



**PRESENTS**

# **BASALT WEIGHT LIFTING CLUB**

**Dates:** October 30<sup>th</sup> – November 17<sup>th</sup>

**Details:** 3-week weight lifting camps focusing on

- Correcting fundamental movements
- Proper sprinting & jumping mechanics
- Improving strength, power, endurance and flexibility
- Injury prevention
- Character development
- Health and wellness

**Middle School Students:** Starts October 31<sup>th</sup>!

**When:** 6 am-7 am Tuesdays and Thursdays

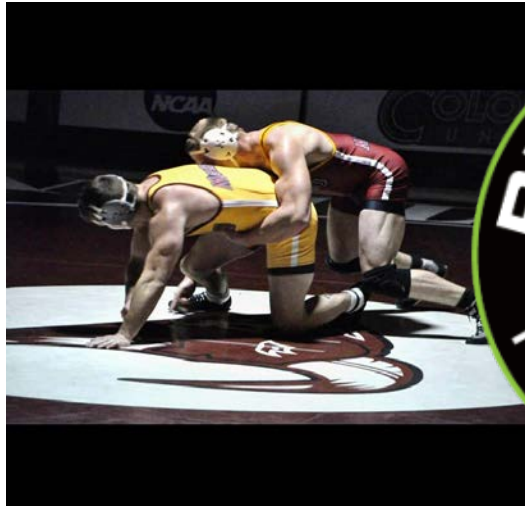
**Where:** Basalt Middle School Gymnasium  
Participation Fee: \$40 per 3-week camp

**High School Students and Adults:** Starts October 30<sup>th</sup>!

**When:** 6am-7am Mondays, Wednesdays, and Fridays

**Where:** Basalt High School Weight room  
Participation Fee: \$60 per 3-week camp

# MITCH WYATT



## **College Career:**

I wrestled for Colorado Mesa University for 5 years at 174 lbs and 184 lbs. In 2015 the team achieved their first Wrestling RMAC Championship and I earned the 2015 Summit Award for having the highest GPA in the conference. During this time I completed a degree in Exercise Science (B.S.), Health & Fitness Promotion (B.A.) and currently finishing a MA in Secondary Science Education.

## **Professional Career:**

I interned for a year in the Colorado Mesa University Varsity Weight room specializing in athletic development working with majority of the varsity sports (football, men's & women's basketball, wrestling, volleyball, men's & women's swimming, softball and baseball).

I was a Strength and Conditioning Student Assistant the following year training wrestling, cycling, nordic skiing, alpine skiing and men's & women's rugby. I also coached the youth strength and conditioning camps.

For the past year I have been a Strength Coach for Ridgeline Fitness in the private sector. I had the opportunity to train with a Master's division world champion and current world record holder in Olympic lifting Janice McBee, 2017 Master's division Train to Hunt national champion and business owner Adam Ford, high school athletes, Veterans and competitive Crossfit athletes. We specialized in Olympic lifting, power lifting, kettlebell sport and health & wellness.

## **Personal Philosophy:**

I believe that hard work, evidence based programming and intelligent coaching can develop character and healthy humans. Everyone needs to learn the basics of movement patterns and exercises that lead to injury free lives and ultimately how to be a healthy adult. These are skills that everyone not just athletes should be familiar with. This club is meant for everyone who is interesting in learning about how to move well and become a healthy! This club is designed for EVERYONE!

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