

School Schedule:

(finalized schedule will be e-mailed to all participants)

Saturday - 17 January

8:00-8:30	Registration
8:30-8:45	Orientation/Introductions
8:45-9:25	Philosophy & Ethics
9:35-10:00	Psychology
11:10-11:30	Run-Jump-Throw Program
11:30-12:40	Physiology
12:40-1:40	Lunch – on your own
1:40-3:30	Training Theory
3:40-4:45	Biomechanics
4:50-6:00	Bio Motor Training
6:10-7:30	Horizontal Jumps
7:40-9:00	Sprints

Sunday - 18 January

8:00-8:15	Association information
8:15-10:15	Endurance
10:25-1:10	Throws
1:10-2:10	Lunch-on your own
2:15-4:15	Learn-by-do(demo)
4:30-5:30	Vertical Jumps
5:40-7:00	Hurdles and Relays
7:00-7:10	Q & A – wrap-up

Important Note:

Attendance at all sessions is required.
Do not book Sunday outbound flights before 8:30pm.

West Coast SuperClinic

Saturday, 31 January at Sacramento CC

Many of the state's top coaches will provide invaluable info. to add to your season's success. Speakers in sprints-hurdles, distance, jumps, throws, and auxiliary event areas.

For further info. refer to www.pausatf.org and click on the coaches' page

USA Track & Field Coaching Education Level 1 School

Presented by Gill Athletics



**NEW: National accreditation
by NCACE!**

Date:

17-18 January, 2015

Hosted by:

Chabot College
Hayward, California

School Director:

Dave Shrock
209.602-4023

coachshrock@gmail.com

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

Scholarship Opportunities:

The Pacific Association Foundation has made available eight (8) scholarships to pay the tuition to attend the PA-USATF Level 1 Coaching Education Schools. Pacific Association registered coaches who complete the scholarship application by Sunday, 30 Nov. at 5:00pm will become eligible to have their tuition fee paid to the Chabot Level 1 Schools. Recipients are responsible for their own USATF membership fees, transportation, accommodation, and meals.

To access the application and for more information, visit:

<http://www.pausatf.org> and follow to the coaches' page, and then schools/events link.

Registration:

Register online at:

www.usatf.org/groups/Coaches/education/schools and click on this school for information.

Pre-registration: \$150 if received by **3 January, 2015**; Late and on-site registration (*space may be limited*) = \$200.

Alumni coaches: \$75.00 on-site

You must be a member of USATF to register – for more information, go to

www.usatf.org/membership

Refund policy: Only ½ 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 Dave Shrock



Lodging:

La Quinta Inn
20777 Hesperian Blvd. (1.6 miles north of Chabot)
Hayward, CA 94541
[www. LQ.com](http://www.LQ.com)

- **\$85.00 sgl. or dbl. if booked by 9 January**
- Reservations can be booked by calling 510.732-6300 and asking for the "USA Track & Field" rate.
- The LaQuinta does not offer an airport shuttle. However, if you fly into either Oakland or San Fran. airports, take BART to the Hayward Station, and a hotel shuttle can collect you from the Hayward BART station. You can also take SuperShuttle, details below
- Continental breakfast (waffles, bread, yogurt, oatmeal, muffins, fruits, hard boiled eggs) runs 6:00-9:30am
Complimentary wireless internet available throughout the hotel.

Clinic Social Saturday night:

Celia's Mexican Restaurant, across from Chabot

Directions:

Chabot College: 25555 Hesperian Blvd., Hayward, 94545. Room 2611 (by gym and pools)
(detailed campus map will be sent to all participants)

Air: Oakland International Airport (OAK) is 11 miles north of Chabot College, San Francisco International (SFO) is 21 miles west, and San Jose 26 miles to the south.

SuperShuttle: www.supershuttle.com, 800-258-3826. From SFO to Hayward is \$41.00 one-way. No SuperShuttle service to and from OAK or San Jose airports to Hayward.

BART: The closet BART Station is Hayward, which is 3.3 miles east of the college. AC Transit bus route 92 runs between the college and BART station. Refer to AC transit for timings and cost: www.actransit.org

Driving: Exit Hwy 92 (2 miles east of the San Mateo Bridge) at Hesperian and go north towards San Leandro. Chabot is less than 1 mile on your left. Turn down Depot Road and right onto the service Road, then follow signs. Detailed campus map will be supplied to pre-registered coaches. \$2.00 parking charge on Saturdays.

