



# 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](mailto:aacoaching@aol.com)

For more information log on to: [www.usatf.org/groups/Coaches/education/](http://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/](http://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/](http://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

