Level I School Participant

We look forward to having you attend the USATF Level I at the University of Pittsburgh October 19-21, 2012. Plan to arrive between 4:30 and 5:15 PM on Friday October 19, 2012. The Level I Class Location is WWPH (WESLEY W. POSVAR HALL) room 1700. A University of Pittsburgh Map is attached.

PARKING
If you are staying at the host hotel you can park there and walk over. Otherwise.
FRIDAY: STREET PARKING ONLY – PARKING METERS
SATURDAY/SUNDAY: STREET PARKING - PARKING METERS
GARAGE PARKING on Roberto Clemente Dr. (AT YOUR OWN RISK OF TICKETING)

Class Schedule: at Bottom of this email

Packet-pick-up and late registration will be held from 4:30 to 5:30 PM. If you or someone you know is planning (we do have seats available) to do walk-up registration feel free to forward this information to them. Walk-up registration is via check or cash, credit cards will not be accepted, and you will need a current 2012 USATF number. Pre-registered participants will be guaranteed a seat and materials. I recommend comfortable clothes and notebook or laptop. You are not allowed to record the class. You are reminded that attendance at all sessions is required for certification. If there are any last minute (day of) issues call or text my cell (919) 619-3426, prior to that please use aacoaching@aol.com

Regarding Meals: Saturday and Sunday we will take a lunch break. On Friday we will not take a dinner break so eat prior or bring something for the short breaks we will take. The cafeteria is open and nearby. On Saturday we will work through the dinner hour, but you are welcome to join the staff (at your expense) for dinner at a site TBA

Pre-Reading and Testing: Do not worry if you have not done the suggested pre-reading it is not required. The exam is not administered during the class. It is administered online after you complete the class. It is open book and you have up to a year to take it.

Class Schedule

Friday October 19, 2012

4:30 - 5:30 PM Check-in and Late Registration
5:30 – 5:45 PM Introduction – Allden
5:45- 7:00 PM Training Theory Allden
7:00 - 8:45 PM Biomechanics - Lydum
8:45 - 10:00 PM Philosophy and Ethics - Allden

Saturday October 20, 2012

8:00- 9:30 AM Biomotor – Pavlansky
9:30 - 11:00 AM Physiology - Lydum
11:00 12:00 PM Psychology - Lydum
12:00 - 1:00 PM Lunch
1:00 - 5:00 PM    Sprint and Hurdles - Pavlansky
5:00 - 8:00 PM    Jumps - Lydum
8:00 PM           Optional Dinner with Instructors and nearby Restaurant

Sunday October 21 2012

8:00 AM - 11:30   Throws - Lydum
11:30 - 12:30 PM  Endurance - Allden
12:30 - 1:30 PM   Lunch
1:30 - 3:30       Endurance - Allden
3:30 – 4:00 PM    Wrap-up - Allden

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         GARAGE PARKING on Roberto Clemente Dr.
         (AT YOUR OWN RISK OF TICKETING)

FROM HOTEL
• Turn left onto Halket St
• Take the 1st left onto Zulema St
• Turn left onto Bates St
• Turn left onto S Bouquet St
• Turn right onto Roberto Clemente Dr
• Turn left onto Schenley Drive
• Destination will be on the FIRST building on the left

FROM MONROEVILLE/EAST
• Take I-376 W
• Take exit #3B/OAKLAND onto BATES ST(PA-885)
• Turn Left on S BOUQUET ST -
• Turn Right on ROBERTO CLEMENTE DR -
• Turn Left on SCHENLEY DRIVE,
• Arrive at WESLEY W. POSVAR HALL.

FROM AIRPORT/WEST
• Take I-376 E toward PITTSBURGH
• Take exit #6A/MONROEVILLE onto I-376 E - go
• #2A/FORBES AVE/OAKLAND onto FORBES AVE
• Turn Right on SCHENLEY DRIVE,
• Arrive at WESLEY W. POSVAR HALL.

FROM CITY - FIFTH AVE
• Drive towards downtown on Fifth Ave.
Dining Options for Meal Breaks

CAFETERIA HOURS
Litchfield Towers (Towers) Fri: 7am – 10pm   Sat/Sun: 9am – 10pm

The following restaurants are within 6 minutes of Posvar Hall on Forbes Ave or adjacent to Forbes Ave.

**Spice Island Tea House** - Asian, Thai, Vietnamese 253 Atwood St
**Fuel & Fuddle** - American, Burgers, Pub Food 212 Oakland Ave
**Dave & Andy's** - Desserts/Ice Cream 207 Atwood St
**Original Hot Dog Shop** - American, Hot Dogs/Sausages, Pub Food 3901 Forbes Ave
**The Porch at Schenley** - American, Mediterranean, Pizza 221 Schenley Drive
**Uncle Sam's Submarines** - American, Fast Food, Sandwiches/Subs 210 Oakland Ave
**Red Oak Cafe** - American, Vegetarian 3610 Forbes Ave.
**Primanti Brothers (Oakland)** - American, Fast Food, Sandwiches/Subs 3803 Forbes Ave
**Szechuan Express** - American, Asian, Chinese 125 Oakland Ave
**Pamela's P & G Diner...** - American, Coffee, Fast Food 3703 Forbes Ave
**Sorrento's Pizza** - Italian, Pizza, Sandwiches/Subs 233 Atwood St
**India Garden** - Indian, Buffet 328 Atwood St
**The Black Bean** - Cuban 239 Atwood St
**Sushi Boat** - Fast Food, Sushi 128 Oakland Ave
**Chipotle - Oakland** - Mexican, Tacos 3619 Forbes Ave
**Pizza Sola - Oakland** - Pizza, Sandwiches/Subs, Salads 114 Atwood St
**Hemingway's** - American, Burgers, Pub Food 3911 Forbes Ave
**Veracruz** - Mexican 3715 Forbes Ave
**Joe Mama's Italian Deluxe** - American, Italian, Pizza 3716 Forbes Ave
**Noodles & Company (Oakland)** - Noodle Shop, Sandwiches/Subs, Vegetarian 3805 Forbes Ave.
**Caribou Coffee** - Coffee 3619 Forbes Ave
**Quaker Steak & Lube** - American, Burgers, Steakhouse 3600 Forbes Ave
**Peter's Pub** - American, Pub Food, Sandwiches/Subs 116 Oakland Ave
**Sushi Fuku** - Japanese, Sushi 120 Oakland Ave
**Bruegger's Bagels** - American, Bagels, Breakfast/Brunch 3714 Forbes Ave
**Dunkin Donuts** - Breakfast/Brunch, Donuts 3907 Forbes Ave
**Golden Palace Buffet** - Asian, Chinese 3607 Forbes Ave
**Qdoba Mexican Grill** - Mexican 3712 Forbes Ave
**Panera Bread** - Coffee, Diner, Sandwiches/Subs 3800 Forbes Ave
**Crazy Mocha Coffee Co** - Coffee, Italian 207 Oakland Ave
**Gary's Deli** - Sandwiches/Subs 228 Semple St
**Vocelli Pizza** - Pizza, Sandwiches/Subs 3608 5th Ave