

USA Track & Field Coaching Education Level 1 School

Presented by Gill Athletics



Date:

July 8,9,10, 2011

Hosted by:

University at Albany
SEFCU Athletic Center

School Director:

Russ Ebbets
315-730-0210
spinedoctor229@hotmail.com

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

Schedule:

Friday July 8, 2011

4:00 - 5:00 p.m. Registration
5:00 - 5:30 School Introduction
5:30 - 6:30 Philosophy, Ethics & Risk Management
6:30 - 8:00 Physiology
8:00 - 9:00 Training Theory
9:00 - 10:00 Psychology
Saturday, July 9, 2011

8:00 - 9:00 a.m. Biomechanics
9:00 - 11:00 Bio-motor Training for Power Events
11:00 - 12:00 p.m. Sprints/Hurdles/Relays
12:00 - 1:30 Lunch
1:30 - 4:00 Sprints/Hurdles/Relays
4:00 - 5:30 Endurance
5:30 - 7:00 Dinner
7:00 - 10:00 Jumps
Sunday, July 10, 2011
8:00 - 9:00 a.m. Jumps
9:00 - 12:30 p.m. Throws
12:30 - 1:00 Wrap-up

Registration:

Register Online at

www.usatf.org/groups/Coaches/education/schools/
by clicking “school details” for this school

Pre-registration = \$125 if received by **June 25, 2011**; **Late and on-site registration** (may be limited) = **\$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: Only 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 process, please contact the School Director.

Level 1 School
c/o Russ Ebbets, School
Director
PO Box 229
Union Springs, NY 13160



Lodging:

Best Western Sovereign Hotel
1228 Western Ave.
Albany, NY 12203
518-489-2981
Room rate \$79.

Code – U-Albany Track
Rooms held to June 17, 2011

Directions:

University at Albany
is easily accessible from
Interstate 90, exit 24
Washington Ave.

Albany International Airport is
approximately 5 miles from
campus.

Approximate drive times from:

New York City 3 hours
Syracuse 2.5 hours
Boston 3 hours
Rochester 4 hours
Buffalo 5 hours
Binghamton 2.5 hours
Plattsburgh 3 hours

Instructors:

OSCAR JENSEN - THROWS

Oscar is one of the most successful coaches in New York State track and field history. Voted National High School Coach of the Year, Greater Syracuse Hall of Fame inductee among countless other honors.

DAVE KERIN - JUMPS

Former collegiate and high school coach. Works extensively with USATF as National Chair of Men's and Women's High Jump Committee. A noted author and often requested speaker Dave has taught at Level 2, works as a Master Official and with the USATF Emerging Elite Program.

JENNIFER POTTER – SPRINTS/HURDLES

Ithaca College Head Coach. Former D-III All-American while at Ithaca. Twice recognized as Atlantic Region Coach of the Year for USTCA. Has coached numerous collegiate All-Americans while at Ithaca.

RUSS EBBETS, DC – ENDURANCE/SCIENCES

School director. Editor *Track Coach*, technical journal for USATF. Has lectured nationally and internationally on sport and health related issues. Authored Level 2 Youth Specialization Curriculum in Endurance, Walk and Biomechanics.

Level 1 Information:

The USATF Coaching Education Level 1 program is intended as a starting point for coaches. One of the objectives of the Level 1 program is to put all coaches on common ground (i.e., speaking the same language). The Level 1 program covers all events in a rudimentary manner by emphasizing fundamentals, rules, safety/risk management, and instruction techniques. Level 1 certification prepares an individual to coach at the junior high school, high school, club, and junior age division level.

Requirements

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

Benefits

- Recognition of completing USATF Level 1 Course
- Curriculum text covering sport science and individual events
- Skills and knowledge to coach athletes at the junior age division level
- Access to exclusive merchandise identifying the Level 1 Coach
- Eligibility to attend a Level 2 School

About Level 1 Schools:

Level 1 Schools are two-and-a-half-day courses where 21-24 hours are spent on track & field and related sport science. The course consists of classroom instruction as well as 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 passing the exam and fulfilling the other requirements (see above), participants will be issued a Level 1 Certificate of Completion.