

USA Track & Field Coaching Education Level 1 School

Presented by Gill Athletics



Date:
February 28th – March 2nd

Hosted by:
University of Portland
(Chiles Center)

School Director:

Chad Colwell
805-990-5731
colwell@up.edu

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

Schedule

Friday, February 28th, 2014

5:00 - 5:30 pm	Registration
5:30 - 6:00	Orientation/Introduction
6:00 - 7:00	Philosophy, Ethics & Risk Management
7:00 - 8:30	Physiology
8:30 - 9:30	Psychology

Saturday, March 1st, 2014

8:30 - 9:30 am	Biomechanics
9:30 - 12:30 pm	Sprints, Hurdles & Relays
12:30 - 1:15	Lunch (on your own)
1:15 - 3:00	Biomotor Training for Speed & Power
3:00 - 5:30	Throws
5:30 - 6:30	Training Theory

Sunday, March 2nd, 2014

8:30 - 10:00 am	Vertical Jumps
10:00 - 11:30	Horizontal Jumps
11:30 - 1:00 pm	Endurance

Registration

Register Online at
www.usatf.org/groups/Coaches/education/schools
by clicking “school details” for this school

Pre-registration = \$150 if received by
February 14th; Late and on-site registration
(may be limited) = **\$200**. 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
(\$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.*



USATF Level 1 School
c/o Chad Colwell
University of Portland Athletics
5000 N. Willamette Blvd
Portland, OR 97203

Lodging

Fairfield Inn and Suites (North Harbour)

1200 N Anchor Way, Portland, OR
(800) 228-2800 www.marriott.com

Mention 'University of Portland'
for special rates.

Directions

From any part of the Portland/Metro area proceed to Interstate 5. Either north or southbound on I-5 take the Rosa Parks exit (# 304). Proceed west on Rosa Parks for approximately 1½ miles, and it will curve to the right and turn into Willamette Blvd. Follow Willamette Blvd for approximately 1½ miles. The University campus will be on your left. Turn left at the first traffic light, Portsmouth Avenue. The Chiles Center will be on your left.

Instructors

Dr. Matt 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).

Peter Thompson has worked with individuals from school level through to national record holders and world record holders. The athletes he has coached have competed in the Olympic Games, Commonwealth Games and International Association of Athletics Federations (IAAF) Track & Field World Championships, Road World Championships and Cross Country World Championships and have achieved 6 World Records. Having worked for the IAAF over a twenty-year period as the Director of Coaches Education, he wrote new and updated materials in 2009, including 'Introduction to Coaching - the Official IAAF Guide to Coaching Athletics' and 'Run! Jump! Throw! - the Official IAAF Guide to Teaching Athletics'.

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 in a rudimentary manner 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 junior age division 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 junior age division level
- Access to exclusive merchandise identifying the Level 1 Coach
- Eligibility to attend a Level 2 School

About Level 1 Schools:

Level 1 Schools are two-and-a-half-day courses where 21-24 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.