



USA Track & Field Coaching Education Level 1 School



Presented by Gill Athletics

Date: **January 19-20, 2013**

Location: **Maryvale High School**

3415 N. 59th Ave, Phoenix, AZ. 85033

(ALL SESSIONS WILL BE HELD IN THE LECTURE HALL)

School Director: **Dr. Wendy Truvillion; 770-364-3643 or 602-764-2013**

w_truvillion@yahoo.com or truvillion@phoenixunion.org

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

Tentative Schedule:

Saturday, January 19, 2013

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 20, 2013

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 \$150 if received by **Friday, JANUARY 5, 2013;**

Late and on-site registration (space is limited) **is \$200.** 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 (\$75) 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 Maryvale HS:

I 10 West to 59th Ave. Go North onto 59th Ave for 2 miles.

The school will be on your right just across Osborn Rd.

Level I School will be held in the Lecture Hall. Park in the Staff or Student Lot in front of the school.

Instructors:

Ian Dube' Georgia USATF President

Bill Godina has produced 30 State Champions in Wyoming, Colorado, and Arizona

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 or two and-a-half-day courses (21.5 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 19-20, 2013

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Psychology	8:30 - 9:30am Truvillion
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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
- Former Jumps coach at 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.

Dr. Wendy Truvillion

- Assistant Principal of Athletics/Activities at Maryvale HS - Phoenix Union HS District, since 2007
- Presently serving as the USATF Women's Junior Development Co-Commissioner
- Newly elected Vice President for Administration for USATF – Arizona
- USATF – Arizona – coordinator for Coaches Education
- Served as the Head Coach for the 2012 IAAF World Junior Championship Team that traveled to Barcelona, Spain, July, 2012
- Coached on over fifteen (15) USA International teams for USATF.
- 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 20 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 2010.
- Level I and II certified coach and lead instructor