

**USATF Convention 2012 St. Louis - Coaching Education & LDR Report –
Andrew Allden – NC USATF Men’s LDR Chair & Coaching Education Chair**

November 30, 2011 – Wednesday

Podium Education Project – Attended along with 200 other Coaches.

Attended Excellent Presentations

Getting it Done Right : Eugene & London – Rick McGuire

Making the Plan, Working the Plan – Vern Gambetta

Endurance – Terrance Mahon & Jerry Shumacher

Navigating the 2012 European Circuit – Ian Stewart

Training Elite Runners for the Olympic Podium – Renato Canova

New Interval Training for Distance Runners - Peter Thompson

December 1, 2011 Thursday

10:00 – 11:00 AM - Coaches Education Executive Committee Meeting.

Information session – Primary Business Prep for General Meeting.

Larry Judge – Presented a status report on National Strength and Conditioning Coaches Certification of Level I Program.

Then Meeting went in to Executive Session.

1:00 – 3:00 PM – Coaches Advisory.

Information session for coaches regarding the arrangements for the 2012 World Indoor and the 2012 London Olympic Games.

3:30 – 5:00 PM – Coaches Education – Level I Regional Coordinators Meeting.

Discussed a variety of house keeping and streamlining of Level I operational procedures.

5:00 – 7:00 PM – Opening Session –

Attended Opening Session with rest of NC Delegation

December 2, 2011 Friday

8:00 AM– 12:00 Noon - Coaches Education Executive Committee Meeting.

Discussion of general direction of coaching education. Review of success and growth of Level I and Level 2 Event Specific program in 2011. Some shrinkage in attendance at Youth Level 2, hopeful that we can reverse that trend in 2012. For our association Youth Level 2 is close by in Baltimore MD after National Junior Olympics at July 29-August 2, 2012 at Morgan State. Event Specific Level 2 will be in Las Vegas July 8-14, 2012. Various administrative issues for Level I and Level 2 were discussed. Most notably the fee for Level I will rise from \$125 to \$150 Sept 1, 2012 this should coincide with the NSCA recognition.

2:00 – 4:00 PM – Coaches Education General Session.

Presentation of previous discussed information from Executive Session.

Presentation by Head of UK Performance Education

4:00 – 5:00 PM – Men’s LDR

General Discussion of Association Championship Series. Presented general information on how the NC Association LDR Championship is structured and promoted.

5:00 – 7:00 PM – LDR Division Meeting General Session

Presentation – on Houston Men’s and Women’s Olympic Marathon Trials.

Presentation – Robert Chapman – High Performance Summit – Marathon

Vote to bring USATF Rules in line with 50% of race distance rule which has no consideration in regard to wind for record purposes, approved.

December 3, 2011 Saturday

No meetings attended. LDR and Coaches Education meetings schedule for today canceled as all business was concluded during previous sessions.

December 4, 2011 Sunday

8:30 AM – 10:00 AM - Closing Session

Attended Closing Session with rest of NC Delegation

Feel free to contact me with questions about LDR or Coaches Ed 919-619-3426

Submitted Andrew Allden 12/4/11

