



Cross Country Specialist Course

Friday, August 19 & Saturday, August 20, 2016

Olympic Training Center, Chula Vista, California

WHAT IS THE COURSE:

USATF Coaching Education offers a new 12-hour course featuring technical classes, laboratory training sessions, cross country specialty drills, periodization training for the cross country season, team building strategies, and long term athlete development for the endurance runner. Legend and world-class distance coach, Dr. Joe Vigil, has developed the content for the course along with veteran distance coach and coach educator, Scott Christensen. Don't miss this great opportunity to learn from these lead instructors! Coaches will participate in interactive discussion sessions in addition to the classroom and laboratory time.

BECOME A USATF SPECIALIST COACH:

Each coach completing the class will be awarded a USATF Cross Country Specialist Certificate. All coaches are eligible. There are no prerequisites, but there is a limited capacity for the course. Registrants will be accepted on a first-come, first-served basis.

This course provides credit as a USATF Level 3 seminar, and in addition can earn 1 CEU credit from USATF new partnership with Indiana University. CEU applications will be available onsite with all information.

COURSE FEE:

\$175.00 for the two-day course with meals included for dinner, Friday, August 19, 2016, and lunch provided on Saturday, August 20, 2016.

\$160.00 with a current USATF membership.

REGISTRATION:

Register at the link below or view the Calendar of Schools – Level 3 courses for more information.

<http://www.usatf.org/Resources-for---/Coaches/Coaching-Education/Calendar-of-Schools/Level-3/Level-3-Cross-Country.aspx>



Learn By Doing Clinic

USATF is set to host a Learn By Doing Clinic on Saturday, August 27 at the Chula Vista Olympic Training Center (CVOTC).

Coaches of all experience levels can become a skill coach in the major events of track & field: sprints, hurdles, jumps, throws, middle distance and long distance running. The clinic is available to all who are interested, regardless of training or certification.

Coaches can learn the actual coaching of techniques, drill progressions, and coaching cues with error correction and video analysis. Participants will shadow USATF Master Coaches in a day of practicum on the field, teaching and demonstrating. The experience of visual learning and learn by doing is better than any video you can purchase.

A coach may bring up to two athletes (ages 14-19) to be student-athletes for the Master Coach clinician to work with while the coach observes and assists with the drill and technique teaching. No prerequisite is needed, and interested parents and trainers are welcome. All athletes must be accompanied by a coach.

Event Details

What: Learn By Doing Clinic

When: Saturday, August 27, 2016, 8:30am-5:30pm (lunch included at the CVOTC).

Where: Olympic Training Center, Olympic Parkway, Chula Vista, CA

Who: Especially designed to offer all coaches an extension of the USATF professional pathway of coach certification courses. No prerequisite is needed, and interested parents and trainers are welcome. All athletes must be accompanied by a coach.

Registration: Register at the link below or view the Calendar of Schools – Level 3 courses for more information and featured Master Clinicians.

<http://usatf.meetregister.com/LearnByDoingClinic/index.php>