



USA Track & Field Coaching Education



Level 1 School

Date: July 18-19, 2015

Location: Jacksonville University Jacksonville, FL

School Director: Shawn Venable 918-902-2913 slvenable@gmail.com

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

Schedule:

Day 1 – July 18, 2015

8:00 - 9:00 a.m. Registration
9:00 - 9:30 a.m. School Introduction
9:30 – 10:30 a.m. Philosophy, Ethics, Risk Management
10:30 - 11:30 a.m.- Psychology
11:30 – 12:30 p.m. Lunch
12:30 – 2:00 p.m. Physiology
2:00 – 3:30 p.m. Training Theory
3:30 - 4:30 p.m. Biomechanics
4:30 - 6:00 p.m. Bio-motor Training for Speed/Power Events
6:00 – 7:00 p.m. Dinner
7:00-10:30 p.m. Sprints/Hurdles/Relays

Day 2 – July 19, 2015

9:00 – 12:30 p.m. Throws
12:30 – 1:30 p.m. Lunch
1:30 - 5:00 p.m. Endurance/Racewalking
5:00 – 6:00 p.m. Dinner
6:00 - 9:30 p.m. Jumps

Registration:

Register Online at www.usatf.org/groups/Coaches/education/schools/ by clicking the “school details” link.

Pre-registration fee is \$ 175.00 if received by July 3, 2015 **Late and on-site registration** (space is limited) **is \$ 225.00**. Fee includes Level 1 Curriculum materials and the second edition of the Level 1 textbook.

You must be a current member of USATF to register – for more information, go to www.usatf.org/membership/

Refund policy: 1/2 of the registration fee (\$ 87.50) will be refunded after the pre- registration deadline and no refund will be given after the start date of the school.

If you have any difficulties with the online registration process, please contact the School Director.

Lodging:

Hilton Garden Inn Jacksonville Downtown/ Southbank @866-539-8117
1201 Kings Ave. Jacksonville, FL 32207
Request the \$98 – USATF Rate

Directions:

For directions to please go to www.mapquest.com and type the following addresses:
Jacksonville University: 2800 University Blvd. N. Jacksonville, FL 32211

Instructors:

Mike Judge: Throws Instructor: Head Coach- Throw 1 Deep in Marietta, GA. Mike has coached multiple state and national champions in the throwing events and is an expert in training for Speed/Power events. Mike is a USATF Lead Instructor for Level 1 and Level 2 Coaching Education Schools.

Rick Rothman: Endurance Instructor: Assistant Coach (Distance)- Florida Atlantic Univ. Rick has coached for a total of 38 years with his teams winning 151 major championships, including Seven State Championships, and finishing runner-up in 45 other major championships. His record includes seven state titles in girls cross-country; two runner-ups in girls and boys cross country; 12 regional titles, and 25 district titles. Rothman has been selected Coach of the Year 117 times, including State Girls Cross Country Coach of the Year in 1999, 2002, and 2003 along with the Florida Track and Field Hall of Fame State Girls Cross Country Coach of the year in 2009.

Shawn Venable: Sprints/Hurdles/Relays/ Jumps Instructor: Assistant Coach-Oral Roberts Univ. Shawn is in charge of the field events and assists head coach Joe Dial with the sprinting and hurdles events. He has coached several All-Americans and conference champions in the Sprinting and Jumping events. Venable has earned two USATF Level 3 and IAAF Level 5 Coaching Education certifications (the highest attainable), in the jumping events (2013) and as well the sprints/hurdles events (2014) and is completing the requirements for the same certifications in the combined events.

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 are given access to online materials including the online exam that covers event-related materials and topics in the textbook. The exam window is 90 days from the close of the school.
- Upon attending the School and passing the exam, participants will print an online certificate as a Level 1 Certified Coach.

Benefits

- Recognition as a USATF Level I Coach
- Curriculum book covering sport science and individual events
- Skills and knowledge to coach athletes at all levels
- Access to exclusive “Level I” merchandise

Requirements

- Be at least 18 years of age
- Attend a Level I coaching education school
- Earn certification by passing the online certification exam within 90 days of completing classroom portion of the program