

## School Schedule:

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

### **Saturday - 15 February**

8:00-8:30	Registration
8:30-8:45	Orientation/Introductions
8:45-9:40	Philosophy & Ethics
9:45-10:55	Psychology
11:00-12:30	Physiology
<b>12:30-1:30</b>	<b>Lunch - on your own</b>
1:30-3:20	Training Theory
3:30-4:45	Biomechanics
4:50-6:00	Bio Motor Training
6:10-9:00	Sprints/Hurdles/Relays

### **Sunday - 16 February**

8:00-8:15	Association information
8:15-10:15	Endurance
10:25-1:15	Throws
<b>1:15-2:15</b>	<b>Lunch-on your own</b>
2:15-4:15	Learn-by-do(demo)
4:30-6:55	Jumps
7:00-7:10	Q & A - wrap-up

### **Important Note:**

Attendance at all sessions is required.  
Do not book Sunday outbound flights  
before 8:30pm.

# USA Track & Field Coaching Education Level 1 School

*Presented by Gill Athletics*



**NEW: National accreditation  
by NCACE!**

**Date:**

15-16 February, 2014

**Hosted by:**

San Diego City College

**School Director:**

Dave Shrock

209.575-3034

[coachshrock@gmail.com](mailto:coachshrock@gmail.com)

**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)  
and click on this school for information.

**Pre-registration: \$150** if received by **31 January, 2014**. Late and on-site registration (*space may be limited*) = \$200.

**Alumni coaches: \$75.00** on-site

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 ½ of the registration fee (\$75.00) 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 Dave Shrock*

## About Level 1 School:

Level 1 Schools are as nationally recognized certification program in which 21 hours are spent on track & field events 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 to be eligible for recognition as a certified Level 1 Coach.

Upon passing the exam and fulfilling the other requirements (*see above*), participants will be issued a Level 1 Certificate of Completion.



## Lodging:

There are many hotels walking distance in the immediate vicinity of SDCC covering a wide spectrum of prices. When selecting a hotel, locate one near San Diego City College or the convention center in the vicinity of Ash, A, or B streets.

## Directions:

The Level 1 School will take place in the San Diego CC Administration Building, 701 A Street, San Diego, 92101; in room A101 which is on the second floor and near the Records office.

*(detailed campus map will be sent to all participants)*

**DRIVING: From Chula Vista, Imperial Beach, National City, and surrounding areas...**

**Freeway 5:** Take freeway 5 north to the "B" Street exit in Downtown San Diego. Turn left on "B" Street to San Diego City College.

**From El Cajon, La Mesa, East San Diego, and surrounding areas...**

**Freeway 8:** Take freeway 8 west to 163 south. Follow 163 down to Downtown, San Diego. Turn left on "A" Street to San Diego City College.

**Freeway 94:** take freeway 94 west to "F" Street in Downtown, San Diego. Make a right turn on 16th Avenue to San Diego City College.

**From North County, Poway, Del Mar, Mira Mesa, and surrounding areas...**

**Freeway 5:** From freeway 5 south, take the "B" Street exit in Downtown San Diego to San Diego City College.

Freeway 163, or follow freeway 163 south down to Downtown, San Diego. Turn left on "A" Street to San Diego City College.

**Freeway 805:** Take Freeway 15 from freeway 805 or 15, take freeway 8 west to 163 south. Follow 163 down to Downtown, San Diego. Turn left on "A" Street to San Diego City College.

No parking charges on weekends, and you may park in staff spaces.

**TROLLEY:** The San Diego Trolley stops at SDCC at the corner of C and 12<sup>th</sup> streets.

**AIR:** San Diego International Airport (SAN) is 5 miles NE of San Diego City College. The San Diego Trolley takes you to SDCC for \$2.50 from the airport. SuperShuttle: [www.supershuttle.com](http://www.supershuttle.com), (800) 974-8885, with one-way fares starting at \$12.00 one way.

## Instructors:



**Reny Colton** - Reny began competing in track at the age of 8, which culminated with Colton becoming the 2004 Youth National Champion in pole vault. A graduate of Phillips Exeter Academy, Reny has a B.A. in Psychology from Claremont McKenna College. In addition to Claremont Colleges all-time top-ten performances in 100m, 200m, 100mH, and high jump, she holds school records in long jump, triple jump, and the heptathlon. She is a Southern California

## Instructors, continued

Intercollegiate Athletic Conference Athlete of the Year, a Claremont McKenna College All-Sports Athlete of the Year, and a two-time NCAA D-III All American. Reny has USATF coaching certificates in sprints-hurdles-relays and in jumps. She is the youngest person to hold USATF Level 3 and IAAF Level 5 certificates. She trains, and is on the staff of the Olympic Training Center, Chula Vista.



**Eric Dixon** - Over 35 years of experience, coaching in the sprint events (60m-800m). Assistant track coach at Orange Coast College & head coach of Tachyon Track Club. In his last 5 years of coaching he has coached several nationally ranked youth athletes; American masters record holders, and world record holders. Dixon has coached one athlete to a number 2 National Youth ranking in the 110 hurdles and one to the Youth Olympic trials in the 100 & 200. He also coaches the Athena track team, a National Masters Women's Track club which currently holds five World and American records. Coach Dixon is an IAAF Level 5 Elite coach in sprints/hurdles, USATF Level 3 sprints/hurdles/relays/endurance and USATF Youth Specialization Level 2. In addition Dixon serves as the So-Cal USA.



**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. In 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 III Certified, holds Level 2 Certificates in the Sprints, jumps and throws and is a certified strength and conditioning specialists. He is also the Operations Manager and Jumps Coach at the Olympic Training Center in Chula Vista while coaching top US jumpers Will Claye and Brittney Reese.



**Chris Richardson** - Director of Track and Field at Cerritos College, Richardson has coached previously at ECC-Compton Center, University of Central Arkansas and Moorpark College. Richardson started his coaching career by joining the Cerritos coaching staff after finishing his competitive T&F career which culminated as a state JC Champion in the decathlon. From Cerritos Richardson transferred to Cal State University, Long Beach, where he was a two-time All-American selection and competed in the 2008 Olympic Team Trials, where he placed 16th with 7312 points. Richardson earned his Bachelor's degree from CSU Long Beach in Exercise Science and Master's degree in Exercise Science from Concordia University. He is currently working on a Doctorate degree in Athletic Administration from North Central University, while earning his USATF Level 2 certification in both Jumps and Combined Events.

## Instructors, continued



**Dr. Dave Shrock** - Shrock began his coaching career thirty-eight years ago at the College of San Mateo before coaching cross country and assisting with track at Stanford and San José State. Under Shrock's guidance at Modesto JC, 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 the program generated sixty-four All-Americans. Shrock is Level 2 certified in endurance, jumps, and sprints/ hurdles, while having earned Level 3 certification in training theory. Currently Shrock is the Pacific Association USATF President and Coaches Committee Chair. Shrock lectures internationally on subjects relating to sport management and coaching, and served as the Team USA Men's distance coach at the '12 World Indoor Championships in Istanbul.

## 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
- Attend a Level 1 coaching education school
- Pass an on-line exam after the 21 hour school

## Benefits:

- Recognition as a certificated USATF Level 1 Coach
- Curriculum text covering sport science and individual events
- Skills and knowledge to coach athletes at the youth-collegiate division level
- Eligibility for CEU's (*continuing education units*) at an additional fee
- Eligibility to attend a Level 2 School