

Level 1 School
c/o Ryan Turner
3100 Cullen Blvd Rm 2011
Houston, TX 77204

USA Track & Field Coaching Education Level 1 School

Presented by Gill Athletics



Date:

June 5-7, 2009

Hosted by:

Coffeyville, KS

Coffeyville Comm. College

School Director:

Ryan Turner
(713) 825-9321
ryanturner@uh.edu

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

Schedule:

Day 1 – June 5, 2009

4:00 – 5:00 p.m. Registration
5:00 - 5:30 School Introduction
5:30 - 6:30 Philosophy, Ethics, Risk Management
6:30 - 8:00 Physiology
8:00 - 9:00 Training Theory
9:00 - 10:00 Psychology
Pizza & Drinks Provided for Coaches for Dinner

Day 2 – June 6, 2009

8:00 - 9:00 a.m. Biomechanics
9:00 - 10:00 p.m. Sprints/Hurdles/Relays
10:00 - 12:00 Bio-motor Training for Power Events (Strength)
12:00 – 1:00 Lunch (On Own)
1:00 – 3:30 Sprints/Hurdles/Relays
3:30- 5:00 Endurance
5:00 - 6:00 Dinner (On Own)
6:00 - 9:00 Jumps

Day 3 – June 7, 2009

8:00 - 9:00 a.m. Jumps
9:00 - 12:30 p.m. Throws
12:30 - 1:00 Wrap-up

Registration:

Register Online at

www.usatf.org/groups/Coaches/education/schools/
by clicking “school details” for this school

Pre-registration = \$125 if received by **May 22, 2009**; **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:

Coffeyville Community College Dorms
Cost \$30

(Cover's both Friday & Saturday nights)

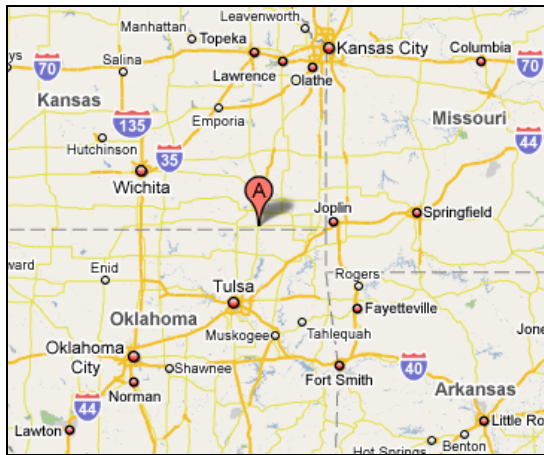
To reserve a room contact:

Robert Wood at the following email address:
robertw@coffeyville.edu

Directions:

Coffeyville, KS is located in Southeastern Kansas, an hour's drive north of Tulsa, OK and a 2 1/2 hour drive south of the Kansas City Metro Area.

Airports nearby are Tulsa, OK (TUL), Fayetteville, AR (XNA), Kansas City, MO (MCI), Oklahoma City, OK (OKC), Wichita, KS (ICT)



Instructors:

Randy Adair – Highland Park HS (Dallas, TX)
Head Boys XC/Track & Field Coach

Coach Adair has 30 years of coaching experience in Texas, winning State Championships in Track & Field and Cross Country. Adair has coached numerous state champion athletes in the sprints and jumps, as well as the record setting, all-time girls 4 x 400 Relay team in Texas high school history while an assistant at Dallas Skyline High School. Recently, Adair coached the national high school leader in the boy's triple jump at 51', Christin Carlile, 12'6" State medalist who now jumps for Cal Poly, and 2008 Texas State 800 Meter Champion Patrick Todd, currently a first year Longhorn Track and Field member at Texas. Adair has also coached football and track & field at Mesquite High School, and also has a successful coaching record at national track and field leader, Dallas Skyline High School. Adair holds a USATF Level II certification in the Jumps, Endurance, and Multi-Events, and since 1999, has served as an assistant summer coach under Dick Booth and Danny Green for the University of Arkansas Summer Track & Field camps, a premier summer training camp for high school age athletes. Coach Adair has international track & field experience as a coach and lecturer He has assisted as jumps and hurdles coach for several track and field tours throughout Central and Western Europe and Scandinavia. He also speaks and lectures throughout the United States on various track and field events and related athletic topics. As an athlete, Adair was a very successful Pole Vaulter at the University of Louisiana where he obtained a Masters of Education degree in Kinesiology and Physiology. Coach Adair teaches Pre AP World Geography at Highland Park High School and resides in Rockwall, Texas with his lovely wife Donna, and Red, the wonder dog and his side kick Jack, the Jack Russell Terrier.

John Baumann - Oklahoma State University
Asst. Coach/Throws Coach

John Baumann currently coaches at Oklahoma State University. He holds certifications in the following areas: Crossfit Level 3, USATF Level 2 Sprints, Hurdles and Relays, USATF Level 2 Multi Events, USATF Level 2 Jumps, United States Weightlifting Certification since 1992. John has coached 29 All-Americans, 34 NCAA Qualifiers, 20 Olympic team members from various countries. Coach of National Champion Team 1996. He received his undergraduate degree from Doane College in Crete, Ne. and did graduate work at the University of Illinois. John is a member of the NIAA Track & Field Hall of Fame. John enjoys Mountain Biking and spending time with his wife and 4 children.

Casey Thom – Rice University
Asst. Coach/Multi's

Casey is in his fourth season as the men's sprints, throws, and multi-event coach at Rice University. Thom was an All-American decathlete at the University of Nebraska. Before arriving in Houston, Thom had stints at UCLA, Tulane, and the University of Nebraska. He is a USATF Level II coach in the Sprints, Jumps, Multi-Events, and the Throws. Altogether, Thom has coached 9 NCAA national qualifiers, 13 NCAA regional qualifiers, two C-USA champions, and the 2007 C-USA indoor newcomer of the year. Thom coached Ryan Harlan, who was ranked 7th in the world in the decathlon in 2006. In 2007 Harlan was the NACAC decathlon champion and placed 4th at the USA championships. Thom holds a Master's degree in sport coaching and is USATF level II certified in Sprints, Jumps, Throws, and Multi-Events.

Ryan Turner – University of Houston
Head XC/Asst. Track Coach (Distance)

Ryan Turner enters his second season as head cross country coach and assistant track & field coach at the University of Houston. Lead by C-USA cross country freshman of the year, Stephanie Aldea, Turner's 2008 women's cross country team placed 5th in the C-USA cross country championships; their first top-five finish since 2002. Aldea became the first UH female cross country runner to qualify for the NCAA Championships in 14 years. Additionally she also qualified for the IAAF World Junior Cross Country Championships in Amman, Jordan. Turner arrived at UH after spending three years at the assistant cross country and track and field coach at Cowley County Community College (Kan.). There he helped led the men's team and women's teams to six top five national finishes including four third-place National Trophies. Turner was named NJCAA Region VI Men's Cross Country Coach of the Year in 2006. Following the 2007 indoor track season, Turner was awarded the NJCAA Women's National Assistant Coach of the Year. Prior to coaching at Cowley County CC, Turner spent time coaching at Southwestern College, his alma mater, in Winfield, Kan. and at St. Gregory's University in Shawnee, Okla. The Holdenville, Okla., native holds a bachelors degree in physical education, a master's degree in education and is USATF Level II certified in the endurance and sprints/relays/hurdles events. He and his wife Cassie, a third grade teacher, have a three-year-old daughter, Lauryn.

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.