

USA Track & Field Coaching Education

Level I School

Presented by Gill Athletics



GILL
ATHLETICS

Johnson County Community College
12345 College Blvd, Overland Park, KS

Classroom: Craig Community Auditorium (room GEB 233)

Date: Friday, July 30 – Sunday, Aug 1, 2010

School Director: Gilbert S. Castillo - 816-916-6379 - gscast@kc.rr.com

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

USATF Level I School Time Schedule

Attendance to all sessions is required

Friday, July 30 -

2:00pm - 3:30pm	Registration/Packet Pick up
4:00pm - 4:30pm	School Orientations, Introductions & Level I Overview
4:30pm - 5:00pm	Philosophy, Ethics and Risk Management
5:00pm - 6:30pm	Dinner (on your own)
6:30pm - 7:30pm	Psychology
7:30pm - 8:30pm	Training Theory
8:30pm - 9:30pm	Physiology

Saturday, July 31 -

8:00am - 9:30am	Biomechanics
9:30am - 11:30pm	Bio-motor Development
11:30pm - 1:00pm	Lunch (on your own)
1:00pm - 5:00pm	Sprints/Hurdles/Relays
5:00pm - 6:30pm	Dinner (on your own)
6:30pm - 8:30pm	Endurance
8:30pm - 10:00pm	Saturday night social (Doubletree Hotel - Trofi Bar)

Sunday, Aug 1 -

8:00am - 12:00pm	Jumps
12:00pm - 1:30pm	Lunch (on your own)
1:30pm - 5:00pm	Throws
5:00pm - 5:30pm	Q&A - Wrap up

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USA Track & Field Coaching Education Level I School



Registration

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

Pre-registration fee is \$125 if received by July 16, 2010

Late and on-site registration (space is limited) is \$150

Fee includes a Level 1 Curriculum Manual and notebook cover.

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

Refund policy: 1/2 of the registration fee (\$62.50) will be refunded after the registration deadline and no refund will be given after the start date.

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

Gilbert Castillo, 816-916-6379, gscast@kc.rr.com

Lodging

Doubletree Hotel Overland Park – Corporate Woods

10100 College Blvd., Overland Park, KS 66210

913-451-6100

Room Rates

Single: \$69.00, Double: \$69.00, Triple: \$79.00 & Quad: \$89.00

(Ask for USATF Level 1 School rates for reservations)

Directions to Hotel

From Airport Directions: 45 Miles. Kansas City Int'l Take I-29 North to I-435 South to I-435 East. Continue to Hwy. 69 South, exit 225B Exit at College Blvd. East. The hotel is on the left.

General Arrival Directions:

From St. Joseph - I-29 South to I-435 South to I-435 East to 69 Highway South, exit 225B to College Blvd. East Hotel is on the left

From Topeka - I-70 East to I-435 South to I-435 East to Hwy 69 South, exit 225B - Exit at College Blvd. East Hotel is on the left

From Wichita - I-35 North to I-435 East to Hwy 69 South, exit 225B to College Blvd. East Exit Hotel is on the left

From Lawrence - Hwy 10 East to I-435 East to Hwy 69 South, exit 225B to College Blvd. East Exit Hotel is on the left

The Doubletree Hotel is located 18 miles southwest of downtown Kansas City in Overland Park, KS. Approximately 20 minutes driving time. I-35 South to 69 South, exit 225B to College Blvd. East. Hotel is on the left

Driving directions from Doubletree hotel to Johnson County Community College:

(1.62 miles or 3 minutes)

Start out going WEST on COLLEGE BLVD toward Quivira Rd - **1.5 miles**

Go pass Quivira Rd, The turn LEFT onto NORTH CAMPUS DR. - **0.07 miles**



USA Track & Field Coaching Education Level I School



Directions to Johnson County Community College

From Airport Directions: 45 Miles. Kansas City Int'l Take I-29 North to I-435 South to I-435 East. Continue to Hwy. 69 South. Exit at College Blvd West. Take right on College Blvd and travel west for 1.5 miles towards Quivira Rd. Travel pass Quivira Rd for 600m and take left on North Campus Dr. This is the North entrance to Johnson County Community College.

General Arrival Directions:

From St. Joseph- I-29 South to I-435 South to I-435 East to 69 Highway South to College Blvd West Exit Take right on College Blvd and travel west for 1.5 miles towards Quivira Rd. Travel pass Quivira Rd for 600m and take left on North Campus Dr. This is the North entrance to Johnson County Community College

From Topeka- I-70 East to I-435 South to I-435 East to Hwy 69 South - Exit at College Blvd West Take right on College Blvd and travel west for 1.5 miles towards Quivira Rd. Travel pass Quivira Rd for 600m and take left on North Campus Dr. This is the North entrance to Johnson County Community College.

From Wichita- I-35 North to I-435 East to Hwy 69 South to College Blvd West Exit Take right on College Blvd and travel west for 1.5 miles towards Quivira Rd. Travel pass Quivira Rd for 600m and take left on North Campus Dr. This is the North entrance to Johnson County Community College.

