



USA Track & Field Coaching Education Level 1 School



Date: June 2-4, 2006 Location: Cowley College
 School Director: Ryan Turner (620) 222-8798 turner@cowley.edu
 For more information log on to: www.usatf.org/groups/Coaches/education/

Schedule:

Day 1 – Friday – June 2
 5:00 – 6:00 p.m. Registration
 6:00 – 6:30 Philosophy
 6:30 – 8:00 Physiology
 8:00 – 9:00 Training Theory
 9:00 – 10:00 Psychology

Day 2 – Saturday – June 3
 8:00 – 9:00 a.m. Biomechanics
 9:00 – 11:00 Bio-motor Training for Power Events (Strength)
 11:00 – 12:00 p.m. Sprints/Hurdles/Relays
 12:00 – 1:30 Lunch
 1:30 – 4:00 Sprints/Hurdles/Relays
 4:00 – 5:30 Endurance
 5:30 – 7:00 Dinner
 7:00 – 9:30 Jumps

Day 3 – Sunday – June 4
 8:00 – 9:00 a.m. Jumps
 9:00 – 12:30 p.m. Throws
 12:30 – 1:00 Wrap-up

Registration:

Pre-registration = \$125 if received by May 19, 2006;
 Late and on-site registration (may be limited) = \$150
 Fee includes a Level 1 Curriculum, Exam and notebook cover.
 Make checks payable to: Ryan Turner

Lodging:

Cowley College Dorms \$15 (cost covers 2 nights; no meals)
 Contact Ryan Turner to reserve a space in dorms
 Super 8 Motel – Arkansas City, KS (620) 442-8880
 Regency Court Hotel – Arkansas City, KS (620) 442-7700

Directions:

Cowley College, 125 S. 2nd St., Arkansas City, KS 67005
Wichita, KS: I-35 South to US 166 East
Kansas City, MO: I-35 to El Dorado, KS then South on US 77
Tulsa, OK: US 412 West (Cimarron Turnpike) to US 177 North to Ponca City.
 At Ponca City the road turns into US 77 continue north.
Oklahoma City, OK: I-35 North to US 166 East

Instructors:

Randy Adair – Highland Park High School (TX)
 Wayne Armbrust – Columbia, Missouri
 John Bauman – Oklahoma State Univ.
 Dennis Licklider – Jefferson City High School (MO)

Level 1 Information:

The USATF Coaching Education Level 1 program is intended as a starting point for coaches. One of the Level 1 program objectives 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 Schools are two-and-a-half-day courses where 21.5 hours are spent on track & field and 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 and return a take-home exam.

Benefits

- Recognition of completing USATF Level 1 Course
- Curriculum book 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

Requirements

- Be at least 18 years of age
- Attend a Level 1 coaching education school
- Pass an exam

USA Track and Field Coaching Education Level 1 School Application

Pre-registration is \$125 and ends May 19, 2006. After this date and on-site registration is \$150.

Return this form to: Cowley Track Office, 125 S. 2nd St., Arkansas City, KS 67005 with check payable to: Ryan Turner
 Name _____ E-mail _____

Address _____ City _____ State _____ Zip _____

Day Phone (_____) _____ Evening Phone (_____) _____ Male _____ Female _____

Date of Birth ____/____/____ Years Coaching _____ Position (School/Club) _____

Specialties (Please circle all that apply): Distance Jumps Throws Combined Events Sprints/Relays