

## School Schedule:

*(finalized schedule will be e-mailed to all participants)*

### Saturday - 15 January

8:00-8:30	Registration
8:30-8:45	Orientation/Introductions
8:45-9:30	Philosophy & Ethics
9:30-10:30	Psychology
10:30-11:00	Age Appropriate Training
11:00-12:00	Physiology
<b>12:00-1:00</b>	<b>Lunch – on your own</b>
1:00-2:30	Training Theory
2:30-3:45	Biomechanics
3:45-5:00	Bio Motor Training
5:00-8:30	Sprints/Hurdles/Relays

### Sunday - 16 January

<b>8:30-10:00</b>	<b>Endurance</b>
10:00-1:00	Throws
<b>1:00-2:00</b>	<b>Lunch-on your own</b>
2:00-3:30	Learn-by-do(demo)
3:45-6:45	Jumps
6:45-7:00	Q & A – wrap-up

### Important Note:

Attendance at all sessions is required.  
Do not book Sunday outbound flights  
before 8:00pm.

### ***VS*Athletics SuperClinic**

Saturday, 22 January, 2011 at Sac. CC

*Many of the state's top coaches will provide invaluable info. to add to your season's success. Speakers in sprints-hurdles, distance, LJ-TJ-HJ-PV and throws event areas*

For further info, refer to

[www.vsathletics.com](http://www.vsathletics.com), or contact Peanut

Harms at: [peanut@vsathletics.com](mailto:peanut@vsathletics.com), or

Dave Shrock at [dshrock@pacbell.net](mailto:dshrock@pacbell.net)

# USA Track & Field Coaching Education Level 1 School

*Presented by Gill Athletics*



**Date:**

15-16 January, 2011

**Hosted by:**

Sacramento City College  
Men's T&F Program

**School Director:**

Dave Shrock

209.575-3034

[dshrock@pacbell.net](mailto:dshrock@pacbell.net)

**For more information log on to:**

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

## Scholarship Opportunities:

The Pacific Association of USATF will once again make available twenty (20) scholarships to pay the tuition to attend the PA-USATF Level 1 Coaching Education School. Pacific Association registered coaches who complete the scholarship application by Sunday, 28 Nov. at 5:00pm will become eligible to have their tuition fee paid to the Chabot Level 1 School on 11-12 December, or the Sacramento CC Level 1 School 15-16 January, 2011. Recipients are responsible for their own USATF membership fees, transportation, accommodation, and meals.

**To access the application and for more information, visit:**

<http://www.pausatf.org> and follow to the coaches' page, and then schools/events link.

## Registration:

Register **after 2 November** 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 **3 January 2011**; Late and on-site registration (may be limited) **\$150**. Fee includes a Level 1 Curriculum. 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.*



## Lodging:

La Quinta Inn  
200 Jibboom St.  
Sacramento, CA 95814  
[www. LQ.com](http://www.LQ.com)

- \$62.00 sgl. or dbl. if booked by 24 Dec.
- Reservations can be booked by calling (916) 448-8100 ext. 0 and asking for the "USA Track & Field" rate.
- Complimentary shuttle runs from 5am - 10pm everyday main priority is to/from airport but when free will go within a 5 mile radius (SCC)
- Continental breakfast (waffles, bread, yogurt, oatmeal, muffins, fruits, hard boiled eggs) runs 6-9 during week and 7-10 during weekend.
- Complimentary wireless internet available throughout the hotel.

## Saturday night social:

El Coyote Junction: 232 Jibboom St. moderately priced Mexican grill and bar. Walking distance from hotels.

## Directions:

Sacramento City College, 3835 Freeport Blvd., Sacramento, 95822. School will be in Lillard Hall, Room 101  
(detailed campus map will be sent to all participants)

**Air:** Sacramento International Airport (SMF) is 17 miles north of Sacramento City College; San Francisco international is 86 miles west. The La Quinta runs complimentary airport shuttles. SuperShuttle: [www.supershuttle.com](http://www.supershuttle.com), 800-258-3826. To/from Richard Road (Jibboom St) hotels: \$14.00, directly to/from City College: \$21.00

**Light Rail:** Sacramento City College is a designated SacMetro Blue Line Light Rail stop.

**Driving:** from Hwy 5: Exit at Sutterville Road (south of Hwy 5-Bus.80-50 interchange), travel east until 'T' intersection at Freeport, turn left. At first light, turn right back onto Sutterville, turn left into SCC main entrance at light, with Hughes Stadium to your right. After 200m into campus, park in west parking lot on your left.

From Hwy. 99: Exit at Sutterville/12th Ave. exit (south of Hwy 50-Bus 80), travel west until pass Hughes Stadium on your right. Turn right into SCC main entrance, After 200m into campus, park in west parking lot on your left.  
No parking charges on weekends.

## Instructors:



**Ken Grace** - Coached track and field and cross country both community college and high school for 30 years. USATF certified level 1 & level 2 in both jumps and endurance Coach Grace has 6 community college state champions, 1 high school state champion in cross country, 1 national champion to his credit, and authored several articles on training and endurance. Coach Grace returns to the head coaching role at Chabot after serving as dean and athletic director from 1993 to 1995. Grace was awarded California Community College Coach of the Year in 1991. BS in Kinesiology Cal-State Hayward, MA Education Stanford University.



**Matt Lydum** - Presently an assistant professor in education/sport science and assistant track coach at Defiance College, Lydum served as the head men's track coach at San Francisco State University for eight years before beginning his doctoral work at the University of Arizona. He was the 1998 NCAA DII Regional Coach of the Year and has represented the USOC at the International Olympic Academy. He has worked with numerous NAIA & NCAA DII All-Americans. More recently, Lydum has served as assistant coach on several international USATF Youth teams and authored a book entitled Coaching Youth Track and Field. Lydum has completed the USATF Coaching Education Level 2 Program in Sprints, Hurdles, Relays, Jumps, Combined Events, and Throws, plus coordinates the USATF Instructors Training Course (ITC).



**Dr. Dave Shrock** - Under Coach Shrock's guidance at Modesto Junior College, the program amassed two Nor-Cal championships and three runner-up titles, with Shrock named California Central Valley Coach of the Year ten times while his program generated sixty-four All-Americans. Shrock began his coaching career thirty-two years ago at the College of San Mateo before coaching cross country and assisting with track at Stanford and San José State. Shrock serves in a number of USATF and leadership roles including Pacific Association Vice President and Coaching Committee Chair, while serving on the national Coaching Education Committee promoting clinics and instructing at Level 2. Shrock is Level 2 certified in endurance, jumps, and sprints/hurdles, while having earned Level 3 certification in training theory.

## 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 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 collegiate level.

## Requirements:

- Be at least 18 years of age
- Complete a Level 1 coaching education school
- Pass an exam 200 question on-line 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 youth/high school to collegiate level
- Eligibility for CEU's (*continuing education units*) at an additional fee
- Eligibility to attend a Level 2 School

## About Level 1 School:

Level 1 Schools are a two day course where 21 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.