



USA Track & Field Coaching Education Level 1 School

Presented by Gill Athletics

Date: August 13-15, 2010

Location: Bowie State University Bowie MD



School Director: Andrew Allden 919-542-3853 & aacoaching@aol.com

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

Tentative Schedule:

August 13, 2010– Friday
5:00 PM to 10:00 PM

August 14, 2010 – Saturday
8:00 AM to 9:00 PM

August 15, 2010 – Sunday
8:00 AM to 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 July 30, 2010; Late and on-site registration (space is limited) is \$150.

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.*

Lodging:

TownePlace Suites by Marriott Bowie Town Center
□3700 Town Center Blvd. □Bowie, MD 20716 □
Call 301-262-8045 Ext 0

Ask for the Track Clinic Rate: \$89.00 (\$98.79 with Tax Includes Continental Breakfast)

Instructors:

Andrew Allden

School Director & Instructor Endurance
Level I and 11 Certified Endurance Instructor
18 Years as Division I Cross Country & Track Coach
Coached 2001 NCAA Division I Champion Men's 800m

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

Lori Shepard

Instructor Sprints & Hurdles
Former Head Track & Field Coach Vanderbilt University
Level I & 11 Certified in the Sprints, Hurdles, & Multi Events
Coached 1997 NCAA Division I Champion Women's 400 M Hurdles

Mike Young

Instructor Jumps
Director of Sports Performance for
Human Performance Consulting
Level III Instructor for Jumps, Sprints, and Throws
USATF Biomechanist

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
- Access to exclusive “Level 1” merchandise
- 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

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