



# POWERLIFTING CAMP

For Middle Schoolers & Beginners



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

## EVENT DETAILS

- September 17, 18, 19
- 6:00 pm
- Altru Sports Advantage

## WHAT YOU'LL GAIN

- professional coaching by Adam Sorum
- techniques for squat, bench press & deadlift
- personalized feedback to improve form and performance
- a supportive and motivating environment

## WHO CAN ATTEND

- middle schoolers and anyone interested in learning Powerlifting

## COST

- \$50 for Powerlifting 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 lifitng game and achieve your fitness goals.