



USA Track & Field Coaching Education

Level 1 School

Presented by Gill Athletics



Date: June 20-22, 2010

Location: University of North Carolina Greensboro

Bryan School of Business Room #160

This Event Follows the NSSF Outdoor Nationals Which Conclude on the June 19.

School Director: Andrew Allden 919-542-3853 & aacoaching@aol.com

For more information log on to: www.usatf.org/groups/Coaches/education/

Tentative Schedule:

June 20, 2010 – Sunday
9:00 AM to 9:00 PM

June 21, 2010 – Monday
9:00 AM to 9:00 PM

June 22, 2010 - Tuesday
9:00 AM to 1:00 PM

Instructors:

Andrew Allden

School Director & Endurance Instructor
Level I and 11 Certified Endurance Instructor
18 Years as Division I Coach
Coached 2001 Division I Champ Men's 800m
2004 Men's Southeast Region
Coach-of-the Year

Glenn McAtee

Instructor Throws
Level III Certified in the Throws
Level II School Throws Instructor
Former Assistant Track Coach
Clemson University and Cal State Northridge

Mike Young

Instructor Jumps and Sports Sciences
Director of Sports Performance for
Human Performance Consulting
Level III Certified in
Jumps, Sprints, and Throws
USATF Biomechanist
Chair Vertical Jumps USATF Coaching Ed.

Registration:

Register Online at www.usatf.org/groups/Coaches/education/schools/ by clicking the "school details" link.

Pre-registration fee is \$125 if received by **June 4, 2010**; Late and on-site registration (space is limited) is \$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: 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 contact the School Director.*

Hotel:

Hampton Inn Four Season Greensboro
2004 Veasley St Greensboro NC 27407
Call 336-854-8600

Rate is \$69.00 (\$78.48 with tax) includes continental breakfast

Level 1 Information:

USATF Coaching Education Level 1 program is a starting point for all track and field coaches. One of the objectives is to put all coaches on common platform (i.e., speaking the same language). The Level 1 program covers all events in a foundational manner by emphasizing fundamentals, rules, safety/risk management, and instruction techniques. Level 1 prepares individuals to coach junior high school, high school, club, and age group athletes.

- Level 1 Schools are two-and-a-half-day courses (21-24 hours), including both classroom instruction and 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 attending the School and passing the exam, participants will be issued a Level 1 Certificate of Completion.

Benefits

- Recognition as a USATF Level 1 Coach
- Curriculum book covering sport science and individual events
- Skills and knowledge to coach athletes at the junior age division level
- Eligibility to attend a Level 2 School

Requirements

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



