

USA Track & Field Coaching Education Level 1 School

Presented by Gill Athletics



Date:

November 19-21

Hosted by:

Gill Athletics

School Director:

Mike Cunningham

217-367-8438

hurdle@gillathletics.com

Schedule:

Friday: 3pm Registration
4pm-10pm Classes (Pizza will be offered for dinner for \$5)

Saturday: 8a-10p Classes (lunch and dinner breaks are scheduled and on your own)

Sunday: 8a-1:30p Classes and wrap up

Registration:

Register Online at

www.usatf.org/groups/Coaches/education/schools/
by clicking "school details" for this school

Pre-registration = \$125 if received by **November 14th**; **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/

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.



For more information log on to:

www.usatf.org/groups/Coaches/education/

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Lodging:

La Quinta Inn

217-356-4000
1900 Center Drive

Super 8 Champaign

217-359-2388
202 West Marketview Dr

Quality Inn & Suites

217-352-4055
305 Marketview Dr

*All hotels are within 2 miles of Gill Athletics.

Directions:

Coming from 74 East: Take exit xxx (Neil St). Turn left. Take right at Marketview St. Turn left at the end of the road (Market St). Travel north to the 1st stop light and turn right (Mercury Dr). Travel 400m, look right, there we are.

Coming from 74 West: Take exit xxx (Neil St). Turn right. Take right at Marketview St. Turn left at the end of the road (Market St). Travel north to the 1st stop light and turn right (Mercury Dr). Travel 400m, look right, there we are.

Coming from 57 North: Take exit xxx (Apollo Dr.). Turn right onto Apollo and go to first stop sign. Turn right (Market St). Go to first stop light and take a left (Mercury Dr.) Travel 400m, look right, there we are.

Coming from 57 South: Take exit xxx (Apollo Dr.). Turn left onto Apollo and go to first stop sign. Turn right (Market St). Go to first stop light and take a left (Mercury Dr.) Travel 400m, look right, there we are.

Instructors:

Mike Cunningham: School director for USATF Level I. Former collegiate coach of 10 years (Ball State, Mississippi State) with All-Americans in every sprint and jump event (except PV and HJ). Level 2 certified in sprints/hurdles/relays, jumps, and combined events.

Mike Erb: Currently the Assistant Women's Track and Field Coach for field events at the University of Illinois. Prior to Illinois, Erb spent a year as an assistant at Marquette University for jumps and combined events, and five years as head coach of cross country and track and field at the University of Redlands. USATF Level 2 certified in jumps and throws.

Mike Turk: Currently the interim men's head coach at University of Illinois coaching the field events. Has coached numerous All-Americans, USATF National Finalists and Olympic Trials participants. Has also authored several articles and videos on the throwing events. Is a USATF Level II teacher in the throws and combined events.

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.