



2008-09 Minority Women Coaching Education Scholarship Application



- **Eligibility:** This scholarship is available to ethnic minority women coaches. Scholarship recipients must be USA Track & Field Members.
- **Requirements:** A resume of coaching background/experience as well as a letter of recommendation from the Athletic Director or Head Coach of current coaching position must accompany the application. Additionally, recipients of this scholarship must have a USATF membership.
- **Deadline:** Applications for Level 1 and the National Podium Education Project are due to the USATF National Office no later than the end of business on November 13, 2008. Applications for Level 2 and Level 3 must arrive at the USATF National Office no later than end of business on Friday, February 27, 2009. Incomplete or late applications will not be accepted.
- **Selection:** All Awardees will be notified by March 31, 2009. All scholarships must be utilized during the 2008-09 academic year (Levels 2 and 3 may be used during the July 2009 School).

Desired Scholarship (Please check one of the following programs)

____ Level 1

Level 2

Please select one of the following event groups:

____ Endurance ____ Jumps ____ Throws ____ Spr/Hur/Rel ____ Combined Events (Dec./Hep.)

Level 1 completion date: _____

Level 3

Please select one of the following event groups:

____ Endurance ____ Jumps ____ Throws ____ Sprints/Hurdles/Relays

Level 2 completion date: _____ Level 2 completed event groups: _____

2008 National Podium Education Project

Please select one event group per session:

Session 1(December 9-11, 2008): ____ Sprints ____ Endurance ____ Throws ____ Combined Events
Session 2 (December 11-13, 2008): ____ Hurdles ____ Horizontal Jumps ____ High Jump ____ Pole Vault

*General Session will be held the morning of Thursday, December 11, 2008
For complete schedule information please check the USA Track & Field website.

Name _____ USATF Membership # _____

Address _____

Daytime phone # _____ Evening phone # _____

E-mail _____

Gender _____ Ethnicity _____

Years of coaching experience _____ Events coached _____

Coaching achievement awards received _____

Minority Coaching Education Scholarship Application

Course Descriptions

Explain why you should receive this scholarship _____

Level 1: \$450 limit

- Location: various locations.
- Description: The USATF Coaching Education Level 1 program covers all events in a rudimentary manner by emphasizing fundamentals, rules, safety/risk management, and instruction techniques. The Level 1 Course prepares an individual to coach at the junior high school, high school, club, and junior age division level.
- Requirements: Applicants are required to be at least 18 years of age, attend a Level 1 Coaching Education School and pass an exam. Level 1 schools are two-and-a-half-day courses where 21.5 hours are spent on track and field and related sport science principals. The course consists of classroom instruction as well as hands-on training. Attendance at all sessions is required.

Level 2: \$800 limit

- Location: location to be determined
- Description: The USATF Coaching Education Level 2 program is intended to give coaches more advanced, in-depth knowledge in one event group of their choosing. The Level 2 Course prepares an individual to coach at the collegiate level. The Level 2 program covers advanced sport science concepts and training principles of the following event groups:
 - Sprints/Hurdles/Relays
 - Endurance
 - Combined Events
 - Throws
 - Jumps
 - ITC (Instructor Training Course – must be Level 2 alumnae)
- Requirements: Applicants are required to be at least 24 years before the start date of the Level 2 School, have completed Level 1 no later than December 31, 2008, have a minimum of 3 years (e.g.; three cross country and/or three indoor and/or three outdoor seasons) TRACK and/or FIELD coaching experience at a recognized USATF Club, Jr. High School, High School or College/University. Coaching experience must be attained in a full time, part time or documented volunteer capacity.

Level 3: \$450 limit

- Location: Dependent upon event group desired, please consult school calendar.
- Description: The USATF Coaching Education Level 3 program is a scientific, knowledge-based seminar. It covers "cutting edge" sport science concepts and event-specific knowledge from a scientific perspective. The Level 3 seminar prepares an individual to coach at the national/international level.
- Requirements: Applicants must have completed the Level 2 program in the desired event group for Level 3 and intend to fulfill the requirements of the Level 3 program. The information below pertains to those wishing to be a Level 3 Coach.
 - Have a minimum of ten years TRACK and/or FIELD coaching experience at a recognized USATF Club, Jr. High School, High School or College/University. (Note: Upon petition to the Coaching Education Committee, up to five years of coaching experience may be waived for coaches with athletes who have competed in a World Championships and/or Olympic Games.)
 - Have completed the Level 2 program in the same event group of desired Level 3 program.
 - Have at least three years of coaching experience after completing Level 2 Course.
 - Attend a minimum of three Level 3 Coaching Education seminars, two of which must be in the event group desired Level 3 certification. This requirement may be waived for anyone who has already attended three Level 3 seminars prior to January 1, 2003.

For a full list of requirements, please visit: www.usatf.org/groups/coaches/education

Minority Coaching Education Scholarship Application Course Descriptions

- Have coached at least one athlete who has qualified and competed at the national level (e.g., Open, Junior, NCAA, NAIA, NJCAA, Junior Olympic, Youth Outdoor, Foot Locker, National Scholastic, etc.)
- Have a B.A. or B.S. degree.
- Submit a coaching resume and the Level 3 certificate of completion Request Form.
- Produce an original technical article, suitable for publication. Previously published articles will not be accepted.

2008 National Podium Education Project: \$450 limit

- Location: Las Vegas, Nevada

Description: The 2008 USATF National Podium Education Project (NPEP) includes nearly all of the track and field event areas. In conjunction with the NPEP programs, coaches of top elite athletes will hold their High Performance Division (HPD) Elite Athlete Seminars. The HPD seminars are run to provide specific scientific information and analysis of our best athletes to ensure the United States' continued dominance at the Olympics and World Championship levels. Each event will have a resident Biomechanist and Sports Psychologist(s). Some events will also utilize Physiologists and a Motor Learning expert will be on hand. To help attendees apply the information gathered by the scientists, the HPD coaches that have "cracked the code" will talk attendees through their methodologies. The NPEP is being offered to expand our elite pool of coaches and athletes.