

# Olympic Weightlifting Questionnaire

*Please answer the following questions concisely, completely, and truthfully. Use as much space as necessary.*

1. What is your weight and weight class do you plan to be competing in?

---

2. How many total years of strength training do you have?

---

3. How long have you been Olympic lifting? How many competitions have you participated in?

---

---

4. Please list your PRs in each lift (snatch, clean & jerk, power snatch, power clean, rack jerk, front squat, back squat, deadlift). If you do not know the PR for a certain lift, please write "NA."

---

---

---

5. Please list a brief overview of your training history. What training methods have you been using lately? What's worked? What hasn't been productive?

---

---

---

5. What are your current, specific goals? What do you think has been holding back your progress?

---

---

---

6. How many days/week do you currently devote to training? How many hours can you devote to each training session?

---

---

---

7. Are you able to stay for the whole 2 weeks of this trip? If not, how many days can you stay?

---

---

---

8. Why do you want to attend the Ma Strength Chinese Weightlifting Camp? What are you hoping to gain from attending?

---

---

---