

## School Schedule:

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

### **Saturday - 10 December**

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 - 11 December**

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	Practical Application Lab
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, 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, 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:**

10-11 December, 2011

### **Site:**

Clovis West H.S. - Fresno

### **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)

## Registration:

### Register 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 26  
November 2011

### Late and on-site registration :

\$150 if received after 26 November 2011 or  
on-site

Participants 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.*

### **Site Coordinator:**

Dr. Martin Palavicini

559. 304-4890

[coachpalavicini@yahoo.com](mailto:coachpalavicini@yahoo.com)



## Lodging:

### **Comfort Suites: \$59.00 single or double**

102 E. Herndon Ave., Fresno, 93720

Just west of Hwy. 41 Herndon interchange, 1.8 mi.

SW from Clovis West; 8.0 miles NE from airport.

Reservations can be booked by calling 559-435-5650, and asking for the "USA Track & Field" rate. School rate will be available until 2 December, and after only on a space available basis.

- Full American hot breakfast available from 6:00-10:00am.
- Complimentary wireless internet available throughout the hotel.
- Hotel does not offer airport shuttle service, though taxis are available from at airport for \$12-17.00.
- Car-pooling will be available to/from hotel to Clovis West H.S.

## Saturday night social:

**World Sports Café:** River Park Center, opposite entrance to Edwards Cinemas off El Paso & Blackstone.

## Directions:

**Clovis West High School:** 1070 E. Teague Avenue, Fresno, 93720 (less than 2 miles east from Woodward Park) (*detailed campus map will be sent to all participants*).

**Air:** Fresno-Yosemite International Airport (FAT) is 12 miles SE from Clovis West H.S. Ample taxi service to school site and or hotel is available.

**Driving:** Exit State Hwy 41 at Friant, travel east towards Woodward Park. With Woodward on your left, turn right onto E. Sheppard Ave, then right on Millbrook. Clovis West High school is on your left. Follow signs to school location  
No parking charges on weekends.

## Instructors:



**Jeremy Fisher** - Success has followed Coach Fisher throughout his stellar coaching career. While at CSU Northridge, Fisher was named the 2005 NCAA DI West Region Men's Jumps/Multi Event Coach of the Year. On two other occasions, 2007 and 2009, he was named the Midwest Region Assistant Coach of the Year by the USTFCCCA. Over his coaching career Fisher has been responsible for guiding 17 student-athletes to NCAA All-American. Not only has Fisher helped to place his athletes on the podium, he himself was a high school and NCAA All-American and finished 2nd at the 2000 USATF Indoor Nationals. Fisher is USATF Level 3 Certified, holds Level 2 Certificates in the Sprints, jumps and throws and is a certified strength and conditioning specialist.



**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. 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 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-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. He has also teaches internationally on topics relating to coaching and sport management. 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 a 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.