



USA Track & Field Coaching Education Level 1 School



Presented by Gill Athletics

Location: Florida Atlantic University – Boca Raton FL

Date: October 16-18, 2009

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

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

Schedule:

October 16, 2009 – Friday
4:00 PM to 9:00 PM

October 17, 2009 – Saturday
8:00 AM to 9:00 PM

October 18, 2009 – Sunday
9:00 AM to 4:00 PM

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 **October 2, 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 contact the School Director.*

Lodging:

Wyndam Garden Hotel – Boca Raton (Ph # 561-368-5200)

Ask for USATF Coaching Clinic Rate \$69.00 single & \$79.00 double + tax
(includes one \$10.00 breakfast voucher per guest)

1950 Glades Road, Boca Raton FL 33431 (1.5 miles from the University)

Instructors:

Andrew Allden

School Director & Endurance Instructor
Level I and 11 Certified Endurance Instructor
18 Years as Division I Cross Country & Track Coach
Coached 2001 NCAA Division I Champion Men's 800m

Loren Seagrave

Instructor Sprints & Hurdles
Chief Performance Officer, Life Univ. Sports Science Institute
Founder of Velocity Sports Performance
USATF Master Coach for Sprint Events

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
Director of Sports Performance for
Human Performance Consulting
Level III Instructor for Jumps, Sprints, and Throws
USATF Biomechanist

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

Requirements

- Be at least 18 years of age
- Attend a Level 1 coaching education school

- Skills and knowledge to coach athletes at the junior age division level
- Eligibility to attend a Level 2 School
- Pass an online exam