

USA Track & Field Coaching Education Level 1 School

Presented by Gill Athletics

Date: March 26-28, 2010

Location: Brooklyn New York

Long Island University - Brooklyn Campus

Change Originally Scheduled for Columbia University



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

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

Class Location: Class will be held at the Zeckendorf Health Sciences Center #15 on LIU Brooklyn Campus see linked map Room # 107
<http://www.brooklyn.liu.edu/bbut02/apply/admissions/FASTFACTS/campusmap.html>

Schedule:

March 26, 2010 - Friday
5:00 – 10:00 PM

March 27, 2010 - Saturday
8:00 AM to 9:00 PM

March 28, 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 March 12, 2010; 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.*

Lodging:

Holiday Inn Express Downtown Brooklyn NY
279 Butler Street Brooklyn, NY 11217 (.6 mile walk from LIU Campus)
Call 718-855-9600 and ask for the USATF Rate \$119.00 + Tax Includes Breakfast
www.expressbrooklyn.com & info@expressbrooklyn.com

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

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

Loren Seagrave

Instructor Sprints & Hurdles
Chief Performance Officer, Life Univ. Sports Science Institute
Founder of Velocity Sports Performance
USATF Master Coach for Sprint Events

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

*Thank you to Long Island University – Brooklyn
Blackbirds Track & Field Program
for supporting this program*

