



# USATF Developmental Coach Program

## Saturday, 13 February, 2010 - 10:00-3:00pm

### James Logan High School, Union City

The USATF Coaching Education Developmental Coach Program is a four hour introduction to coaching intended for beginning coaches and volunteers at any level, from youth to collegiate. The Pacific Association program will be held in conjunction with the Willie Davenport Olympian Learn By Doing Clinic, and is ideal for beginning coaches and interested parents or volunteers to gain nationally recognized documentation while athletes are on the field with clinicians in the learn by doing clinic.

#### Program Schedule:

8:00-9:00am - program and general clinic registration

9:00-10:00am – general clinic introductions

10:00-10:30am - introduction to philosophy and ethics of coaching

10:30am-12:00pm – growth and development considerations for youth athletes

12:00-12:30pm – lunch provided

12:30-1:15pm – biomotor development for young athletes

1:15-2:30pm – T&F practice design and structure

2:30-3:00pm – introduction to risk management and liability

#### Benefits of becoming a Developmental Level USATF Coach:

- Certificate of recognition as a Developmental Level Coach
- Curriculum book covering discussed topics
- Logan Clinic information booklet
- Skill and knowledge to coach at the youth and junior age group levels
- Preparation (though not a requirement) to attend a USATF Level 1 school

#### Cost:

- \$25.00, which included all above materials and certificate of recognition upon attending all five sessions.

#### How to apply:

- Registration will be conducted only on the day of the clinic in conjunction with the Logan Clinic
- There is no pre-registration, however, those who e-mail PAUSATF Coaching Chair Dave Shrock at [dshrock@pacbell.net](mailto:dshrock@pacbell.net) prior to the clinic will be guaranteed a Developmental Program booklet  
*Notification of intent to attend is strongly encouraged!*

#### Further Information:

- Contact Pacific Association Coaching Chair Dave Shrock at [dshrock@pacbell.net](mailto:dshrock@pacbell.net), or 209.575-3034
- USATF Coaching Education Programs: <http://www.usatf.org/groups/Coaches/education/>