Instructors:



Dave Bartholomew - Head Cross Country/Track Coach at Deer Valley High School in Antioch, Coach Dave holds certifications in Level 2 Endurance as well as Youth Specialty, and is in the final stages of earning his Level 3 Endurance certification by the USATF/IAAF. Bartholomew is a certified USATF Instructor and has been an RRCA marathon Coach for several years. Coach Dave currently serves on the Board of Directors of the Pacific Association, USATF. In addition to his coaching, Dave is an avid distance/endorance runner and frequent age-group winner in the 100+ marathons he has completed. He was educated at the University of Massachusetts and the University of Texas and continues to enjoy the challenge of completing his Master's degree requirements.



Ralph Jones: Coach Ralph Jones is in his fourth season as Cal State East Bay's Head Cross Country and Track and Field Coach. Jones was a former student athlete at Morgan State and assistant coach at Central Arizona College and Wilmington College (Ohio). Jones helped to coach 15 Division I east coast regional qualifiers and five school record holders in track and field in his four years at Morgan St. He also coached the programs first 1500, 5000 and cross country champion. The former Junior College Assistant Coach of the year in 2005 & 07, Jones coached two individual cross country champions and lead his sprinters and relays to a total of five national titles. He coached over 22 athletes to All-American status. Jones is Level 2 certified in endurance and sprints/hurdles and relays while completing his IAAF Level 5 in sprints/hurdles. Jones holds a BS degree in Physical Education from Morgan State and an MEd in P.E. from the Ohio State University.



Bill Godina - Over 35 years Track & Field coaching experience. Bill has coached at high school and elite levels. As a high school coach, he has 25 state champions in Wyoming, Colorado, and Arizona. Bill coached the Wyoming Boys and Colorado Girls Shot & Discus record holders. In addition he's coached two Golden West Discus champions and one Junior Nation Discus champion. Has coached five (5) boys over 180' and one girl over 171'10" in the Discus. Currently the coach of the #8 American Woman Shot Putter. Bill is a USATF Level III certification and Level 1 & 2 Throws Instructor. He is the Author of the USATF Instructor Training Course, The Glide Shot chapter of the USATF Coaches Manual, and Throws section of the Champion Production "Coaches Survival Guide". In addition, he's the throws coach for the US Paralympics Team and was the USA Paralympics Throws Coach for Para PanAm Games Nov 2011.



Ken Grace - Coached track and field and cross country both community college and high school for 33 years. USATF certified level 1 & level 2 in both jumps and endurance Coach Grace has 6 community college state champions, 1 high school state champion in cross country, 1 national champion to his credit, and authored several articles on training and endurance. Coach Grace returns to the head coaching role at Chabot after serving as dean and athletic director from 1993 to 1995. Grace was awarded California Community College Coach of the Year in 1991. BS in Kinesiology Cal-State Hayward, MA Education, Stanford.

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 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 collegiate level.

Requirements:

- Be at least 18 years of age
- Attend a Level 1 coaching education school
- Pass an on-line exam after the 21 hour school

Benefits:

- Recognition as a certificated USATF Level 1 Coach
- Curriculum text covering sport science and individual events
- Skills and knowledge to coach athletes at the youth-collegiate division level
- Eligibility for CEU's (continuing education units) at an additional fee
- Eligibility to attend a Level 2 School

About Level 1 School:

Level 1 Schools are as nationally recognized certification program in which 21 hours are spent on track & field events 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 to be eligible for recognition as a certified Level 1 Coach. Upon passing the exam and fulfilling the other requirements (see above), participants will be issued a Level 1 Certificate.



Dr. Dave Shrock - Under Coach Shrock's guidance at Modesto Junior College, the program amassed two Nor-Cal championships and three runner-up titles, with Shrock named California Central Valley Coach of the Year ten times while his program generated sixty-four All-Americans. Shrock began his coaching career thirty-nine years ago at the College of San Mateo before coaching cross country and assisting with track at Stanford and San José State. Shrock is Level 2 certified in endurance, jumps, and sprints/hurdles, while having earned Level 3 certification in training theory. Currently Shrock serves as President of the Pacific Assoc. of USATF and the Coaches Committee Chair. Shrock also presents internationally on subjects relating to sport management and coaching, and served as the Team USA Men's distance coach at the '12 World Indoor Championships in Istanbul.