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Full Circle Performance Weightlifting Club at Downtown Bradenton's Farmers' Market

November 14 • 9 a.m.-noon

It's More Than A Market!

Coach Tyler Peacock, a former strength coach at Florida State University who trained NCAA and Olympic-level star athletes, will demonstrate the art and discipline of weightlifting with local middle and high school weightlifters. The 2015 World Team member, 16-year-old rising star, Sha'la McMillan, will show her skills during the event.

BRADENTON, FL—The Bradenton Farmers Market presents a demonstration by the Full Circle Performance Weightlifting Club with Coach Tyler Peacock and local middle and high school students, Saturday, November 14, 9 a.m.-noon.

Tyler Peacock was a strength coach at Florida State University from 2006 to 2013, where he trained NCAA and Olympic-level star athletes. Recently, he was invited to teach strength training at the National Scholastic Athletics Foundation's Project Triple Jump Clinic at IMG Academy. Peacock began volunteering as a weightlifting coach at Palmetto High School, where he developed relationships with some very talented young people who are on board with pursuing excellence through the sport of weightlifting. His team includes youth national champion, youth American

record holder, and 2015 World Team member, Sha'la McMillan, who has already been invited to live and train at the Olympic Training Center in Colorado Springs in pursuit of the 2020 Olympic Games. The Full Circle Performance Weightlifting Club also includes a number of other lifters who are ranked well nationally in their respective weight class and age group.

"The Full Circle Performance Weightlifting Club is in its beginning stages and the Bradenton Farmers' Market is proud to showcase these fine young athletes," says Peg Haynes, the market's manager.

The Downtown Bradenton Farmer's Market is 9 a.m.-2 p.m., on Old Main Street, between Manatee Avenue West and 3rd Avenue West in downtown Bradenton. Parking is free and dogs on leashes are welcome. **For more information about the Bradenton Farmers' Market, visit www.BradentonFarmersMarket.com.**

Other Events Planned for this Season:

- **October 31: Howl'ween Pet Parade:** Join the spooky fun! Dress your pup up for the 10:30 a.m. costume parade starting at the Humane Society of Manatee County's booth on the corner of 3rd Avenue and Old Main Street. Prizes for the Best Overall, Most Scary, Most Creative and Most Funny provided by Fetch! Pet Care of Bradenton and Pets Plus. Event support provided by NetWeave Social Networking.
- **November 14: Weightlifting demonstration with Full Circle Performance Weightlifting Club** with Coach Tyler Peacock. Help

create a pathway for youth to pursue the Olympic dream through the sport of weightlifting.

- **December 12:** A school chorus showcase, featuring choral groups from Manatee County schools.

The 2015-2016 sponsors of the Bradenton Farmers' Market are the Bradenton Herald, Bright House Networks, Downtown Development Authority, Florida Blue, Manatee Community Federal Credit Union, and Mosaic.

For more information about the Bradenton Farmers' Market, visit www.BradentonFarmersMarket.com. Prospective vendors may apply by completing the online application form.

About the Bradenton Farmers' Market

The Bradenton Farmers' Market, a production of Realize Bradenton, features more than 30 vendors who offer locally grown fruits, vegetables, plants, organic products, prepared foods, and the work of local artists and craftspeople. Live music, demonstrations by local chefs, and free family activities are also part of the fun. The market, located on Old Main Street, between Manatee Avenue West and 3rd Avenue West in downtown Bradenton, is open on Saturdays through May, 9 a.m. to 2 p.m. Parking is free and dogs on leashes are welcome. **For more information, visit: www.BradentonFarmersMarket.com.**

About Realize Bradenton

Realize Bradenton is a non-profit organization that brings people together to create a vibrant and prosperous Bradenton area. **For more information, visit: www.RealizeBradenton.com.**