



2008 USATF Coaching Education Program Level II School Schedule

Attendance is required at all sessions.

Saturday, July 12

2:00 PM - 4:00 PM

Packet Pickup / Dorm Check In / Vendors

5:00 PM – 6:25 PM

Dinner

6:30 PM – 8:00 PM

Introductions (Level II & ITC)

Philosophy of USATF Coaching Education Program

(ITC splits off following intros)

Sunday, July 13

7:00 AM – 7:55 AM

Breakfast

8:00 AM – 11:45 AM

Physiology

12:00 PM – 1:25 PM

Lunch

1:30 PM – 4:50 PM

Training Theory

5:00 PM – 6:30 PM

Dinner

6:30 PM – til

Study Time / Physiology & Training Theory Tutorial

Monday, July 14

7:00 AM – 7:55 AM

Breakfast

8:00 AM – 11:45 AM

Biomechanics

12:00 PM – 1:25 PM

Lunch

1:30 PM – 4:50 PM

Psychology

5:00 PM – 6:30 PM

Dinner

6:30 PM – til

Study Time / Psychology & Biomechanics Tutorial

Tuesday, July 15

7:00 AM – 7:55 AM

Breakfast

8:00 AM - 12:00 PM

Sports Science
Tutorial

12:00 PM – 1:25 PM
1:30 PM – 3:25 PM
3:30 PM – 4:00 PM

Lunch
Study Time
Sport Science
Instructor
Evaluations
Sports Science
Exam*

8:00 AM – 11:45 AM
12:00 PM - 1:25 PM
1:30 PM - 5:15 PM
5:30 PM – 6:55 PM
7:00 PM – 10:00 PM

Event Group
Lunch
Event Group
Dinner
Event Group

4:00 PM – 6:00 PM

6:30 PM – 8:30 PM

ITC concludes
Group Social /
Dinner

Saturday, July 19

7:00 AM – 7:55 AM
8:00 AM – 11:45 AM
12:00 PM - 1:25 PM
1:30 PM - 3:30 PM

Breakfast
Event Group
Lunch
Event Group
Wrap Up &
Testing

*Sports Science test retakes TBA

Wednesday, July 16

7:00 AM – 7:55 AM
8:00 AM – 11:45 AM
12:00 PM - 1:25 PM
1:30 PM - 5:15 PM
5:30 PM – 6:55 PM
7:00 PM – 10:00 PM

Breakfast
Event Group
Lunch
Event Group
Dinner
Event Group

4:30 PM – 5:45 PM

Event Group
Instructor
Evaluations /
Graduation

Thursday, July 17

7:00 AM – 7:55 AM
8:00 AM – 11:45 AM
12:00 PM - 1:25 PM
1:30 PM - 5:15 PM

Breakfast
Event Group
Lunch
Event Group

6:00 PM - 7:00 PM

(Attendance is mandatory, no exceptions)

Dinner

Friday, July 18

7:00 AM – 7:55 AM
5:30 PM – 6:55 PM
7:00 PM – 10:00 PM

Breakfast
Dinner
Event Group

Sunday, July 20

Departure any time before 11:00 AM – **All room Keys & meal cards must be turned in prior to 9:30 AM**