From Lawrence- Hwy 10 East to I-435 East to Hwy 69 South to College Blvd West Exit Take right on College Blvd and travel west for 1.5 miles towards Quivira Rd. Travel pass Quivira Rd for 600m and take left on North Campus Dr. This is the North entrance to Johnson County Community College.

Johnson County Community College is located 18 miles southwest of downtown Kansas City in Overland Park, KS. Approximately 25 minutes driving time. I-35 South to 69 South, exit 225B to College Blvd West. Take right on College Blvd and travel west for 1.5 miles towards Quivira Rd. Travel pass Quivira Rd for 600m and take left on North Campus Dr. This is the North entrance to Johnson County Community College.

Classroom

The Level I school will take place in the Craig Community Auditorium (room GEB 233)

Maps will be available at

Doubletree Hotel Overland Park

10100 College Blvd., Overland Park, KS 66210

913-451-6100



USA Track & Field Coaching Education Level I School



Scholarships



Gill Athletics Coaches Education Scholarships 2010

Gill Athletics is proud to be the presenting sponsor of USATF's [Coaches Education Program](#). Gill Athletics is committed to the future of the coaching profession and believes that the USATF Coaching Education Program is an integral part of preparing coaches to be better educated and better informed.

Gill Athletics will award a certain number of Level I and Level II scholarships for 2010. Please apply after January 1, 2010. Scholarships cover the tuition of the school only (no late registration fees). Please contact [Mike Cunningham](#) to apply for scholarships.

Mike Cunningham
Senior Tech Sales Rep
mcunningham@gillathletics.com
[Gill Athletics](#)
Central/South East Region
Work: 217-367-8438
Cell: 217-898-3038
601 Mercury Drive
Champaign, IL 61822



Heartland Athletic Services, Inc. Level 1 School Scholarships Available *(Missouri & Kansas High School Coaches)*

To facilitate the goal of producing well-educated coaches, Heartland Athletic Services, Inc. has made available five (5) scholarships to pay the tuition to attend the USATF Level 1 Coaching Education School. Any Missouri or Kansas high school coaches who complete and submit the attached scholarship application by Monday, April 5 at 5:00pm will become eligible to have their tuition fee paid to the Johnson County Community College USATF Level 1 School on July 30 - Aug 1, 2010. Recipients are responsible for their own transportation, USATF membership fees, accommodations, and meals.

The selection of the five scholarships will be announced on May 1, 2010 on the Heartland Athletic Services website. www.heartlandathleticservices.com

For additional information please contact Dr. Jack Nelson, Director of Operations, Heartland Athletic Services, 816-719-7725, jackliberty@hotmail.com

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USA Track & Field Coaching Education

Level I School

Instructors



Tim O'Neill: Tim, a former University of Northern Iowa All-Conference Shot Putter has been the Head Track & Field Coach at Davenport Assumption the last 9 Years. O'Neill has had several State Champions, State Place Winners and State Records in Various events from the throws to the distance events. Coach O'Neill is the Senior Territory Sales Representative in the Midwest for Power Lift and is a USATF Level II Coach in the Sprints/Hurdles/Relays, Jumps and Throws.

Ralph Jones: Ralph Jones serves as the assistant head coach of the Morgan State University track and field and cross-country programs. In two years at MSU Jones has helped develop 24 NCAA regional qualifiers in the sprints, jumps, relays, and distance events. Jones also serves as the recruiting coordinator for the Bears track and field program. In his first season at Morgan, Jones helped develop 15 NCAA regional qualifiers and a Penn Relay and ECAC relay champion. Prior to coaching at Morgan, Jones served as the assistant head coach for JUCO power Central Arizona College.

During his tenure at CAC the track and field program experienced an extremely high degree of success as he helped lead them to three men's national team championships and two women's national team championships. In 2007 Jones athletes were ranked No. 1 and No. 2 in almost every sprint race on the men's and women's side and all his relay teams were ranked No. 1 and No. 2 nationally. Jones also helped lead the men and women to an NJCAA cross country championship in 2005. In that same academic year, he was part of an unprecedented sweep, as he helped lead the men's and women's track team to NJCAA championships, the first time in junior college history. Jones coached 12 NJCAA National Champions in 2007. Jones' teams never finished lower than third place nationally and went undefeated in dual meets and conference championship meets. In 2005 and 2007 Jones was recognized as the NJCAA assistant coach of the year.

Jones graduated from Morgan State in 1999 and earned a masters degree in physical education from THE Ohio State University in 2001. Jones holds 2 USATF official certifications in Distance and Endurance events as well as sprints, hurdles and relays. He is also a USATF certified coaching instructor. In 2006 he attended the Nike elite coach's seminar in South Carolina and became a member of the national sprint, hurdle and jumps association.

