



## USA Track and Field Coaches Education Level 1 School

Univ. of Arizona,  
Tucson

Saturday - Sunday  
7-8 January, 2006

**What is a Level 1 School?** This comprehensive school is designed to give coaches of all levels the basic understanding of coaching methods involved in all track and field events. The school also offers exposure to the various sports sciences and terminology as they apply to our sport.

The school provides the latest information and techniques available while offering tremendous resources for furthering your knowledge and education. Thirty to sixty coaches of all backgrounds attend this two day school which provides a great atmosphere and networking opportunities.

### **What does Level 1 do for me as a Coach?**

The Level 1 school not only increases your overall knowledge, it also makes you more marketable for employment. Successful Level 1 completion also enables you to attend Level 2 which is more event specific, and often offered twice a year. This summer's Level 2 schools will be at UN Las Vegas and James Madison University in Virginia in July.

For further information e-mail [mikecom@hotmail.com](mailto:mikecom@hotmail.com), or refer to: [www.usatf.org/groups/Coaches/education](http://www.usatf.org/groups/Coaches/education).

There are also several Level 3 seminars offered yearly and taught by renowned national and international coaches for those who have completed Level 1 and one Level 2 schools.

**What is involved at Level 1:** This is a school, not a clinic. This extensive school includes 21.5 hours of classroom and on-the-field instruction allowing materials to be covered with greater depth and detail emphasizing rule and teaching progressions and introducing general fundamentals. There is also a take-home exam for certification. Candidates must be at least 18 years of age, and attend all sessions to be eligible for certification.

## Tucson Level School 1 Schedule *(attendance is necessary at all sessions)*

### **Saturday: 7 January**

8:15 – 8:30: Welcome and Course Introduction  
8:30 – 9:00: Philosophy, Ethics, and Risk Management  
9:00 – 10:00: Psychology  
10:00 – 11:30: Physiology  
11:30 – 12:30: Lunch  
12:30 – 2:00: Biomechanics  
2:00 – 3:00: Training Theory  
3:00 – 4:30: Biomotor Training for the Speed and Power Events  
4:30 – 6:00: Endurance  
6:00 – 7:00: Dinner  
7:00 – 9:00: Jumping Events

### **Sunday, 8 January**

8:30 – 10:00: Jumping Events  
10:00 – 12:00: Throwing Events  
12:00 – 1:00: Lunch  
1:00 – 3:00: Throwing Events  
3:00 – 6:30: Sprints, Hurdles, Relays  
6:30 – 6:45: Closing Comments and Wrap-up  
*Note: schedule subject to change*

### **What's included in the School:**

- 21.5 hours of instruction
- USATF Level 1 School notes and manual
- USATF Coaches Education notepad
- USATF Level 1 certification upon successful completion of take-home examination

### **Level 1 School Tuition:**

- Preregistration postmarked before 28 Dec.: \$125.00
- Late registration and at the door: \$150.00

## **Tucson Level I School Instructors:**

**Bill Godina-Throws:** In 35 years of coaching experience and the high school and elite levels, Coach Godina has produced 30 State Champions in Wyoming, Colorado, and Arizona, including Wyoming Boys and Colorado Girls Shot & 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 is L3 certified and serves as a L1 and L2 Instructor. He is also the author of the USATF Instructor Training Course and the Glide Shot Chapter of the USATF Coaches Manual.

**Matt Lydum-Jumps and School Director:** Presently in his third year as the head track coach at Defiance College, Lydum served as the head men's track coach at San Francisco State University for eight years before beginning his doctoral work at the University of Arizona. He was the 1998 NCAA DII Regional Coach of the Year and has represented the USOC at the International Olympic Academy. He has worked with numerous NAIA & NCAA DII All-Americans. Lydum is L2 certified in sprints/hurdles, jumps, combined events, and throws and teaches the USATF Instructors Training Course.

**Dave Shrock - Endurance, Sprints-Hurdles-Relays:** Presently pursuing his doctorate at the US Sports Academy, Shrock served as the head coach at Modesto Junior College for seven years coaching thirty-one all-Americans while earning numerous regional championships and ten California Central Valley Coach of the Year honors. Shrock serves in a number of USATF and IAAF leadership roles including the High Performance Hurdles committee and he is the assistant meet director of the Modesto Relays. He is L2 certified in endurance, jumps, and sprints/hurdles while completing his L3 in training theory.

**Tia Vargas - Site Coordinator:** A graduate of the University of Idaho, Tia is now working on her Masters at the UA. She is one of the Southwest's top female long distance runners and is training for the 2008 Olympic Trials in the marathon. Tia will serve as the Site Coordinator for the School.

**School Location:** The Tucson Level One School will be held at the University of Arizona's Integrated Learning Center (ILC). The ILC is located in the center of the main campus.

See <http://www.ilc.arizona.edu/> for maps and details.

### **Accommodation:**

**Sheraton FourPoints**, 1900 E. Speedway  
across from University of Arizona campus  
520.327-7341

**Econo Lodge**, corner of Stone and Speedway  
1/2 mile from campus  
520.622-6714

**Best Western**, on Drachman  
2 miles from campus  
800.255-3371

### **Airport Transportation:**

**Arizona Stagecoach Shuttle:** 800.889-1900  
one-way to hotels begin at \$18.00 from airport  
contact sales counter between carousels 4-5 in  
baggage claim for service upon arrival.

### **Further Information:**

School Director Matt Lydum.  
College phone: 419.783-2385  
e-mail: [mlydum@defiance.edu](mailto:mlydum@defiance.edu)

### **Cancellation-refund policy:**

Only one half of the registration fee (\$62.50) will be refunded after the registration deadline of 28 Dec., and no refund will be given after the school start date of 7 January, 2006.

### **also refer to these relevant WWW site:**

[www.usatf.org/groups/Coaches/education](http://www.usatf.org/groups/Coaches/education)

## **Tucson USATF Level I Coaching School Application**

Pre reg. closes 28 Dec., 2005 - Return with check for \$125.00 payable to "Tia Vargas".  
Detach and mail to: Tia Vargas, 2110 East Water Street, Tucson, AZ 85719

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_  
Number of years coaching: \_\_\_\_\_ Date of birth: \_\_\_\_\_  
Presently coaching at (school/club): \_\_\_\_\_ Number of years coaching: \_\_\_\_\_  
Position: Head: \_\_\_\_\_ Assistant: \_\_\_\_\_ Boys/Men: \_\_\_\_\_ Girls/Women: \_\_\_\_\_ Combined: \_\_\_\_\_  
Area of interest in track and field: \_\_\_\_\_

*We look forward to hosting you at this great learning opportunity!*