



USA Track & Field Coaching Education



Level 1 School

Date: February 24-25, 2018

Location: University of Texas at El Paso
Classroom TBA

School Director: Todd Hierlmaier | 505-227-3979 | thierlmaier@gmail.com

For more information log on to: www.usatf.org/groups/Coaches/education/

Schedule:

Saturday, February 24, 2018

7:30 – 8:00 AM	Registration
8:00 – 8:45 AM	Positive Coaching
8:45 – 9:15 AM	Ethics and Risk Management
9:15 – 10:15 AM	Physiology
10:15 – 11:30 AM	Biomechanics
11:30 – 12:30 PM	Lunch (on your own)
12:30 – 1:30 PM	Biomotor Training for Speed and Power Events
1:30 – 3:00 PM	Sport Psychology
3:00 – 3:45 PM	Training Design
3:45 – 6:45 PM	Sprints & Relays, Hurdle Events

[Optional]

7:00 PM *Coaches' Social*

Sunday, February 25, 2018

8:00 – 8:05 AM	School Information
8:05 – 10:00 PM	Horizontal Jumps
10:00 – 10:45 PM	Vertical Jumps
10:45 – 12:00 PM	Endurance I
Noon – 1:00 PM	Lunch (on your own)
1:00 – 1:45 PM	Endurance II
1:45 – 5:30 PM	Throws
5:30 – 6:00 PM	Q & A / Wrap-up

Registration:

Register Online at www.usatf.org/groups/Coaches/education/schools/ by clicking the “school details” link.

Pre-registration fee is \$ 205.00 if received by **February 10, 2018**; **Late and on-site registration** (space is limited) **is \$ 255.00**. Fee includes Level 1 Curriculum materials and the second edition of the Level 1 textbook.

You must be a current member of USATF to register – for more information, go to www.usatf.org/membership/

Refund policy: 1/2 of the registration fee (\$ 102.50) will be refunded after the pre- registration deadline and no refund will be given after the start date of the school.

If you have any difficulties with the online registration process, please contact the School Director.

Scholarships:

All Border and New Mexico Association member coaches are invited to apply for scholarships by contacting School Director, [Todd Hierlmaier](#). Application deadline is January 21, 2018.

Directions:

UTEP

Lodging:

Hilton Garden Inn El Paso/University
111 West University Avenue, El Paso, TX 79902
\$99+tax, includes hot breakfast (\$89+tax, no breakfast)

Hawthorn Suites by Wyndham ELP
6789 Boeing Dr, El Paso, TX 79925
\$69+tax

For group rates reference: USATF Coaching

Instructors:

Dr. Wendy Truvillion Assistant Principal – Athletics/Activities of Alhambra HS, Phoenix, AZ. Former Track Coach at Georgia Tech and Penn State University. Served as the Head Coach for the 2012 IAAF World Junior Championship Team that traveled to Barcelona, Spain, July, 2012. Served as the Head Manager for the Pan American Junior Team that traveled to Medellin, Colombia in August, 2013. Presently serves as the USATF Women’s Junior/HS Focus Group Commissioner. USATF – Arizona: vice president for administration and coordinator for Coaches Education. Level I and II certified coach and lead instructor.

Todd Hierlmaier has been a high school cross-country coach for 16 years, with dozens of athletes over 4.0 GPA. Hierlmaier is USTFCCA certified as an Endurance Specialist, USATF Level 2 certified in Youth, Endurance, and Combined Events, and NSCA Certified Strength and Conditioning Specialist (CSCS). Additionally, Hierlmaier was the 2012 Minnesota Ultimate Runner Series Champion, 2009 Minnesota Class AA Cross Country coach of the year and has received multiple MN 3AA Section Coach of the year honors.

Mark Rodriguez Throws Coach at UTEP, has nearly a three-decade career of coaching spanning stops at Purdue, Miami (Ohio), Indiana State, and on the NCAA Division III level. In 2015, Rodriguez advanced Samantha Hall in the women's discus and Rasmus Maukonen in the men's javelin to the NCAA Division I Outdoor finals in Eugene.

Level 1 Information:

USATF Coaching Education Level 1 program is a starting point for all track and field coaches. One of the objectives is to put all coaches on common platform (i.e., speaking the same language). The Level 1 program covers all events in a foundational manner by emphasizing fundamentals, rules, safety/risk management, and instruction techniques. Level 1 prepares individuals to coach junior high school, high school, club, and age group athletes.

- Level 1 Schools are two-and-a-half-day courses (21-24 hours), including both classroom instruction and hands-on training. Attendance at all sessions is required.
 - After the school, participants are given access to online materials including the online exam that covers event-related materials and topics in the textbook. The exam window is 90 days from the close of the school.
 - Upon attending the School and passing the exam, participants will print an online certificate as a Level 1 Certified Coach.
-
- Recognition as a USATF Level I Coach
 - Curriculum book covering sport science and individual events
 - Skills and knowledge to coach athletes at all levels
 - Be at least 18 years of age
 - Attend a Level I coaching education school
 - Earn certification by passing the online certification exam within 90 days of completing classroom portion of the program