINGS SCHEDULED

SHREVEPORT, LA, January 21, 2008: Shreveport Public Assembly & Recreation (SPAR), in association with the USA Weightlifting High-Performance and Development Center at LSU-S, will hold informational meetings for those interested in Olympic Weightlifting on Monday January 25, Tuesday January 26 and January Thursday 28, at Valencia Park, David Raines and Bilberry Park community centers respectively. The meetings will be held from 7 - 9pm. All interested parents of girls and boys ages 10 - 14 should attend. Local Olympian Kendrick Farris will participate in the meetings and can answer parents questions about Olympic Weightlifting.

The partnership between SPAR and the USA Weightlifting High-Performance and Development Center has offered ongoing weightlifting classes at Bilberry Park Recreation Center.

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Weightlifting is a sport with a long history. It was part of the first Olympic Games held in 1896 and it is the only Olympic sport in which competitors use heavy weights. With time passing, weightlifting has developed into a body building technique as well. In fitness, weightlifting is also called weight training.

The benefits of strength training are unquestionable. It is considered an essential element in preparing for competition in virtually every sport. The American College of Sports Medicine recommends that nearly everyone train with weights for the health benefits associated with resistance training. It is consistently one of the top three recreational exercise activities in the US, according to the Sporting Goods Manufacturers Association. Every kid can smile in the weight room. No other training activity lets everyone experience the joy of success regardless of physical capacity.

The program's emphasis is on middle school youth, ages 11-14. Parents should contact one of the above listed centers for more information on the program. Or call Robin Jenkins, SPAR Youth Coordinator at 213-0434. Community centers' contact information can be found at www.myspar.org.