



USA Track & Field Coaching Education Level 1 School



Presented by Gill Athletics

Date: December 9-11, 2011

Location: Myrtle Beach SC – Sands Resort

In conjunction with 2011 USATF National Junior Olympic Cross Country Championships

School Director: Andrew Alden – aacoaching@aol.com or 919-619-3426

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

Schedule:

December 9, 2011
8:30 AM – 10:00 PM

December 10, 2011
4:00 PM – 6:00 PM
8:00 PM - 10:00 PM

December 11, 2011
8:00 AM – 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 November 25, 2011;

Late and on-site registration (space is limited) is \$150. Fee includes a Level 1 Curriculum.

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 early registration deadline

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: Sands Resorts

<http://www.sandsresorts.com/>

201-75th Avenue North – Myrtle Beach SC 29572

Call 800-599-9872 ask for the USATF Coaching Education Rate

Doubles \$47.00 + tax & other room types at equally great rates

Instructors:

Andrew Alden

School Director & Endurance Instructor
Level I and 11 Endurance Instructor
18 Years as Division I Coach
2003 Southeast Men's Coach of the Year
Coached 2001 D I Men's 800m Champ

Glenn McAtee

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

Dave Pavlansky

Instructor Sprints & Jumps
Head Coach Boardman HS
Level II Certified in Sprints & Jumps

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
- Eligible to attend Level 2 School

Requirements

- Be at least 18 years of age
- Attend a Level I School
- Pass Online Exam (Open Book)