



Clean, Squat & Press is a grassroots initiative from USA Weightlifting that introduces school-aged athletes to Olympic-style lifting in a fun, accessible format. We believe strength starts with Olympic-style lifting. In partnership with high school strength coaches and USA Weightlifting certified coaches, this program engages student-athletes across sports - teaching and testing their strength with a barbell and introducing them to the sport of Olympic weightlifting.

The images featured here are from the first three test events USA Weightlifting ran in 2026. They feature high school athletes from around the Denver and Atlanta metros.





