15.1 – INTRODUCTION
The coaching education program provides educational opportunities for all levels of coaches, from grass roots to the elite level. The program is comprised of four progressive levels, each of which has the following components:

Sport Science
Extensive instruction in sport science is covered in order to provide a scientific basis of understanding for rational development of technique and training programs. The sport science portion has been developed by the American Coaching Effectiveness Program (ACEP) and the USATF National Coaching Education Committee. It includes sport psychology, pedagogy, and sports medicine.

Technical, Event-Specific Instruction
Throws, jumps, sprints/hurdles, and endurance events are all covered at the basic level in this school. Event-specific instruction is progressive in nature. Consequently, at Levels 2 and 3, each event is covered in greater depth and detail than the previous level.

Hands-on Training
Experience is the best teacher. Minimum standards of practical experience are expected of participants at each level.

15.2 – EDUCATION LEVELS
There are four levels of Coaching Education based on various criteria and experience:

- **Fundamental** – An introductory course entitled Coaching Track and Field is offered in conjunction with the National Federation of High Schools, is a grass roots overview of the sport and coaching. *(Coaches do not need to complete this course to enroll in a Level 1)*
- **Level 1** - Basic knowledge course that emphasizes rules, basic mechanics, and teaching progressions.
- **Level 2** - More in-depth training in an event specific group (sprints/hurdles/relays, endurance, jumps, throws, combined events and youth).
- **Level 3** - Very high-level seminar structure educational experience in a specific event area.

15.3 – INSTRUCTOR TRAINING
If you are interested in teaching at a Level 1 School you must complete the Instructor Training Course (ITC). ITC schools are typically held in conjunction with Level 2 schools.

**Requirements**
- Must have completed at least two areas of the Level 2 program.
• Must have a minimum of five years of Track & Field/Cross Country coaching experience at a high school, college or USATF registered club. Only Track & Field coaching experience gained after the age of 21 will be considered.
• Must submit three references.
• Attend the ITC (see application process below).
• Plan and present lessons using a variety of media as well as techniques from differing event groups.

Benefits
• Recognition as a USATF Level 1 Instructor
• USATF coaching education instructor’s materials
• Eligibility to direct and/or teach at Level 1 coaching education schools

15.4 – ABOUT ITC SCHOOLS
Instructor Training Courses are typically three-day courses held in conjunction with Level 2 schools. The course consists of classroom instruction as well as hands-on training. Attendance at all sessions is required. The cost for an ITC school varies by location (http://www.usatf.org/Resources-for---/Coaches/Coaching-Education/Calendar-of-Schools.aspx).

How to Apply
To apply, please complete the Level 2 – Event Specific application and select “Instructor Training Course” or “Level 2 - Event Specific & ITC” as your preferred category.

15.5 – HOSTING A LEVEL 1 SCHOOL
Hosting a Level 1 school is a great benefit to your track & field community as well as an opportunity to share your coaching expertise with other coaches and athletes.

If you are interested in hosting a Level 1 school please review the Administration Manual http://www.usatf.org/Resources-for---/Coaches/Coaching-Education/Three-Boxes-(3).aspx. This document explains the process for hosting a school and provides information on what to do next.

How to Apply
Submit a completed application form to be considered. Feel free to include any additional information that might help USATF approve the school. You can download an application form (PDF) from the USATF website http://www.usatf.org/Resources-for---/Coaches/Coaching-Education/Three-Boxes-(3).aspx.

Email or fax the completed application forms to:

  Lauren Gonzalez
  Phone: 317-713-4667
  Fax: 317-261-0481
  Email: lauren.gonzalez@usatf.org

Selection Process
Applications must be received no later than 14 weeks prior to the date of the proposed school. The applications will be reviewed, and the school director will be contacted within two weeks.

Factors used to select proposed schools include: geographical location, dates for which the school is scheduled, quality of past schools (in the case of a repeat site), and conflicts with USATF events or other schools.

Please note that submitting an application does not guarantee the school will be approved. Although USATF encourages directors to plan the logistics of the school, it is recommended they not be implemented.
Approved Schools

Once the application to host a school has been approved, the school director will receive an informational packet with additional details. Each school director will be required to submit a promotional brochure for the school. USATF will also maintain an updated Calendar of Schools (http://www.usatf.org/Resources-for---/Coaches/Coaching-Education/Calendar-of-Schools.aspx) on its website to help promote the school.

Level 1 Regional Coordinators

Level 1 Regional Coordinators are positioned in different areas of the country to host schools and assist School Directors in their region. If you have questions about getting a school in your area or want help hosting your own school, please contact one of the regional coordinators listed below.

