



USA Track & Field Coaching Education Level 1 School



Presented by Gill Athletics

Date: November 18-20, 2011

Location: Belmont University– Nashville TN

School Director: Andrew Alden 919-619-3426 & AACOACHING@AOL.COM

For more information log on to: [Level I Coaching Ed](#)

Schedule:

September 18, 2011 - Friday
5:30 – 10:00 PM

September 19, 2011 -Saturday
8:00 AM to 9:00 PM

September 20, 2011– Sunday
8:00 AM to 4:00 PM

Registration:

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

Pre-registration fee is \$125 if received by November 4, 2011;

Late and on-site registration (space is limited) is \$150.

Level I Alumni may attend at a rate of \$65.00

You must be a member of USATF to register – for more information, go to www.usatf.org/membership/

Refund policy: 1/2 of the registration fee (\$62.50) will be refunded after the early registration deadline

No refund will be given after the start date. *If you have any difficulties with the online registration contact the School Director.*

Instructors:

Andrew Alden

School Director & Endurance Instructor
Level I and II Certified Endurance Instructor
18 Years as Division I Cross Country & Track Coach
Coached 2001 NCAA Division I Champion Men's 800m

Larry Judge

Instructor Throws
Chair Throwing Events for USATF Coaching Education
Coordinator Graduate Coaching Program - Ball State
18 years as a Division I Coach at
Indiana State, South Carolina, Wyoming & Florida.
Level III Instructor IAAF Throws
Coached 8 Olympians

Lori Shepard

Instructor Sprints & Hurdles
Former Vanderbilt Head Coach
Level I & II Certified
Sprints, Hurdles, & Multi Events
Coached 1997 NCAA Division I Champion Women's 400 M Hurdles

Lodging:

Holiday Inn Express & Suites

5566 Franklin Pike Circle, Brentwood, TN 37027

Call (615) 221-5001 and ask for the USA Track & Field Rate = \$80.00 (\$94.70 with tax)

Level 1 Information:

USATF Coaching Education Level 1 program is a starting point for all track and field coaches. One of the objectives is to put all coaches on common platform (i.e., speaking the same language). The Level 1 program covers all events in a foundational manner by emphasizing fundamentals, rules, safety/risk management, and instruction techniques. Level 1 prepares individuals to coach junior high school, high school, club, and age group athletes.

- Level 1 Schools are two-and-a-half-day courses (21-24 hours), including both classroom instruction and 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 attending the School and passing the exam, participants will be issued a Level 1 Certificate of Completion.

Benefits

- Recognition as a USATF Level 1 Coach
- Curriculum book covering sport science and individual events

Requirements

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

- Skills and knowledge to coach athletes at the junior age division level
- Eligibility to attend a Level 2 School

- Pass an online exam