Vince DeGrado: Coach DeGrado enters his 4th season as Head Cross Country Coach and Assistant Track & Field Coach at Cowley College in Arkansas City, KS. At Cowley College coach DeGrado has led the men and women's teams to all new heights in each of their respective seasons. His men's team has finished Top 5 in all 3 of his previous seasons, and won their programs 1st ever Region 6 Championship in 2007 and repeated in 2008. In addition his teams have won 4 consecutive Jayhawks East Conference Championships.

In 2009 his women produced the most successful season in programs history winning their 1st ever Region 6 Championship and 1st conference title since 2002. Also, at the 2009 NJCAA Cross Country Championship meet the women's team tied for their best finish with a 4th place showing. His men's team recently won the 2009 NJCAA 1/2 Marathon Championship title.

As for individual coaching, he's had the opportunity to coach 12 Men and Women NJCAA All-Americans, four national runner-ups finishers, over 20 regional and conference champions. Coach DeGrado has produced over 50 national qualifiers.

Coach DeGrado is the USATF Missouri Valley Association Coaching Education Chair and serves on the Board for the Missouri Valley Association. DeGrado is Level II certified in Endurance, Training Theory and Physiology. He is also a course instructor for the USATF Instructors Training Course (ITC).

Giles McDonnell: Currently an Assistant Coach at the University of New Mexico working with both the men and women Sprinters. Prior to UNM, he enjoyed a successful stint at Northern Arizona University, while working primarily with the programs sprinters, jumpers and hurdlers.

During his tenure at NAU the track and field program experienced an extremely high degree of success as he helped lead them to three men's conference team championships (2008 indoors & 2009 indoor & outdoor) and one women's conference team championships (2009 indoor). McDonnell coached 3 individual conference champions in the 400m relay, 400m and 200m in 2009.

While at NAU coach McDonnell coached four post-collegiate developmental jumpers and helped them improve a few feet in their respective horizontal jumping events.

In 2003-2007, coach McDonnell coached at El Dorado HS at Chandler, AZ. He was the assistant coach for sprints, jumps and hurdles. He had six individual and relay state champions, 2 state runner-ups and qualified over 40 high school athletes to state. His El Dorado high school track teams placed in the top 5 in state every year and their top finish was a 3rd place 2006.

McDonnell is Level II certified in combined events and sprints. He is also a course instructor for the USATF Instructors Training Course (ITC).



USA Track & Field Coaching Education Level I School



USATF Coaches Education is dedicated to increasing the knowledge and effectiveness of coaches of all levels throughout the United States. Over 31,000 coaches have taken advantage of these all-encompassing learning opportunities.

Coaching Education Level 1 Information

USATF Coaching Education Level 1 program is a starting point for all track and field coaches and the most comprehensive track and field training in the nation. 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 collegiate level athletes.

- Level 1 Schools are two-and-a-half-day courses (21-24 hours), including both classroom instruction and hands-on training. ***Attendance is required for all sessions.***
- After the school, participants must complete an online exam that covers event-related and sport science subjects.
- Upon attending the School and passing the exam, participants will be issued a Level 1 Certificate of Completion.

Benefits:

- Recognition as a USATF Level 1 Coach and issued a Level 1 Certificate of Completion
- Curriculum text covering sport science and individual events
- Skills and knowledge to coach athletes at the youth – collegiate division level
- Eligibility for CEU's (continuing education units) at an additional fee
- Access to exclusive "Level 1" merchandise
- Eligibility to attend a Level 2 School

Requirements:

- Be at least 18 years of age
- Apply and attend a Level 1 coaching school
- Attendance is required for all sessions
- Pass an online exam



Coaching Education

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Serving the Youth, Open and Master Athletes in the Midwest

Heartland Athletic Services, Inc. 2010 Coaching Education Scholarship Application

Both the United States Olympic Committee and USA Track and Field acknowledge the importance of well educated coaches in the contribution to assisting athletes achieve their greatest potential. To facilitate the goal of producing well-educated coaches, Heartland Athletic Services, Inc. has made available five (5) scholarships for Missouri or Kansas's high school coaches to pay the tuition to attend the Johnson County Community College Level 1 Coaching Education School.

Any Missouri or Kansas high school coaches who complete and **submit the enclosed application by Monday, April 5 at 5:00pm** will become eligible to have their tuition fee paid to the Johnson County Community College USATF Level I school on July 30 – Aug 1, 2010. Recipients are responsible for their own transportation, USATF membership fees, accommodations, and meals.

A nomination committee based on need, coaching philosophy, and ability to contribute to an athlete's success will rank the candidates. The five successful recipients will be notified by email on May 1, 2010 and will be announced on the Heartland Athletic Services website. www.heartlandathleticservices.com

Return the application with coaching résumé to: Dr. Jack Nelson, Heartland Athletic Services, Director of Operations, PO Box 30074, Kansas City, MO 64112; email: jackliberty@hotmail.com, 816-719-7725

Timeline:

Deadline for application submission is **Monday, April 5 at 5:00pm**: Successful recipients will be notified by email on May 1, 2010 and announced on the Heartland Athletic Services, Inc. website www.heartlandathleticservices.com

Application on next page



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