West Region
Dr. Matt Lydum
azsportresearch@gmail.com

Far West Region (California, Nevada, Arizona, Hawaii, New Mexico)
Dr. Dave Shrock
coachshrock@gmail.com

New England Region
Jonathan Hill
jonathanhill503@gmail.com

Southeast Region
Shawn Venable
slvenable@gmail.com

Midwest, East Region
Dave Pavlansky
dspavlansky@hotmail.com

15.6 – OTHER OPPORTUNITES

Special Programs
USATF will occasionally sponsor or support special clinics or programs. Check the website (http://www.usatf.org/Resources-for---/Coaches/Coaching-Education/Special-Programs.aspx) regularly for various programs and special clinics offered by the Coaching Education program.

Additional Information
Additional information on Coaching Education programs, including the current calendar of schools, can be found at http://www.usatf.org/resources-for---/coaches/coaching-education.aspx.
USATF
Coaching Education Program

Increasing Effectiveness of Coaches and Instructors

The success of any program depends greatly on the contributions made by the professionally trained instructors and coaches. With this in mind, USA Track & Field has established a comprehensive program of coaching education that offers a professional and structured approach to coaching development.

Objective
The USATF Coaching Education program seeks to establish a standard of coaching competency and upgrade the competencies of coaches already in the field. USATF actively pursues the mission of being:

Athlete Focused – Coach Centered – Scientific Based

Benefits
USATF is the National Governing Body of the sport of track and field in the United States. By earning USATF Coaching Education recognition, a coach has demonstrated to the professional community a commitment and desire to achieve a high level of competency in his or her chosen profession.

The Program
The USATF Coaching Education Program consists of four levels. Each of these levels contains the following components:

- **Sports Sciences**: Each course contains instruction in Physiology, Psychology, Training Theory, and Biomechanics. Attention is given to these four areas in order to provide a scientific basis of understanding of the rational development of technique and training programs.
- **Technical Training**: Event specific instruction is progressive in that each level covers the events in greater depth and detail than the previous level.
- **Practical Training**: A standard of practical experience is expected from Level 1 onwards. Additionally, participants at Level 2 are expected to design and submit a detailed training plan, while at Level 3 submit a technical article in a specific event area.

Levels of Training
**Fundamental**: This on-line course entitled Coaching Track and Field will teach the fundamentals of running, jumping and throwing, the importance of sound mechanics and how to teach these basic skills. After taking this course we want you to be able to identify key points, or stages of a skill, and use visual demonstrations with verbal cues to help participants execute a particular technique or skill. This course has been developed by USATF in partnership with the NFHS to teach the fundamentals, and is hosted by decorated Olympic athletes Dan O’Brien and Hyleas Fountain. *(Coaches do not need to complete this course to enroll in a Level 1)*

**Level 1**: The Level 1 program covers all events in a rudimentary manner by emphasizing fundamentals, rules, philosophy & ethics, safety/risk management, and instructional techniques. The Level 1 program prepares an individual to coach at the junior high school, high school, club, and youth age division level. Level 1 schools are 21 hours of instruction taught traditionally on weekends around the nation, or offered by colleges and universities as specialized sport training.

**Level 2**: The Level 2 Program is split into two components; the Event Specific Course and the Youth-Specialization Course. Each program is hosted once a year in the summer. The Level 2 – Event Specific program is intended to give coaches more advanced, in-depth knowledge in one event group of their choosing, while the Level 2 – Youth Specialization Course prepares coaches to train youth athletes for national and international competition. Both programs cover advanced sport science concepts and training principles.

**Level 3**: The Level 3 program is the highest level of the USATF Coaching Education Program. It encompasses the scientific base, included in the previous levels, while providing coaches with comprehensive knowledge in a specific event group. Level 3 courses include some of the world’s best instruction, preparing an individual to coach at the national and international level. USATF currently offers two pathways to becoming a Level 3 Coach, the USATF / IAAF Academy and Level 3 Seminars.
USATF/IAAF Academy: The USATF / IAAF Academy is a high level seminar held in conjunction with the International Association of Athletic Federations (IAAF). The Academy is the highest recognized achievement awarded through both organizations and recognizes a coach throughout the world as having the knowledge to coach at the highest international levels of the track & field profession. The curriculum is focused on one event area (Jumps, Sprints/Hurdles, Throws, Endurance, etc.) and includes 6.5 days of intense academic work. Coaches are required to complete four individual assignments and implement a project in the six months following the course. Coaches who complete the Academy requirements are awarded a USATF Level 3 certificate and a Level V certificate from the IAAF.

Level 3 Seminars: Throughout the year various courses are designated by USATF Coaching Education as Level 3 Seminars. This designation allows a coach to attend the course for Level 3 credit. Courses are held at different locations and times by various course directors causing them to vary in length and price. Coaches are required to attend at least three Level 3 seminars and document their attendance through the Level 3 credit form available at each seminar. After attending three seminars coaches are partnered with a mentor who will assist them in producing an original technical article that is written specifically for the purpose of meeting the Level 3 requirements. The article topic must be pre-approved by the Level 3 Oversight Committee.