

School Schedule:

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

Saturday - 16 January

8:00-8:30	Registration
8:30-8:45	Orientation/Introductions
8:45-9:30	Philosophy & Ethics
9:30-10:30	Psychology
10:30-11:00	Youth Outreach
11:00-12:00	Physiology
12:00-1:00	Lunch - on your own
1:00-2:30	Training Theory
2:30-3:45	Biomechanics
3:45-5:00	Bio Motor Training
5:00-8:30	Sprints/Hurdles/Relays

Sunday - 17 January

8:30-10:00	Endurance
10:00-1:00	Throws
1:00-2:00	Lunch-on your own
2:00-3:30	Learn-by-do(demo)
3:45-6:45	Jumps
6:45-7:00	Q & A - wrap-up

Important Note:

Attendance at all sessions is required.
Do not book Sunday outbound flights
before 8:00pm.

VS Athletics Nor-Cal Super Clinic

Saturday, 23 January, 2010 at Sac. CC

Many of the state's top coaches will provide invaluable info. to add to your season's success. Similar to the USATF SuperClinic format speakers in sprints-hurdles, distance, LJ-TJ-HJ-PV and throws event areas

LJ-TJ-HJ-PV and throws event areas

For further info, refer to

[Hwww.vsathletics.com](http://www.vsathletics.com)H, or contact

Peanut Harms at:

Hpeanut@vsathletics.com

USA Track & Field Coaching Education Level 1 School

*Presented by Gill Athletics
Sanctioned by PAUSATF*



Date:

16-17 January, 2010

Hosted by:

Chabot College
Hayward, California

School Director:

Dave Shrock
209.575-3034

dshrock@pacbell.net

For more information log on to:

www.usatf.org/groups/Coaches/education

Scholarship Opportunities:

The Pacific Association of USATF has made available twenty (20) 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, 28 Nov. at 5:00pm will become eligible to have their tuition fee paid to the Sacramento CC Level 1 School on 19-20 December, or the Chabot Level 1 School 16-17 January, 2010. 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 clicking "school details" for this school (not available until 2 November, 2009).

Pre-registration: \$125 if received by **2 January, 2010; 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 ½ 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.



Lodging:

La Quinta Inn
20777 Hesperian Blvd. (1.6 miles north of college)
Hayward, CA 94541
www.LQ.com

- \$59.00 sgl. or \$69.00 dbl. if booked by 8 January
- Reservations can be booked by calling 510.732-6300 and asking for the "USA Track & Field" rate.
- Complimentary shuttle runs from 4am-12am everyday
- Continental breakfast (waffles, bread, yogurt, oatmeal, muffins, fruits, hard boiled eggs) runs 6-9:30am during week and 7-10 during weekend.
- Complimentary wireless internet available throughout the hotel.

Clinic Social Saturday night:

To be advised

Directions:

Chabot College: 25555 Hesperian Blvd., Hayward, 94545. School will be in PE room 2642
(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. The La Quinta runs complimentary airport shuttles to OAK airport.
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 eh 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. School will be held in the PE building room 2642 on the north edge of the campus. Detailed campus map will be supplied to pre-registered coaches.
\$2.00 parking charge on weekends.

Instructors:



Ken Grace: Coached track and field and cross country both community college and high school for 29 years. USATF certified level 1 & level II 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 has also been the former dean and athletic director at Chabot from 1993 to 1995, and California Community College Coach of the Year. BS in Kinesiology Cal-State Hayward, MA Education Stanford University.



Matt Lydum - Presently an assistant professor in education/sport science and assistant track coach at Defiance College, Lydum served as the head men's track coach at San Francisco State University for eight years before beginning his doctoral work at the University of Arizona. He was the 1998 NCAA DII Regional Coach of the Year and has represented the USOC at the International Olympic Academy. He has worked with numerous NAIA & NCAA DII All-Americans. More recently, Lydum has served as assistant coach on several international USATF Youth teams and authored a book entitled Coaching Youth Track and Field. Lydum has completed the USATF Coaching Education Level 2 Program in Sprints/Hurdles/Relays, Jumps, Combined events, and Throws and coordinates the USATF Instructors Training Course (ITC).



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-two years ago at the College of San Mateo before coaching cross country and assisting with track at Stanford and San José State. Shrock serves in a number of USATF and leadership roles including Pacific Association Vice President and Coaching Committee Chair, while serving on the national Coaching Education Committee promoting clinics and assisting with instructor training (ITC). Shrock is Level 2 certified in endurance, jumps, and sprints/hurdles, while having earned Level 3 certification in training theory.

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 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 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 a two day course where 21 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.