

**From:** USATF membership@usatf.org  
**Subject:** REGISTER NOW FOR A USATF LEVEL 1 SCHOOL OFFERED IN-PERSON\*!  
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**To:** Cynci Calvin ccrun@ncbb.net



## REGISTER NOW FOR A USATF LEVEL 1 SCHOOL OFFERED IN-PERSON\*!

Reno, Nevada - Reno-Sparks Convention Center / February 13-14, 2025

[Register Today!](#)

### Instructors

**Charlotte Sneed:** owns and coaches her own cross country and USATF track club, the Contra Costa Cheetahs, which serves youth, open, and master athletes. Previously, Sneed was the Head Coach at Heritage High School and sprint, relays, and jumps coach at Freedom High School. In 2019 she was selected to receive the Milton Hershey Award for her volunteer contributions to youth track. Sneed holds USATF Level 2 certificates in Jumps and Youth.

**Ken Grace:** Ken has coached track/field and cross country at both the community college and high school levels for over 40 years. 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.

**Matt Lydum:** is the Assistant Track & Field Coach at Western Oregon University. Previously, Dr. Lydum was the Head Cross Country and Track &

University. Previously, Dr. Lydum was the Head Cross Country and Track & Field Coach at Pacific University, San Francisco State University, and Defiance College in Ohio. He was USOC delegate to the International Olympic Academy and was project writer for the Human Kinetics text, Coaching Youth Track & Field (2000). He completed his PhD in Teaching and Teacher Education at the University of Arizona and currently directs the Youth Specialization – Level 2 program.

#### **ADDITIONAL INFORMATION:**

- First 40 pre-registrants will receive a hard copy textbook
- Must complete the online units prior to check-in (Included in registration)\*
- Gain confidence to coach athletes in all disciplines at all levels
- Accepted for the [USATF Coaches Registry Education requirement](#)
- Become eligible for USATF Level 2 School

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USA Track & Field

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