



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



Date: July 31-August 1-2, 2009
Location: USC Upstate -Spartanburg, SC

School Director: Andrew Alden 919-542-3853 & aacoaching@aol.com
For more information log on to: www.usatf.org/groups/Coaches/education/

Tentative Schedule:

July 31, 2009 –Friday
4:00 PM to 9:00 PM

August 1, 2009 – Saturday
8:00 AM to 8:00 PM

August 2, 2009 - Sunday
8:00 AM to 3:00 PM

Instructors:

Andrew Alden

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

Ron Grigg

Instructor Sprints/Hurdles/Relays
Director of Track & Field/Cross Country Jacksonville University
USATF Level II Instructor Sprints, Hurdles, Relays
USTFCCA 2008 South Region Women's Head Coach of the Year

Glenn McAtee

Instructor Throws
Former Women's Assistant Coach Clemson University
Coaches Throws and Vertical Jumps
Level III Certified in the Throws
Level II School Throws

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/ by clicking the "school details" link.

Pre-registration fee is \$125 if received by July 17; 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/

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.

Dining & Lodging Options:

For more info on either option contact: Jimmy Stephens - Head Track & Field Coach jstephens@uscupstate.edu

On Campus Dining

\$55 for entire session
On Campus dining hall(buffet)
Friday (Dinner), Saturday
(Breakfast, Lunch, & Dinner) &
Sunday (Breakfast & Lunch)

On Campus Dorm

\$20 per night (No linens/towels)
2 beds per room in a 2 room suite
Thursday – Sunday Available
Can request room/suite mates
Single room request will be
accommodated if available

Host Hotel

Spartanburg Marriott at
Renaissance Park – 864-596-1211
Call and ask for USC Upstate Rate of \$84

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