



Date & Time: January 29-Feb 1, 2021 (PST)

School Director: Dave Shrock, coaches@pacific.usatf.org, 209-602-4023

Registration

Click [here](#) to register for the course. Enrollment is limited to 55 participants and no waitlist will be available once capacity is reached.

Registration fee is \$210.00 and includes live instruction and the second edition of the Level 1 textbook (ebook version). You must be a [current \(adult\) member of USATF](#) to register.

Final instructions and Zoom invite will be sent to all registrants a minimum of 48 hours prior to the course.

Schedule *(subject to change)*

Attendance at all live sessions is required. Sessions will not be recorded. All times below are Pacific Standard Time (PST).

FRIDAY, JANUARY 29, 2021

Time	Section
5:00 PM-5:30 PM	Introductions (All Staff)
5:30 PM-6:00 PM	Positive Coaching (Shrock)
6:00 PM-6:30 PM	Ethics and Risk Management (Shrock)
6:30 PM-8:00 PM	Psychology (Smith)
8:00 PM-9:00 PM	Physiology (Grace)
9:00 PM	Wrap Up

Time

Section

SATURDAY, JANUARY 30, 2021

9:30 AM-10:45 AM

Biomechanics (Smith)

10:45 AM -12:00 PM

Training Theory (Grace)

12:00 PM-2:00 PM

Intermission

2:00 PM-3:30 PM

Biomotor Training for Speed and Power (Richardson)

3:30 PM-7:30 PM

Sprints/Hurdles/Relays (Richardson)

7:30 PM

Wrap Up

SUNDAY, JANUARY 31, 2021

Time

Section

9:30 AM-12:00 PM

Jumps (Grace)

12:00 PM-2:00 PM

Intermission

2:00 PM-3:30 PM

Jumps (Grace)

3:30 PM-7:30 PM

Throws (Smith)

7:30 PM

Wrap Up

MONDAY, FEBRUARY 1, 2021

Time	Section
5:00 PM-7:00 PM	Endurance/Racewalking (Grace)
7:00 PM-8:00 PM	Q & A (All Staff)
8:00 PM	Wrap Up (All Staff)

Instructors and Bios

Ken Grace - For over 40 years, Ken has coached track/field and cross country at both the community college and high school levels. A teacher of Kinesiology, Health and Physical Education at Chabot College, Grace is USATF certified Level 1 and Level 2 in Jumps and Endurance. Grace has guided athletes to numerous honors including: six community college state champions, a high school state champion and Foot Locker National Qualifier in cross country, USA XC National team member, a Western States 100 mile champion, a national road race champion. Grace was awarded California Community College Coach of the Year in 1991 and 1995. In addition, Grace has authored several articles on training and endurance. Grace earned his BS in Kinesiology from Cal-State Hayward, and holds an MA Education from Stanford.

Chris Richardson is currently the Director of Track and Field/Cross Country at Cerritos College. Richardson previously served as the Director of Track and Field/Cross Country at El Camino Compton Center, Assistant Coach at the University of Central Arkansas, and Head Coach at Moorpark College. Through these various coaching endeavors many NCAA Division I Regional qualifiers, school record holders, state champions, Junior All-Americans, and CCCAA All-American were developed. Most recently, Richardson has served as a Team USA Coach for the Capital Cup, NACAC U23 Championships, Pan American Junior Championships, and Thorpe Cup USA vs Germany.

Dr. Dave Shrock - Under Shrock's guidance at Modesto Junior College, the program amassed two Nor-Cal championships and three runner-up titles. Shrock was named California Central Valley Coach of the Year ten times and generated sixty-four All-Americans. Shrock began his coaching career forty-six 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/Relays, while having earned Level 3 certification in training theory. Currently, Shrock serves as Chair of USATF's Association Committee, which is the organization's largest committee. Shrock also presents internationally on subjects relating to sport management and coaching, and served as the Team USA Men's Distance Coach at the 2012 World Indoor Championships in Istanbul, and Men's Head Coach at the 2016 Pan Am Cross Country Championships in Caracas.

April Smith - Formerly an assistant coach at Fresno State for four seasons, Smith experienced immediate success leading the Throws program where she produced seven MWC All-Conference athletes, five conference champions, seven National qualifiers and two All-Americans in her first two seasons alone. Prior to Fresno State, Smith spent 15 years at Appalachian State and coached 59 conference champions in the throwing events along with 22 Regional qualifiers, 10 National qualifiers and one Olympic Trials qualifier. Smith is the lead coaching education instructor for Central California and was a member of the Pan American Games coaching staff in 2013. Smith holds USATF Level 2 certifications in Throws and Combined Events, along with a USATF Level 3/ IAAF Level V certification in Throws.