

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

e-mail _____

USATF # _____

(required)

Level 1 School
c/o John Martin
P. O. Box 504
Old Bethpage, NY 11804

USA Track & Field Coaching Education Level 1 School

Presented by Gill Athletics



Date:

November 10-12, 2006

Hosted by:

**LITF at
Saint Anthony's HS**

School Director:

**John Martin
516-349-9157
trackjunkie@verizon.net**

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

Schedule:

Friday 5PM-10PM: Registration,
Philosophy, Physiology, Psychology
Saturday 8AM-10PM: Biomechanics,
Training Theory, Endurance, Sprints,
Throws, Horizontal Jumps
Sunday 8AM-4PM: Strength Training,
Vertical Jumps, Hurdles, Close

Registration:

Register Online at
[www.usatf.org/groups/Coaches/education/
schools/](http://www.usatf.org/groups/Coaches/education/schools/)

by clicking "school details" for this school

Pre-registration = \$125 if received by
October 27: **Late and on-site
registration** (may be limited) = **\$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/

Refund policy: Only 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 the
School Director.*



Lodging:

Melville Marriott
1350 Old Walt Whitman Road
Melville, NY 11747
631-423-1600
800-228-9290
Register by 10/29 for preferred rate of
\$109/night
Rate Code: LONLONA

Directions:

From the east or west take Northern Parkway to exit 41 north. Go two lights (five way intersection) and you will see the High School on your right. Make the obtuse right and then left into the school parking lot. Look for signs directing you to the third floor.

From Islip airport take Veterans Hwy west to Long Island Expressway west to Sunken Meadow (Sagtikos) pkwy north to Northern Pkwy west. Then as above.

From LaGuardia take Grand Central Pkwy east. It becomes Northern Pkwy.

From JFK take the Van Wyck Expwy north to the Grand Central east.

We strongly suggest Islip. Traffic from the other airports on a Friday afternoon will be very slow.

If you need directions from the New England ferries, please call.

Instructors:

Russ Ebbets

**Editor of *Track Coach*, Doctor of
Chiropractic, former coach at
Shenendahowa HS and Union
College, and author of the book
Super Nova.**

Oscar Jensen or Gary Aldrich

Syd Martin

**7 time CHSAA *Coach of the Year*,
2000 NY State indoor champions,
2000 US High School *Coach of the
Year*, Level II certified in all areas.**

John Martin

**22 years a youth coach and 9 years
HS coach, 2x USATF Youth
Athletics *Coach of the Year*, 2x
Section XI *Coach of the Year*, Level
II in all areas, Long Island T & F
Youth Chair.**

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 in a rudimentary manner 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 junior age division level.

Requirements

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

Benefits

- Recognition of completing USATF Level 1 Course
- Curriculum text covering sport science and individual events
- Skills and knowledge to coach athletes at the junior age division level
- Access to exclusive merchandise identifying the Level 1 Coach
- Eligibility to attend a Level 2 School

About Level 1 Schools:

Level 1 Schools are two-and-a-half-day courses where 21-24 hours are spent on track & field 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.

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