

School Schedule:

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

Saturday - 15 December

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	Age Appropriate Training
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 - 16 December

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.

USA Track & Field Coaching Education Level 1 School

Presented by Gill Athletics



**New: National accreditation
by NASPE!**

Date:

15-16 December, 2012

Hosted by:

Sacramento City College
Men's T&F Program

School Director:

Dave Shrock
209.575-3034

coachshrock@gmail.com

For more information log on to:

www.usatf.org/groups/Coaches/education

Scholarship Opportunities:

The Pacific Association of USATF has made available fifteen (15) 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, 25 Nov. at 5:00pm will become eligible to have their tuition fee paid to the Sacramento or 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 **2 December, 2012**; 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



VS Athletics West Coast SuperClinic

Saturday, 2 February 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.

Featuring one of America's great coaches Bob Larsen

For further info, refer to www.vsathletics.com

Lodging:

La Quinta Inn
200 Jibboom St.
Sacramento, CA 95814
www.LQ.com

- \$62.00 sgl. or dbl. if booked by 1 Dec.
- Reservations can be booked by calling (916) 448-8100 ext. 0 and asking for the "USA Track & Field" rate.
- Complimentary airport shuttle runs from 4:30am – 10:30pm every day. Main priority is to/from airport but when free will go within a 5 mile radius (SCC)
- Continental breakfast (waffles, bread, yogurt, oatmeal, muffins, fruits, hard boiled eggs) runs 6-9 during week and 7-10 during the weekend.
- Complimentary wireless internet available throughout the hotel.

Saturday night social:

El Coyote Junction: 232 Jibboom St. moderately priced Mexican grill and bar. Walking distance from hotels.

Directions:

Sacramento City College, 3835 Freeport Blvd., Sacramento, 95822. School will be in Lillard Hall, Room 101
(detailed campus map will be sent to all participants)

Air: Sacramento International Airport (SMF) is 17 miles north of Sacramento City College; San Francisco international is 86 miles west. The La Quinta runs complimentary airport shuttles.

SuperShuttle: www.supershuttle.com, 800-258-3826.

To/from Richard Road (Jibboom St) hotels: \$14.00, directly to/from City College: \$21.00

Light Rail: Sacramento City College is a designated SacMetro Blue Line Light Rail stop.

Driving: from Hwy 5: Exit at Sutterville Road (south of Hwy 5-Bus.80-50 interchange), travel east until 'T' intersection at Freeport, turn left. At first light, turn right back onto Sutterville, turn left into SCC main entrance at light, with Hughes Stadium to your right. After 200m into campus, park in west parking lot on your left.

From Hwy. 99: Exit at Sutterville/12th Ave. exit (south of Hwy 50-Bus 80), travel west until pass Hughes Stadium on your right. Turn right into SCC main entrance, After 200m into campus, park in west parking lot on your left. No parking charges on weekends.

Instructors:



Ken Grace - Coached track and field and cross country both community college and high school for 31 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 University.



Dr. 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, plus 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-seven 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. 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.

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 of Completion.