



USA Track & Field Coaching Education Level 1 School



Presented by Gill Athletics

Date: January 15-16, 2011

Location: Paradise Valley HS

3950 E. Bell Rd, Phoenix, AZ. 85032
(ALL SESSIONS WILL BE HELD IN THE CAFETERIA)

School Director: Dr. Wendy Truvillion; 770-364-3643 or 602-764-2013
w_truvillion@yahoo.com or truvillion@phxhs.k12.az.us

For more information log on to: www.usatf.org/groups/Coaches/education/

Tentative Schedule:

Saturday, January 15, 2011

Registration:	7:30 am
Philosophy, Ethics, and Risk Management	8:00 - 8:30am
Psychology	8:30 - 9:30am
Physiology	9:30 - 11:00
Training Theory:	11:00 - 12:30
Lunch	12:30 - 1:30pm
Biomechanics	1:30 - 2:30
Throws	2:30 - 6:00pm
Dinner	6:00 - 7:00pm
Sprints, Relays	7:00 - 9:30pm

Sunday, January 16, 2011

Bio-motor Training for Power Events:	8:00 - 9:30am
Endurance	9:30 - 11:00am
Hurdles	11:00 - 12:30
Lunch	12:30 - 1:30pm
Horizontal Jumps	1:30 - 3:30pm
Vertical Jumps	3:30 - 5:30
Wrap Up:	5:30 - 6:00pm

Registration:

Register Online at www.usatf.org/groups/Coaches/education/schools/ by clicking the "school details" link.

Pre-registration fee is \$125 if received by Friday, January 1, 2011;

Late and on-site registration (space is limited) **is \$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/

Refund policy: 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, at 770-364-3643.

Directions to Paradise Valley HS:

I 10 West to Hwy 51 North to Bell Rd. Go East onto Bell Rd.

The school will be on your left across from the Paradise Valley Hospital.

Level I School will be held in the Cafeteria. Park in the northwest Student Lot on Paradise Valley Rd.

Instructors:

Ian Dube', Jumps coach Georgia State University, Atlanta, GA

Bill Godina Track Coach.....; has produced 30 State Champions in Wyoming, Colorado, and Arizona

Apryl Hampton, Jumps Coach for Lancaster HS, Dallas, TX; USATF Junior Development Jumps Coordinator

Dr. Wendy Truvillion, Assistant Principal (Athletic Director) Maryvale HS, Phoenix, AZ
Former Track Coach at Georgia Tech and Penn State University

Level 1 Information:

USATF Coaching Education Level 1 program is a starting point for all track and field coaches. One of the objectives is to put all coaches on common platform (i.e., speaking the same language). The Level 1 program covers all events in a foundational manner by emphasizing fundamentals, rules, safety/risk management, and instruction techniques. Level 1 prepares individuals to coach junior high school, high school, club, and age group athletes.

- Level 1 Schools are two-and-a-half-day courses (21-24 hours), including both classroom instruction and 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 attending the School and passing the exam, participants will be issued a Level 1 Certificate of Completion.

Benefits

- Recognition as a USATF Level 1 Coach
- Curriculum book covering sport science and individual events
- Skills and knowledge to coach athletes at the junior age division level
- Access to exclusive "Level 1" merchandise
- Eligibility to attend a Level 2 School

Requirements

- Be at least 18 years of age
- Attend a Level 1 coaching education school
- Pass an online exam

USATF Coaches Education Level I School

January 15-16, 2011

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Psychology	8:30 - 9:30am Godina
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Horizontal Jumps	1:30 - 3:30pm Hampton
Vertical Jumps	3:30 - 5:30 Dube'
Wrap Up:	5:30 - 6:00pm Truvillion

Feel free to bring light snacks and water. Please turn all cell phones and pagers on vibrate/silent. Bring a jacket to make sure that you're comfortable, along with writing pad and pen.. We will have time for more questions following each daily session, so please hold lengthy questions until then. All other questions or concerns please feel free to bring them to our attention. Enjoy the instruction.

Level I Instructors

Ian Dube

- Currently he is the President of USATF Georgia Association
- Currently he is the jumps coach for Georgia State University
- Former Head Coach for Morris Brown University
- Coach and consultant for Quicksilver Track Club of Atlanta since 1986
- Co-founder of Quick Performance Training, LLP
- Coached Dexter McCloud – Masters World Record Holder in 110H
- Hosted several Level I schools
- Level I and II certified coach and instructor

Bill Godina

- 35 years of coaching experience at the high school and elite levels.
- He has produced 30 State Champions in Wyoming, Colorado, and Arizona, including Wyoming Boys and Colorado Girls Shot and Discus record holders.
- He has coached two Golden West Discus Champions and one Junior National Discus Champion.
- In the discus, he has coached five boys over 180' and a girl at 174' 10"
- He has completed the USATF Coaching Education Level 3 Program and serves as a Level 1 and Level 2 Instructor.
- He is also the author of the USATF Instructor Training Course.

Apryl Hampton

- Appointed to the 2009 Pan Am Junior Championship staff that traveled to Trinidad and Tobago.
- Currently teaches at Nimus HS, Irving, TX
- Currently the Chairperson for Coaching Education and Athlete Advisory Committee for USATF Southwestern Texas Association
- Level I and II certified coach and instructor
- Hosted several Level I schools

Dr. Wendy Truvillion – School Director

- Assistant Principal of Athletics/Activities at Maryvale HS - Phoenix Union HS District
- Presently serving as the USATF Junior Development Commissioner
- Coached on several USA International teams, most recently served on the 2008 IAAF World Junior Championship staff that traveled to Bydgoszcz, Poland.
- Former USATF Georgia Association – T&F Chairperson from 1988 - 2007
- Former Track Coach for Georgia Tech and Penn State University
- Former Track Coach for McEachern HS in Atlanta, GA (State Champs!)
- Quicksilver Track Club of Atlanta, coach and consultant since 1988
- Hosted and taught in over 18 Level I schools since 1994
- Assisted in developing the curriculum for the new USATF Coaches Education – Youth Level II
- Taught Sprints/Hurdles/Relays in the USATF Coaches Education – Level II school held at Villanova University last summer.
- Level I and II certified coach and lead instructor