



# USA Track & Field Coaching Education Level 1 School

*Presented by Gill Athletics*



Date: Sat-Sun, 19-20 January, 2008 Location: Univ. of California, Berkeley

School Director: Dave Shrock, [dshrock@pacbell.net](mailto:dshrock@pacbell.net), 209.575-3034

For more information log on to: [www.usatf.org/groups/Coaches/education/schools/](http://www.usatf.org/groups/Coaches/education/schools/)

## Schedule

Saturday, 19 January, 2008		Sunday, 20 January, 2008	
7:30 - 8:00am	Registration and Check-In	9:00 - 10:30am	Endurance/Racewalk
8:00 - 8:30	Overview-Introductions	10:30 - 1:00pm	Sprints/Hurdles and Relays
8:30 - 9:30	Philosophy-Risk Management	1:00 - 1:30	Lunch ( <i>catered</i> )
9:30 - 11:00	Physiology	1:30 - 3:00	Sprints/Hurdles and Relays
11:00 -	Biomechanics	3:00 - 4:00	Vertical Jumps
12:00 - 1:00	Lunch ( <i>on own</i> )	4:00 - 6:00	Horizontal Jumps
1:00 - 2:00	Training Theory	6:00 - 6:30	Final Questions & Wrap-up
2:00 - 5:00	Throws	<i>final schedule will be available at school</i>	
5:00 - 6:00	Bio-motor Training for T & F		
6:00 - 7:00	Dinner ( <i>on own</i> )		
7:00 - 8:00	Bio-motor Training for T & F		
8:00 - 9:00	Psychology		
9:00 -	Coaches Social		

## Registration information

Register Online at [www.usatf.org/groups/Coaches/education/schools/](http://www.usatf.org/groups/Coaches/education/schools/) by clicking the 'school details' link.

**Pre-registration fee is \$125** if received by **5 January**; **late and on-site registration 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/](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.

*If you have any difficulties with the online registration process, please contact School Director Dave Shrock*

## School information

University of California, Berkeley, California. School lectures will take place in the Valley Life Science Building, with learn-by-doing sessions at Edward's Field.

## Directions

University of California, Berkeley is located on the east side of the San Francisco Bay, convenient to both San Francisco and Oakland International airports, and BART (Bay Area Rapid Transit). Detailed directions and further information will be supplied to all pre-registrants the second week in January.

## Transportation

BayPorter or Super Shuttle services run from either Oakland or San Francisco airports and cost \$21-\$35, while taxis to the hotel will cost \$25-\$35 depending on airport. BART from SFO to the downtown Berkeley station is \$5.50, followed by a 1.5 mile walk.

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## Lodging

Hotel Durant: Durant Ave. Berkeley, CA: 800-238-7268, [www.hoteldurant.com](http://www.hoteldurant.com) (1 block away from campus)

Rate: \$133 for single, \$163 for double. Ask for the USA Track and Field School rate, ref. C-80000.

Must reserve by 5 January, 2008. Other near-by hotels: Doubletree-Berkeley Marina, Berkeley Best Western and the Holiday Inn Express-Berkeley

## Instructors



**Bill Godina:** In a career spanning over thirty-five years, Coach Godina has coached and developed athletes from the high school to elite level. As a high school coach, Godina has had twenty-five state champions in Wyoming, Colorado, and Arizona, while having coached the Wyoming Boys and Colorado Girls Shot & Discus record holders. Adding to Godina's credentials are two Golden West discus champions and one Junior National discus champion. Currently Godina coaches the number eighth ranked American Woman Shot Putter. Godina has been instrumental in the USATF Coaches Education Instructor Education program, while also instructing Level 2 throws, and is a featured speaker at clinics around the nation. Having obtained level 3 designation in the throws, Godina has also authored the Glide Shot Put chapter in the USATF Coaches Manual.



**Matt Lydum** is a dissertation phase doctoral student in Teaching and Teacher Education at the University of Arizona in Tucson. Lydum came to Defiance College in 2004 and served as a sport science instructor while coaching the men's and women's track teams before accepting a faculty position. As T&F coach at San Francisco State from 1993-2001 Lydum was named USTCA Regional coach of the year and developed a number of team and conference champions. Lydum's research interests include coaching education, access and equity in physical activity and sport delivery systems, service-learning and civic engagement, and social justice in sport. He is actively involved in the sport of track and field at the national and international levels. He has served on the USA coaching staff for the World Championships in Youth Athletics and as USOC delegate to the International Olympic Academy. As a coaching educator, he has certified hundreds of high school coaches in the Great Lakes region and around the country and coordinates the Instructor Training Course for USA Track & Field. He is the project writer for a book titled "Coaching Youth Track & Field" to be published by Human Kinetics in December 2007.



**Dave Shrock:** Shrock began his coaching career over thirty years ago at the Col. of San Mateo before coaching cross country and assisting with track at San José State. Shrock ultimately moved to Modesto Junior College where he was named Central Valley Conference Coach of the Year ten times while producing sixty-four All-Americans. Shrock worked at the 1996 Olympics as part of the IAAF Adjudication Committee, and serves as the Pacific Association Coaches Chair. Shrock serves on the USATF High Performance Committee working with Men's hurdlers and the National USATF Coaches Education Committee teaching the national Instructor Training Course in addition to having instructed at numerous Level 1 schools around the nation. Shrock is Level 2 certified in endurance, jumps, and sprints, while completing his Level 3 certification in training theory. Shrock has stepped back from collegiate coaching to pursue his doctorate in sports management, while serving as Assistant Meet Director for the Modesto Relays.

## Level 1 Information

One of the objectives is to put all coaches on common platform (i.e., using common terminology). 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 School is a two day course (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
- Continuing Education Units available from the US Sports Academy upon successful completion for an additional fee

### Requirements:

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