



Coaching Education Opportunities

Increase your effectiveness as a coach!

USATF Level 1 Schools:

19-20 December 2009 at Sacramento City College:

For complete flyer with list of instructors and schedule, go to <http://www.pausatf.org> and follow to the coaches' page, and then schools/events link.

16-17 January, 2010 at Chabot College, Hayward:

For complete flyer with list of instructors and schedule, go to <http://www.pausatf.org> and follow to the coaches' page, and then schools/events link.

Level 1 Schools, the most comprehensive track and field training in the nation, consist of 21-24 hours of instruction focused on the events of track & field and related sport science. The course consists of classroom instruction as well as hands-on training. The Level 1 program covers all events by emphasizing fundamentals, rules, safety/risk management, and instruction techniques in addition to specific event group training of endurance, sprints/hurdles, throws and jumps. Upon passing the exam, participants will be issued a Level 1 Certificate of Completion.

Benefits:

- Recognition of completing USATF Level 1 Course
- Curriculum text covering sport science and individual events
- Skills and knowledge to coach athletes at any level
- Eligibility to attend an 8 day more in-depth Level 2 School

Registration:

- Register online at: www.usatf.org/groups/Coaches/education/schools and clicking "school details" for these schools.
- **Pre-registration: \$125** if received by **two weeks prior to each school. Late and on-site registration** (may be limited) = **\$150**. Fee includes a Level 1 Curriculum and notebook cover. You must be a member of USATF to register – for more information, go to www.usatf.org/membership/
- For coaching staff discounts and use of school PO's or personal cheques, contact school director Dave Shrock at dshrock@pacbell.net

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 Sacramento CC Level 1 School on 19-20 December, or the Chabot Level 1 School 16-17 January, 2010. 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.

Further information on Level 1 Schools or additional coaching education opportunities:

Contact Pacific Association Coaches Committee Chair, Dr. Dave Shrock at dshrock@pacbell.net or 209.575-3034.

For a full listing of all regional T&F clinics and schools, go to <http://www.pausatf.org> and follow to the coaches' page, and then schools/events link