



USA Track & Field Coaching Education Level 1 School Presented by Gill Athletics



Date: July 16-18, 2010

Location: Asheville NC – Mars Hill College

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

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

This school is being held in conjunction with the annual Mountain High Running Camp

For More info see <http://www.mountainhighrunning.com>

Tentative Schedule:

July 16, 2010 - Friday
5:00 – 10:00 PM

July 17, 2010 - Saturday
8:00 AM to 9:00 PM

July 18, 2010 - Sunday
8:00 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 registered by July 2, 2010; Late (After July 2) 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. None after the school start date.

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

Lodging & Meals:

On Campus Housing and Meals are available

For more info contact

coach@mountainhighrunning.com

Instructors:

Andrew Allden

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

David Kerin

Jumps Instructor
National Chair M & W High Jump
Level II Instructor Jumps
Level III Certified
14 years as a High School Coach
14 years as a College Coach

Mike Young

Sprints & Hurdles & Throws
Instructor
Director of Sports Performance
Human Performance Consulting
Level III Instructor
Jumps, Sprints, and Throws

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