



USA Track & Field Coaching Education

Level 1 School

Presented by Gill Athletics



Date: June 7 - 9, 2013 Location: Mill Springs Academy, Alpharetta, GA

School Director: Loren Seagrave, Mobile: 770-231-2448, E-mail (Preferred): LorenSeagrave@aol.com

ATTENTION: USATF Level I Coaching School Now Qualifies for CEUs

Coaches who pass the USATF Level I Coaching School can earn CEUs toward the requirements to maintain other certifications.(worth 10 USAT CEU's for USAT Certified Coaches)

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

<http://www.usatf.org/groups/coaches/education/schools/level1/2013/C13043203/index.asp>

Schedule:

Friday, June 7, 2013

5:00 PM to 9:00 PM

Saturday, June 8, 2013

8:00 AM to 9:00 PM

Sunday, June 9, 2013

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 \$150 (received by Friday May 24, 2013) Late and on-site registration (space limited) \$200.

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 (\$75.00) 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 process, please contact the School Director.

Directions: USATF Level One Coaching School is hosted by Mill Springs Academy
From
I-85 (North Bound)

Exit 87 Hwy 400 North (Tolls), Exit 7B toward Roswell. Turn Right GA 120 E Turn Left 0.2 miles on Houze Way. Take 1st Right - still Houze Way/GA 140. Travel 3.2 miles and turn right on New Providence Road.

Loren Seagrave: School Director

USATF Master Coach, Sprints and Hurdles
Director , Speed & Movement and Track& Field & XC, IMG Academy
Co-Founder of Speed Dynamics and Velocity Sports Performance
An Original Instructor of USATF Coaching Education Program in 1983
Has Coached dozens of World Championship and Olympic Medalists
Curriculum Coordinator, Sprints & Hurdles, IAAF Coach Education

Ian Dube: Instructor Jumps

Assistant Track and Field Coach, Georgia State University
Level 1 & 11 Certified in the Jumps
Has had 10 years service as a Lead Instructor

Mike Judge: Instructor Throws

Head Coach, Throw 1 Deep, Marietta, GA
Coached Multiple State and National Champs in the Throws
An Expert in Training for Speed and Power Events

Ryan Bailey: Instructor Endurance Events

Head Coach, Mercer University Men's & Women's Cross Country
Coached 16 years, Head Coach for 10 years
USATF Level III – Endurance

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 education school
- 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
- Pass an online exam

Level I Coaching Education Final Timetable – Mill Springs Academy,

Alpharetta, Georgia June 7 - 9, 2013

Friday, June 7, 2013 (4.0 hr)

4:00-5:00 PM	Registration
5:00	Introduction
5:00-6:00 PM (1 hr)	Philosophy, Ethics, & Risk Management
6:00-7:30 PM (1.5 hr)	Physiology
7:30-9:00 PM (1.5hr)	Biomechanics
9:00 PM	First Day Wrap up

Saturday, June 8, 2013 (11.5 hr)

8:00-9:30 AM (1.5 hr)	Bio-motor for Power Events
9:30 11:30 AM (2 hr)	Training Theory
11:30-12:30 PM	Lunch Break
12:30-2:30 PM (2 hr)	Sprints
2:30 – 4:00 PM (1.5 hr)	Hurdles
4:00-5:00 PM (1,0 hr)	Relays
5:00-6:00 PM	Dinner Break
6:00-9:30 PM (3.5 hr)	Jumps
9:00 PM	Second Day Wrap up

Sunday, June 9, 2013 (6.0hr)

8:00-11:30 AM (3.5 hr)	Throws
11:30-12:30	Lunch Break
12:30-1:30 PM	Psychology
1:30-4:00 PM (2.5 hr)	Endurance Events and Race Walk
4:00 PM	Level I Coaching School Wrap up