

Become a USATF Coach!

The USATF coaching education program provides educational opportunities, including Continuing Education Units, for coaches of all levels. Benefits of coaching education include recognition as a USATF Level 1 Coach, an attractive completion certificate, curriculum book covering sport science and individual events, skills & knowledge covering all of the event disciplines in Track & Field, and eligibility to attend a more advanced courses. The USATF Coaching Education Levels 1 course, as well as Levels 2 and 3, is comprised of the following components:

- Sport Science - Extensive instruction in sport science is covered in order to provide a scientific basis of understanding for rational development of technique and training programs. The sport science portion has been developed by the American Coaching Effectiveness Program (ACEP) and the USATF National Coaching Education Committee. It includes sport psychology, pedagogy, and sports medicine.
- Technical, Event-Specific Instruction - Throws, jumps, sprints/hurdles, and endurance events are all covered at the basic level in this school. Event-specific instruction is progressive in nature. Consequently, at Levels 2 and 3, each event is covered in greater depth and detail than the previous level.
- Hands-on Training - Experience is the best teacher. Minimum standards of practical experience are expected of participants at each level.
- Developmental - Association-based, introductory course that offers a grass roots overview of the sport and coaching.

The USATF Coaching Education Level 1 program is intended as a starting point for coaches. One of the objectives of the Level 1 program is to put all coaches on common ground. Coursework covers all events in a rudimentary manner by emphasizing fundamentals, rules, safety/risk management, and instruction techniques. The Level 1 program prepares an individual to coach at variety of levels. Coaches at all levels of track and field, cross country, road running, as well as triathlon (course counts at 10 CEU's for USAT certified coaches), trail and ultra running will find this course of value.

Subsequent coaching education levels include more detailed study. The USATF Coaching Education Level 2 program offers more in-depth training in an event specific group (sprints/hurdles/relays, endurance, jumps, throws, combined events). The Level 3 program offers a very high-level seminar structure educational experience in a specific event area.

The United States Sports Academy, in cooperation with USATF, provides Continuing Education Units (CEUs) (regular and graduate), undergraduate, and graduate credit for USATF Coaching Education programs and clinics. Upon completion of the USATF Level 1 requirements, you can apply for CEU's. They must be must be requested within one year of completion of your USATF Coaching Education school. There is an additional fee charged by the USSA.

For more information see <http://www.usatf.org/groups/Coaches/education/>

USATF Coaching Education Level 1 Courses

[NEED LINK TO REGISTRATION FOR EACH CLASS UNLESS SAME]

*UNC Greensboro June 19-20, 2011
Following the New Balance Outdoor Nationals*

Queens University Sports Complex – Charlotte NC January 13-15, 2012

Registration information:

<http://www.usatf.org/groups/Coaches/education/schools/index.asp#level1>

NOTE: Developmental courses not a prerequisite and no previous coaching experience is required.

Each course is a two-and-a-half-day program with a minimum of 21.5 hours of instruction on track & field and related sport science. Attendance at all sessions is required. After the school, participants must complete the online exam that covers event-related and sport science subjects. Upon attending the course and passing the exam participants will be issued a Level 1 Certificate of Completion.

To apply, you must:

- Be at least 18 years of age
- Be a 2010 member of USATF (<http://ncusatf.org>)
- Register for a Level 1 Coaching Education School

USATF Coaching Education Level II Course Georgia Tech - Atlanta GA July 10-16, 2011

Registration information:

<http://www.usatf.org/groups/Coaches/education/level2.asp>

Can banner ad be updated from last year as Coaching Education Schools

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Level 2

**USATF Coaching Education Level II Course
Georgia Tech - Atlanta GA July 10-16, 2011**

For more info see

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or contact aacoaching@aol.com