

## School Schedule:

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

### **Saturday - 14 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 - 15 January**

8:30-10:00	Endurance
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.

## ***VSAthletics SuperClinic***

Sat., 21 January, 2012 at Sacramento CC  
*Many of the state's top coaches will provide invaluable info. to add to your season's success. Speakers in sprints-hurdles, distance, jumps, throws, and auxiliary event areas.*

*Featuring one of America's great coaches Dr. Joe Vigill!*  
For further info, refer to [www.vsathletics.com](http://www.vsathletics.com)

# **USA Track & Field Coaching Education Level 1 School**

***Presented by Gill Athletics***



### **Date:**

14-15 January, 2012

### **Hosted by:**

Chabot College  
Hayward, California

### **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 has made available twenty (20) scholarships to pay the tuition to attend the PA-USATF Level 1 Coaching Education Schools. 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 14-15 January, 2012. 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 online at:

[www.usatf.org/groups/Coaches/education/schools](http://www.usatf.org/groups/Coaches/education/schools) and click on this school for information.

**Pre-registration: \$125** if received by **31 December, 2011**; Late and on-site registration (may be limited) = \$150.

**Alumni coaches: \$65.00** on-site  
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 ½ 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  
20777 Hesperian Blvd. (1.6 miles north of college)  
Hayward, CA 94541

[www.LQ.com](http://www.LQ.com)

- \$69.00 sgl. or dbl. if booked by 6 January.
- Reservations can be booked by calling 510.732-6300 and asking for the "USA Track & Field" rate.
- Complimentary Oakland airport shuttle currently available 7:00 am to 10:00 pm, and is subject to change.
- Continental breakfast (waffles, bread, yogurt, oatmeal, muffins, fruits, hard boiled eggs) runs 6:00-9:30am  
Complimentary wireless internet available throughout the hotel.

## Clinic Social Saturday night:

Celia's Mexican Restaurant, across from Chabot

## Directions:

Chabot College: 25555 Hesperian Blvd., Hayward, 94545. School will be in the Planetarium Building, (rm 1908) (detailed campus map will be sent to all participants)

**Air:** Oakland International Airport (OAK) is 11 miles north of Chabot College, San Francisco International (SFO) is 21 miles west, and San Jose 26 miles to the south. The La Quinta runs complimentary airport shuttles to and from OAK airport.

**SuperShuttle:** [www.supershuttle.com](http://www.supershuttle.com), 800-258-3826. From SFO to Hayward is \$41.00 one-way. No SuperShuttle service to and from OAK or San Jose airports to Hayward.

**BART:** The closet BART Station is Hayward, which is 3.3 miles east of the college. AC Transit bus route 92 runs between eh college and BART station. Refer to AC transit for timings and cost: [www.actransit.org](http://www.actransit.org)

**Driving:** Exit Hwy 92 (2 miles east of the San Mateo Bridge) at Hesperian and go north towards San Leandro. Chabot is less than 1 mile on your left. School will be held in the Planetarium Building off Depot Road. Detailed campus map will be supplied to pre-registered coaches.  
\$2.00 parking charge on weekends.

## Instructors:



**Ralph Jones:** Coach Ralph Jones is in his first season as Cal State East Bay's Head Cross Country and Track and Field Coach. Jones was a former student-athlete at Morgan State and assistant coach at Central Arizona College and Wilmington College (Ohio). Jones helped to coach 15 east coast regional qualifiers and five school record holders in track and field over the past four years with Morgan St. He also coached the programs first and 1500,5000 and cross country champion. The former Junior College Assistant Coach of the year in 2005 & 07, Jones coached two individual cross country champions and lead his sprinters and relays to a total of five national titles. He coached over 22 athletes to All-American status. Jones is Level 2 certified in endurance and sprints/hurdles and relays.



**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.



**Dr. 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. 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 directs the USATF Level 2 Youth Specialization School.



**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-six years ago at the College of San Mateo before coaching cross country and assisting with track at Stanford and San José State. Shrock is Level 2 certified in endurance, jumps, and sprints/hurdles, while having earned Level 3 certification in training theory. Shrock also presents internationally on subjects relating to sport management and coaching, and will serve as the USATF Men's Endurance coach at the 2012 World Indoor Championships in Istanbul.

## 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
- 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 youth-collegiate division 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 events 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.