



USA Track & Field Coaching Education Level 1 School



Presented by Gill Athletics

Date: February 18 and 19, 2012 (Sat/Sun)

**Location: UNLV, Paradise Campus, Room 512
851 E. Tropicana Ave, Las Vegas, 89119**

School Director: Dr. Wendy Truvillion; 770-364-3643 or 602-686-6360

w_truvillion@yahoo.com or truvillion@phoenixunion.org

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

Tentative Schedule:

Saturday, February 18, 2012

Registration:	7:30 am
Philosophy, Ethics, and Risk Management	8:00 - 8:30am
Psychology	8:30 - 9:30am
Physiology	9:30 - 11:00
Training Theory:	11:00 - 12:30
Lunch	12:30 - 1:30pm
Biomechanics	1:30 - 2:30
Throws	2:30 - 6:00pm
Dinner	6:00 - 7:00pm
Sprints, Relays	7:00 - 9:30pm

Sunday, February 19, 2012

Bio-motor Training for Power Events:	8:00 - 9:30am
Endurance	9:30 - 11:00am
Hurdles	11:00 - 12:30
Lunch	12:30 - 1:30pm
Horizontal Jumps	1:30 - 3:30pm
Vertical Jumps	3:30 - 5:30
Wrap Up:	5:30 - 6:00pm

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 **Friday, February 3, 2012;**

Late and on-site registration (space is limited) **is \$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/

Refund policy: 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, at 770-364-3643.

Directions to UNLV Paradise Campus, Room PAR 512:

Paradise Campus is located on the southeast corner of Tropicana Ave and Swenson Street,
across from the Thomas and Mack Parking Lot

Instructors:

Ian Dube' Georgia USATF President, former Jumps coach at Georgia State University

Apryl Hampton USATF Southwestern Texas Association, Vice President

Dr. Wendy Truvillion, Assistant Principal (Athletic Director) Maryvale HS, Phoenix, AZ
Former Track Coach at Georgia Tech and Penn State University

Directions from the airport:

Go southeast onto Wayne Newton Blvd (toward airport departures). Go left at fork and merge on to Wayne Newton Blvd to Swenson St. Go right onto E. Tropicana Ave. UNLV Paradise Campus is on the right.

Hotel Information:

Double Tree Club
7250 Pollock Dr.
Las Vegas, Nevada 89119
702-948-4000

Residence Inn
5875 Dean Martin Drive
Las Vegas, Nevada 89118
702-795-7378

Bluegreen Club
372 E. Tropicana Ave
Las Vegas, Nevada 89169
1-800-456-0009

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
- Skills and knowledge to coach athletes at the junior age division level
- Access to exclusive "Level 1" merchandise
- Eligibility to attend a Level 2 School

Requirements

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

USATF Coaches Education Level I School

February 18, 2012

Saturday, February 18, 2012

Registration:	7:30 am
Philosophy, Ethics, and Risk Management	8:00 - 8:30am Truvillion
Psychology	8:30 - 9:30am Truvillion
Physiology	9:30 - 11:00 Hampton
Training Theory:	11:00 - 12:30 Hampton
Lunch	12:30 - 1:30pm
Biomechanics	1:30 - 2:30 Dube
Throws	2:30 - 6:00pm Apryl
Dinner	6:00 - 7:00pm
Sprints, Relays	7:00 - 9:30 Truvillion

Sunday, February 19, 2012

Bio-motor Training for Power Events:	8:00 - 9:30am Dube'/Hampton
Endurance	9:30 - 11:00am Dube'
Hurdles	11:00 - 12:30 Truvillion
Lunch	12:30 - 1:30pm
Horizontal Jumps	1:30 - 3:30pm Dube'
Vertical Jumps	3:30 - 5:30pm Dube'
Wrap Up:	5:30 - 6:00pm Truvillion

Feel free to bring light snacks and water. Please turn all cell phones and pagers on vibrate/silent. Bring a jacket to make sure that you're comfortable, along with writing pad and pen.. We will have time for more questions following each daily session, so please hold lengthy questions until then. All other questions or concerns please feel free to bring them to our attention. Enjoy the instruction.

Level I Instructors

Ian Dube - Instructor

- Currently he is the President of USATF Georgia Association
- Former Head Coach for Morris Brown University
- Coach and consultant for Quicksilver Track Club of Atlanta since 1986
- Co-founder of Quick Performance Training, LLP
- Coached Dexter McCloud – Masters World Record Holder in 110H
- Hosted several Level I schools
- Level I and II certified coach and instructor

Apryl Hampton – Instructor

- Appointed to the 2012 IAAF World Junior Championship staff that will travel to Barcelona, Spain, July, 2012
- 2009 Pan Am Junior Championship staff that traveled to Trinidad and Tobago
- Currently serving as the Vice President of the Southwestern Association of USATF
- Also serving as the Chairperson for Coaching Education and Athlete Advisory Committee for USATF Southwestern Texas Association
- Level I and II certified coach and instructor
- Hosted several Level I schools

Dr. Wendy Truvillion – School Director

- Assistant Principal of Athletics/Activities at Maryvale HS - Phoenix Union HS District
- Presently serving as the USATF Women's Junior Development Co-Commissioner
- Appointed as the Head Coach for the 2012 IAAF World Junior Championship Team that will travel to Barcelona, Spain, July, 2012
- Coached on several USA International teams.
- Former USATF Georgia Association – T&F Chairperson from 1988 - 2007
- Former Track Coach for Georgia Tech and Penn State University
- Former Track Coach for McEachern HS in Atlanta, GA (State Champs!)
- Quicksilver Track Club of Atlanta, coach and consultant since 1988
- Hosted and taught in over 18 Level I schools since 1994
- Assisted in developing the curriculum for the new USATF Coaches Education – Youth Level II
- Taught Sprints/Hurdles/Relays in the USATF Coaches Education – Level II school held at Villanova University 2010.
- Level I and II certified coach and lead instructor