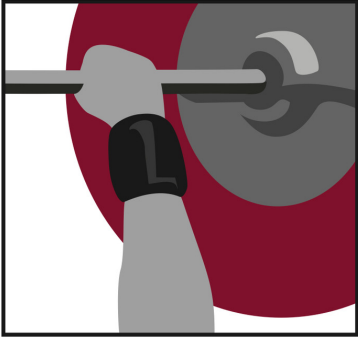


POW



**PORTLAND OREGON
WEIGHTLIFTING**



POW

PORTLAND OREGON WEIGHTLIFTING

FRANCOSPORTSTRAINING.COM

HOW TO REGISTER WITH PORTLAND OREGON WEIGHTLIFTING

- GO TO www.usaweightlifting.org
- CLICK ON "Membership" in the sub heading
- CLICK ON "Join or Renew"
- FOLLOW the instructions for new athlete registration.
- FOR "Coach #1" enter JORDAN FRANCO
- FOR Club Affiliation list PORTLAND OREGON WEIGHTLIFTING or CLUB #37012

And that's it! Welcome to Oregon's largest Olympic Weightlifting Club, POW! For questions contact Jordan Franco at 503.625.2600 or jfranco@francosportstraining.com.

**Coach Jordan Franco
Owner of Franco Athletic & Sports Training
Portland Oregon Weightlifting**