

## School Schedule:

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

### **Saturday - 19 February**

|                   |                            |
|-------------------|----------------------------|
| 8:00-8:30         | Registration               |
| 8:30-8:45         | Orientation/Introductions  |
| 8:45-9:30         | Philosophy & Ethics        |
| 9:30-10:30        | Psychology                 |
| 10:45-12:00       | 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 - 20 February**

|                  |                          |
|------------------|--------------------------|
| 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.

## ***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:**  
19-20 February, 2011

### **Hosted by:**

Tachyon Track Club and  
Staybridge Suites  
2 Orchard  
Lake Forest, CA 92630  
949.462.9500

### **School Director:**

Eric Dixon  
949-636-9234  
[TachyonTC@cox.net](mailto:TachyonTC@cox.net)  
[www.TachyonTC.net](http://www.TachyonTC.net)

**For more information log on to:**  
[www.usatf.org/groups/Coaches/education](http://www.usatf.org/groups/Coaches/education)

## **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 participants will be issued a Level 1 Certificate of Completion.

## **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 **5 February 2011**; Late and on-site registration (may be limited) **\$150**. Fee includes a Level 1 Curriculum. **Class is limited to 50 participants (please register early to ensure your spot)**

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:

Staybridge Suites Irvine East - Lake Forest  
2 Orchard  
Lake Forest, CA 92630  
949.462.9500

[www.staybridge.com/better](http://www.staybridge.com/better)

- Studio \$79- Queen bed with a Sofa Sleeper and Fully Equipped In-Room Kitchens
- Reservations can be booked by calling (949) 273-5859 and ask for the "USA Track & Field" rate or Email: [cassie@lakeforestsbs.com](mailto:cassie@lakeforestsbs.com)
- Complimentary Hot Buffet Breakfast.
- Complimentary Wi-Fi.
- **For all room rates click for hotel flyer**

## Directions:

[Staybridge Suites Irvine East/Lake Forest](#); located near the Irvine, Foothill Ranch/Lake Forest, Mission Viejo communities, the hotel is easily accessible by Highways 5 & 405, the 241 toll road.

### Air:

- John Wayne Orange County Airport (SNA) Distance: 17 MI / 27.36 KM North to Hotel
- Los Angeles International Airport (LAX) Distance: 45 MI / 72.42 KM North West to Hotel
- Ontario Airport (ONT) Distance: 40 MI / 64.37 KM North East to Hotel

### Train:

- Station Name: Amtrak-Irvine station Distance: 7 MI / 11.27 KM North West to Hotel
- Complimentary Train Station Shuttle 1. Head northwest 2. Turn left toward Barranca Pkwy 3. Take the 1st left onto Barranca Pkwy 4. Continue onto Muirlands Blvd 5. Turn left at Bake Pkwy 6. Turn left at Rancho Pkwy S 7. Turn left at Orchard Rd

### Driving: [Click link for driving directions:](#)

- Los Angeles: I-5 S or I-405 S. Take exit for Bake Pkwy N. Turn left at Rancho Pkwy S. Turn left at Orchard Rd Destination will be on the left 351 ft 2 Orchard Lake Forest, CA 92630
- San Diego: I-5 N. Take exit for Bake Pkwy N. Turn left at Rancho Pkwy S. Turn left at Orchard Rd Destination will be on the left 351 ft 2 Orchard Lake Forest, CA 92630

## Instructors:

### 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.

### Bill Godina - Over 35 years Track & Field coaching



experience. Bill has coached at high school and elite levels. As a high school coach, he has 25 state champions in Wyoming, Colorado, and Arizona. Bill coached the Wyoming Boys and Colorado Girls Shot & Discus record holders. In addition he's coached two Golden West Discus champions and one Junior Nation Discus champion. Has coached five (5) boys over 180' and one girl over 171'10" in the Discus. Currently the coach of the #8 American Woman Shot Putter. Bill is a USATF Level III certification and Level 1 & 2 Throws Instructor. He is also the Author of the USATF Instructor Training Course and the Author of the Glide Shot chapter of the USATF Coaches Manual.

### 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/Mult 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 specialists.

## School Director:

### Eric Dixon



- Over 30 years of experience, coaching in the sprint events (60m-800m). He's an assistant track coach at Dana Hills High School and instructor for the schools fall Track Class which includes Strength, Conditioning Training. He has coached one athlete to a number 2 National Youth ranking in the 110 hurdles and currently coaches Orange County's HS female 200m record holder. Dixon also coaches the Athena track team; a National Masters Women's Track club which currently holds four World and American Records in the 4 x 400m and 4 x 800m relays. Dixon also competes as a Masters Track Athlete in the 60m to 800m sprints for USATF's Masters Track Team. Coach Dixon is a Certified USA Track & Field Level 2 Sprints/Hurdles, Relays Coach and USA Track & Field (Youth Specialization) Level 2 Coach.

## 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