



2009 USATF Coaching Education Program Level II School Schedule

Attendance is required at all sessions.

Saturday, July 18

2:00 PM - 4:00 PM

Packet Pickup & Dorm Check In

College Inn Conference Center (#10 on Campus Map)

5:00 PM – 6:25 PM

Dinner – Sewall Hall (#124 on Campus Map)

6:30 PM – 8:00 PM

Introductions (Level II & ITC) – Math 100 (#61 on Campus Map)

Philosophy of USATF Coaching Education Program

(ITC splits off following intros)

Sunday, July 19

7:00 AM – 7:55 AM

Breakfast

8:00 AM – 11:45 AM

Physiology – Math 100

12:00 PM – 1:25 PM

Lunch

1:30 PM – 4:50 PM

Training Theory – Math 100

5:00 PM – 6:30 PM

Dinner

6:30 PM – til

Study Time / Physiology & Training Theory Instructors Available

Monday, July 20

7:00 AM – 7:55 AM

Breakfast

8:00 AM – 11:45 AM

Biomechanics – Math 100

12:00 PM – 1:25 PM

Lunch

1:30 PM – 4:50 PM

Psychology – Math 100

5:00 PM – 6:30 PM

Dinner

6:30 PM – til

Study Time / Psychology & Biomechanics Instructors Available

Tuesday, July 21

7:00 AM – 7:55 AM	Breakfast
8:00 AM - 12:00 PM	Sports Science Review – Math 100
12:00 PM – 1:25 PM	Lunch
1:30 PM – 3:00 PM	Study Time
3:00 PM – 3:30 PM	Sport Science Instructor Evaluations – Math 100
3:30 PM – 5:30 PM	Sports Science Exam* - Math 100
5:00 PM – 6:30 PM	Dinner

*Sports Science test retakes TBA

Event Group Room Assignments:

Combined Events	ENG 151 (#24 on campus map)
Endurance	ENG 200 (#24 on campus map)
Jumps	ENG 1B40 (#24 on campus map)
Sprints	ENG 265 (#24 on campus map)
Throws	KOBL 210 (#6 on campus map)

Wednesday, July 22

7:00 AM – 7:55 AM	Breakfast
8:00 AM – 11:45 AM	Event Group
12:00 PM - 1:25 PM	Lunch
1:30 PM - 5:15 PM	Event Group
5:30 PM – 6:55 PM	Dinner
7:00 PM – 10:00 PM	Event Group

Thursday, July 23

7:00 AM – 7:55 AM	Breakfast
8:00 AM – 11:45 AM	Event Group
12:00 PM - 1:25 PM	Lunch
1:30 PM - 5:15 PM	Event Group
5:30 PM – 6:55 PM	Dinner
7:00 PM – 10:00 PM	Event Group

Friday, July 24

7:00 AM – 7:55 AM	Breakfast
8:00 AM – 11:45 AM	Event Group
12:00 PM - 1:25 PM	Lunch
1:30 PM - 5:15 PM	Event Group
5:30 PM – 6:55 PM	Dinner
7:00 PM – 10:00 PM	Event Group

Saturday, July 25

7:00 AM – 7:55 AM	Breakfast
8:00 AM – 11:45 AM	Event Group
12:00 PM - 1:25 PM	Lunch
1:30 PM - 3:30 PM	Event Group Wrap Up & Testing
4:30 PM – 5:45 PM	Event Group Instructor Evaluations / Graduation – Math 100 <u>(Attendance is mandatory, no exceptions)</u>
6:00 PM - 7:00 PM	Dinner

Sunday, July 26

Departure any time before 11:00 AM

– **All room Keys & meal cards must be turned in prior to 9:30 AM**

