



Coaching Education Opportunities

Increase your effectiveness as a coach!

USATF Level 1 Schools

Level 1 Schools are the most comprehensive track and field training program in the nation, consisting of 21 hours of instruction focused on the events of track & field and related sport science. The course includes classroom instruction as well as hands-on training. The Level 1 program covers all events by emphasizing fundamentals, rules, safety/risk management, instructional techniques, in addition to specific event group training of endurance, sprints/hurdles, throws and jumps.

For Further information contact these school directors:

12-14 August at San Diego Mesa College: Contact: Andrew Alden - aacoaching@aol.com

10-11 December at Clovis West High School: Contact: Dave Shrock - dshrock@pacbell.net

14-15 January, 2012 at Chabot College, Hayward: Contact: Dave Shrock- dshrock@pacbell.net

18-19 February, 2012 in Orange County, site TBA: Contact: Eric Dixon - TachyonTC@cox.net

Level 2 Youth Specialization School July 31 to August 4, Wichita State Univ., KS

The focus of this 4.5 day school is the unique training required for youth, including high school athletes. The school will better prepare coaches to train youth athletes while adhering to the sound principles of growth and development both physically and mentally of the youth athlete.

For further information on the Youth Specialization School and additional USATF Coaching Ed. offerings refer to:

<http://www.usatf.org/groups/Coaches/education/level2.asp>

"The best coaching school I have ever attended" Coach Harry Weaver - Detroit Cheetahs



VS Athletics SuperClinic-Sacramento CC: Sat, 21 January 2012

Save the date to come and join us in a one-day clinic devoted solely to maximizing your athlete's success. Sixteen nationally recognized clinicians will provide information that you will be able to apply immediately to your program's improvement in the event group areas of sprints/hurdles, endurance, throws, and jumps. Spread the word to all coaches! Last year's clinic was a great success with over 300 coaches gaining practical information to begin their seasons. **The 2012 Clinic will feature one of America's greatest endurance coaches Dr. Joe Vigil!** For information contact directors Peanut Harms at peanut@vsathletics.com or Dave Shrock at dshrock@pacbell.net. Previous clinic photos and info, along with the 2012 Clinic info will be posted soon can be found at: <http://www.vsathletics.com/clinic>.

2011 Coaching Enhancement Grants

USATF is offering grants to assist coaches in opportunities to enhance their professional growth by attending educational summits, conferences and USATF Podium Projects. For a full list of grants and criteria refer to:

www.usatf.org, and then select coaches; coaches' education; and then special projects.

For a full listing of all regional clinics and schools, go to <http://www.pausatf.org> and follow to the coaches' page, and then schools/events link