

# USA Track & Field Coaching Education Level 1 School

Presented by Gill Athletics



**Date:**

**December 11-13, 2009**

**Hosted by:**

**Holiday Inn**

Dingens Rd., Buffalo, NY

**School Director:**

**Russ Ebbets**

**315-730-0210**

[spinedoctor229@hotmail.com](mailto:spinedoctor229@hotmail.com)

For more information log on to:

[www.usatf.org/groups/Coaches/education/](http://www.usatf.org/groups/Coaches/education/)

## Schedule:

December 11, 2009

4:00 - 5:00 p.m. Registration

5:00 - 5:30 School Introduction

5:30 - 6:30 Philosophy, Ethics & Risk Management

6:30 - 8:00 Physiology

8:00 - 9:00 Training Theory

9:00 - 10:00 Psychology

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8:00 - 9:00 a.m. Biomechanics

9:00 - 11:00 Bio-motor Training for Power Events

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 - 10:00 Jumps

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8:00 - 9:00 a.m. Jumps

9:00 - 12:30 p.m. Throws

12:30 - 1:00 Wrap-up

## Registration:

Register Online at

[www.usatf.org/groups/Coaches/education/schools/](http://www.usatf.org/groups/Coaches/education/schools/)

by clicking "school details" for this school

**Pre-registration = \$125** if received by **Friday, November 27, 2009**; **Late and on-site**

**registration** (may be limited) = **\$150**. 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/](http://www.usatf.org/membership/)

**Refund policy:** Only 1/2 of the registration fee (\$62.50) 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.*

Level 1 School  
c/o Russ Ebbets, DC  
PO Box 229  
Union Springs, NY 13160



## Lodging:

Holiday Inn, Dingens Rd. Buffalo Rooms \$85 per night and includes breakfast

Reservations must be made on line at [www.sportnation-housing.us](http://www.sportnation-housing.us)

Simply create an account (unless you already have one) then click Events and the USATF Level 1 logo.

Please do not call the hotel directly.

## Directions:

### Driving:

Take I-90 to exit 53, to exit 1 and take a right onto Dingens Rd., go three blocks and the hotel is on the right.

### Air:

Holiday Inn, Dingens Rd. is less than 5 miles from Buffalo International Airport

## Instructors:

### Oscar Jensen – Throws

Oscar is one of the most successful coaches in New York State track and field history. Voted National High School Coach of the Year, Greater Syracuse Hall of Fame inductee among countless other honors.

### Dave Kerin – Jumps

Former collegiate and high school coach. Works extensively with USATF as National Chair of Men's and Women's High Jump Committee. A noted author and often requested speaker Dave has taught at Level 2, works as a Master Official and with the USATF Emerging Elite Program.

### Jennifer Potter – Sprints/Hurdles

Ithaca College Head Coach. Former D-III All-American while at Ithaca. Twice recognized as Atlantic Region Coach of the Year for USTCA. Has coached numerous collegiate All-Americans while at Ithaca.

### Russ Ebbets, DC – Sciences/Endurance

School director. Editor *Track Coach*, technical journal for USATF. Has lectured nationally and internationally on chiropractic, sport and health related issues.

## 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.