

**EXECUTIVE DIRECTOR AND HEAD COACH**



**Richard C. Lansky, CSCS Director of Coaching**  
**USA Weightlifting Certified U.S. International Coach**  
**Graduate -Syracuse University**  
**Certified Strength & Conditioning Specialist**  
**ACSM Certified Health and Fitness Instructor**

**Asst. Coach - 2003 and 2004 Jr. World Team**  
**Asst. Coach - 2002 Pan Am Team**  
**Head Coach -2004 Mermet Cup ( USA vs AUS )**  
**Team Manager- 2003 and 2005 Jr. Pan Am Team**  
**Head Coach – 2007 Women’s World University Cup**  
**Head Coach – Team Florida Gulfcoast WL**

Coach Lansky has worked as a weightlifting coach since the early 90's, helping local youth develop their athletic skills and climb the ladder of success from local club lifter to international success.

He has helped Florida weightlifters win School-Age, Junior, Collegiate and Senior National Championships.



**Team Florida Gulfcoast athletes have represented the USA at the World Junior, World University, World Championships and at the Pan American Games.**

**TEAM FLORIDA GULFCOAST WEIGHTLIFTING, INC.**



**CHAMPIONSHIP, INTERNATIONAL LEVEL OLYMPIC WEIGHTLIFTING**  
**RIGHT HERE**

**in the Florida Gulf Coast Area**  
**serving the youth and young adults of**  
**Sarasota, Manatee, Charlotte, Desoto, Hillsborough and Pinellas Counties**



**HAVE FUN LEARNING AN OLYMPIC SPORT AND EXPERIENCE THE**  
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