

# USA Track & Field Coaching Education Level 1 School

Presented by Gill Athletics

Date: August 19-21, 2011

Location: San Diego City College – San Diego CA

**School Director:** Andrew Allden 919-619-3426 & [AACOACHING@AOL.COM](mailto:AACOACHING@AOL.COM)

For more information log on to: [Coaches Education](http://Coaches Education USATF.org) or see Coaches Education at  
USATF.org

## Schedule:

August 19, 2011 - Friday  
6:00 – 10:00 PM

August 20, 2011 - Saturday  
8:00 AM to 9:00 PM

August 21, 2011– Sunday  
8:00 AM to 4:00 PM

## 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 August 4, 2011; Late and on-site registration (space is limited) is \$150.

Level I Alumni may attend at a rate of \$65.00

Fee includes a Level 1 Curriculum. *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 early registration deadline. No refund will be given after the start date. *If you have any difficulties with the online registration contact the School Director.*

**Note school is limited to 80 seats so register early**

## Instructors:

### Andrew Allden

School Director & Endurance Instructor  
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

### Jeremy Fischer

Jumps Instructor  
Olympic Training Center Coach  
2 Time Mondo Regional Coach of the Year  
Multiple Time All-American  
Coached American Junior Record Holder in Triple Jump

## **Mike Young**

Instructor Jumps and Throws  
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
- Eligibility to attend a Level 2 School
- Curriculum book covering sport science and individual events

### **Requirements**

- Attend a Level 1 coaching education school
- Be at least 18 years of age
- Pass an online exam