

jowilliams@shc.edu

USA Track & Field Coaching Education Level 1 School

For more information log on to:

www.usatf.org/groups/Coaches/education/

Presented by Gill Athletics

Date:

January 8-10, 2010

Hosted by:

**St. Luke's Episcopal School,
Mobile AL**

School Director:

Joe Williams

251-634-9343

Schedule:

Insert Schedule (including at least the start and times for each day)

Friday, January 8

Registration	4:00 – 5:00 pm
School Introduction	5:00 – 5:30 pm
Philosophy, Ethics & Risk Mngmt.	5:30 – 6:30 pm
Physiology	6:30 – 8:00 pm
Training Theory	8:00 – 9:00 pm
Psychology	9:00 – 10:00 pm

Saturday, January 9

Biomechanics	8:00 – 9:00 am
Bio-Motor Training for Power Events	9:00 11:00 am
Sprint/Hurdle/Relays	11:00 – 12:00 pm
LUNCH	12:00 – 1:30pm
Sprints/Hurdles/Relays	1:30 – 4:00 pm
Endurance	4:00 – 5:30 pm
DINNER	5:30 – 7:00 pm
Jumps	7:00 – 10:00 pm

Sunday, January 10

Jumps	8:00 – 9:00 am
Throws	9:00 – 12:30pm

Registration:

Register Online at

www.usatf.org/groups/Coaches/education/schools/

by clicking “school details” for this school

Pre-registration = \$125 if received by **December 25, 2009** (14 days prior to beginning of the School); **Late and on-site registration** (may be limited) = **\$150**. Fee includes a Level 1 Curriculum and notebook cover. *You must be a member of USATF to register – for more information, go to*

www.usatf.org/membership/

Refund policy: Only 1/2 of the registration fee (\$62.50) will be refunded after the registration deadline and no refund will be given after the start date.

If you have any difficulties with the online registration process, please contact the School Director.

Lodging:

Hampton Inn

251-634-0273

(0.3 miles).

Turn RIGHT (0.0 mi).

525 PROVIDENCE PARK DRIVE E. is on the right

Directions:

Driving: From the NORTH or SOUTH

ON I-65, Take the AIRPORT BLVD. exit #3.

Keep right at the fork go to AIRPORT BLVD.- 56W

(4.4 miles).

Turn Left onto PROVIDENCE HOSPITAL Dr.(0.3 mi).

Turn RIGHT (0.0 mi).

Turn right onto PROVIDENCE PARK DR. E.(0.3 mi).

525 Providence Park Drive East

From MOBILE REGIONAL AIRPORT

Start out going Southwest on AIRPORT BLVD.- 56 W

Toward Joseph Drawns Drive (0.1 mi).

Make U turn at Joseph Drawns Dr. onto AIRPORT

BLVD./CR – 56 E 92.4 mi).

Turn slight right onto PROVIDENCE HOSPITAL Dr.

Instructors:

Paul Brueske

Head Men's and Women's Cross Country and Track & Field Coach at the University of South Alabama. USATF Level 1, USATF Level 2 Throws, Jumps and Multi Events and USATF ITC Certified.

Bill Quina

USATF Level 1, USATF Level 2 Sprints/Hurdles/Relays and Multi Events and USATF ITC Certified.

Joe Williams

Head Men's and Women's Cross Country Coach @ Spring Hill College. USATF Level 1, USATF Level 2 Endurance, Sprints/Hurdles/Relays and USATF ITC Certified.

Level 1 Information:

The USATF Coaching Education Level 1 program is intended as a starting point for coaches. One of the objectives of the Level 1 program is to put all coaches on common ground (i.e., speaking the same language). The Level 1 program covers all events in a rudimentary manner by emphasizing fundamentals, rules, safety/risk management, and instruction techniques. Level 1 certification prepares an individual to coach at the junior high school, high school, club, and junior age division level.

Requirements

Be at least 18 years of age
Attend a Level 1 coaching education school
Pass an exam

Benefits

Recognition of completing USATF Level 1 Course
Curriculum text covering sport science and individual events
Skills and knowledge to coach athletes at the junior age division level
Access to exclusive merchandise identifying the Level 1 Coach
Eligibility to attend a Level 2 School

About Level 1 Schools:

Level 1 Schools are two-and-a-half-day courses where 21-24 hours are spent on track & field and related sport science. The course consists of classroom instruction as well as hands-on training. Attendance at all sessions is required.

After the school, participants must complete an online exam that covers event-related and sport science subjects.

Upon passing the exam and fulfilling the other requirements (see above), participants will be issued a Level 1 Certificate of Completion.