



2010 USATF Coaching Education Program Level II School Schedule

Attendance is required at all sessions and locations are subject to change.

Saturday, July 10

2:00 PM - 5:00 PM

Packet Pickup & Dorm Check In

Villanova University **West Campus, Jackson Hall Lobby**

5:00 PM – 6:00 PM

Dinner – **Dougherty Hall**

6:30 PM – 8:00 PM

Introductions (Level II & ITC) – Connelly Cinema

Philosophy of USATF Coaching Education Program

(ITC splits off following intros)

Sunday, July 11

7:00 AM – 7:55 AM

Connelly Cinema

Breakfast

8:00 AM – 11:45 AM

Physiology

12:00 PM – 1:00 PM

Lunch

1:30 PM – 4:50 PM

Training Theory

5:00 PM – 6:00 PM

Dinner

6:30 PM – til

Study Time / Physiology & Training Theory Instructors Available

Monday, July 12

7:00 AM – 7:55 AM

CEER 001

Breakfast

8:00 AM – 11:45 AM

Biomechanics

12:00 PM – 1:00 PM

Lunch

1:30 PM – 4:50 PM

Psychology

5:00 PM – 6:00 PM

Dinner

6:30 PM – til

Study Time / Psychology & Biomechanics Instructors Available

2010 Level 2 Schedule (cont'd)

Tuesday, July 13

7:00 AM – 7:55 AM	Breakfast
8:00 AM - 12:00 PM	Sports Science Review
12:00 PM – 1:00 PM	Lunch
1:30 PM – 3:00 PM	Study Time
3:00 PM – 3:30 PM	Sport Science Instructor Evaluations
3:30 PM – 5:30 PM	Sports Science Exam*
5:00 PM – 6:00 PM	Dinner

CEER 001

Event Group Room Assignments: *subject to change*

Combined Events	TOLENT 316
Endurance	TOLENT 215
Jumps	TOLENT 305
Sprints	CEER 001
Throws	TOLENT 315

Wednesday, July 14

7:00 AM – 7:55 AM	Breakfast
8:00 AM – 11:45 AM	Event Group
12:00 PM - 1:00 PM	Lunch
1:30 PM - 5:15 PM	Event Group
6:00 PM – 6:55 PM	Dinner
7:00 PM – 10:00 PM	Event Group

Thursday, July 15

7:00 AM – 7:55 AM	Breakfast
8:00 AM – 11:45 AM	Event Group
12:00 PM - 1:00 PM	Lunch
1:30 PM - 5:15 PM	Event Group
6:00 PM – 6:55 PM	Dinner
7:00 PM – 10:00 PM	Event Group

Friday, July 16

7:00 AM – 7:55 AM	Breakfast
8:00 AM – 11:45 AM	Event Group
12:00 PM - 1:00 PM	Lunch
1:30 PM - 5:15 PM	Event Group
6:00 PM – 6:55 PM	Dinner
7:00 PM – 10:00 PM	Event Group

Saturday, July 17

7:00 AM – 7:55 AM	Breakfast
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2010 Level 2 Schedule (cont'd)

8:00 AM – 11:45 AM	Event Group
12:00 PM - 1:00 PM	Lunch
1:30 PM - 3:30 PM	Event Group Wrap Up & Testing
4:30 PM – 5:45 PM	Event Group Instructor Evaluations / Graduation CEER 001 <u><i>(Attendance is mandatory, no exceptions)</i></u>
6:00 PM - 7:00 PM	Dinner

Sunday, July 18

Room departure and check out begin at 8:00 am in **Jackson Hall**. You must be out of your room and checked out with key returned by **11:00 am**.

