



# USA Track & Field Coaching Education Level 1 School



**Date:** January 16-17, 2010

**Location:** Desert Vista High School, 16440 S. 32<sup>nd</sup> St, Phoenix AZ 85048

**School Director:** Dr. Wendy Truvillion, 770-364-3643cell; 602-686-6360wk cell  
[w\\_truvillion@yahoo.com](mailto:w_truvillion@yahoo.com); or [truvillion@phxhs.k12.az.us](mailto:truvillion@phxhs.k12.az.us)

For online registration log on to: [www.usatf.org/groups/Coaches/education/](http://www.usatf.org/groups/Coaches/education/) or  
contact Dr. Wendy Truvillion for more information

## Tentative Schedule:

### Saturday, January 16, 2010

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
Bio-motor Training for Power Events	2:30 – 4:00
Horizontal Jumps	4:00 – 6:00
Dinner	6:00 – 7:00
Vertical Jumps	7:00 – 9:00

### Sunday, January 17, 2010

Endurance	8:00-9:30am
Sprints, Hurdles, Relays	9:30 – 12:00
Lunch	12 – 1pm
Sprints, Hurdles, Relays	1:00 – 2:30
Throws	2:30-6:00pm
Wrap Up:	6:00-6:30pm

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### Directions to Desert Vista HS:

I 10 East to Chandler Blvd, Go south (right) on Chandler Blvd to 32<sup>nd</sup> St. Turn left onto 32<sup>nd</sup> St, the school will be on the right. The Level I school will be held in the cafeteria.

### Hotel Information:

**Courtyard by Marriott Phoenix Chandler**  
**920 N. 54<sup>th</sup> St, Chandler, AZ 85226**  
**480-763-9500**  
**\$99sgl/dbl**

**REFER: Coaches Education Level I School**  
**Rate expires: January 8<sup>th</sup>, 2010**

## 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

*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: 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.**

## Level I Instructors

### **Ian Dube – Georgia State University, Atlanta, GA.**

- Currently 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 and taught several Level I schools
- Level I and II certified coach and instructor
- Presently serves as the newly elected President for USATF Georgia Association

### **Apryl Hampton – Lancaster HS, Dallas, TX; USATF Junior Development Jumps Coordinator**

- Served on the 2009 Pan Am Junior Championship team staff that traveled to Trinidad and Tobago.
- Currently the Chairperson for Coaching Education and Athlete Advisory Committee for USATF Southwestern Texas Association
- Level I and II certified coach and instructor
- Hosted and taught several Level I schools

### **Dr. Wendy Truvillion – School Director - Former Track Coach at Georgia Tech and Penn State University**

- Assistant Principal of Athletics/Activities at Maryvale HS - Phoenix Union HS District
- Presently serves as the USATF Women's Junior Development Commissioner
- Has served on Eight (8) USATF International Team Staff since 1991, including the 2008 IAAF World Junior Championship Team Bydgoszcz, Poland.
- Former USATF Georgia Association – T&F Chairperson from 1988 – 2007
- Former Track Coach for McEachern HS in Atlanta, GA (State Champs 2007!)
- Quicksilver Track Club of Atlanta, coach and consultant since 1988
- Hosted and taught in over 20 Level I schools since 1994
- Level I and II certified coach and instructor
- Serve on the AZ Track & Cross Country Coaches Association – Board of Directors
- Serve as the USATF – Arizona, Coaches Education Coordinator