



USA Track & Field Coaching Education Level 1 School



Presented by Gill Athletics

Date: **January 9-10, 2010**

Location: UNLV, University of Nevada, Las Vegas, Paradise Campus, Room PAR 511

School Director: **Yvonne Scott 702-467-6385 y.scott@unlv.edu**

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

Schedule:

Saturday, January 9, 2010

Registration:	8:00-8:30 am
Philosophy, Ethics, and Risk Management	8:30-9:30
Psychology	9:30-10:30
Physiology	10:30-12:00
Lunch (On your own)	12:00-1:00 pm
Training Theory:	1:00-2:30
Biomechanics	2:30-3:30
Bio Motor Training for Power Events	3:30- 5:30 Sprints,
Hurdles, Relays	5:30-9:00

Sunday, January 10, 2010

Endurance	8:00-9:30 am
Throws	9:30-1:00
Lunch (On your own)	1:00-2:00 pm
Horizontal Jumps	2:00-3:30
Vertical Jumps	3:30-5:00
Wrap Up:	5:00-5:30

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 **December 24, 2009** **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 process, please contact the School Director.

Lodging:

Double Tree Club

7250 Pollock Dr.
Las Vegas, NV 89119
(702)948-4000/ \$69.00/night

Residence Inn

5875 Dean Martin Drive
Las Vegas, NV 89118
(702) 795-7378 *ask for UNLV Rate

Bluegreen Club

372 E. Tropicana Ave.
Las Vegas, NV 89169
1-800-456-0009 *ask for UNLV Rate

Directions:

To UNLV Paradise Campus Room PAR 511

*Paradise Campus is located on the Southeast corner of Tropicana Ave and Swenson Street
Across from the Thomas & Mack Parking Lot*

Instructors:

Tamara Ards
Assistant Coach UNLV

Bill Godina
Elite Throws Coach

Mary Shea
Head Coach Modesto Jr. College

Troy Johnson
Head Coach Cal Poly Pomona

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
- Access to exclusive "Level 1" merchandise
- 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