



USA Track & Field Coaching Education

Level 1 School

14-15 January, 2006

University of California, Berkeley



School Director: Bryan Fezter, 510.642-1649, bfezter@berkeley.edu, www.calbears.com

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

Schedule:

Saturday: 14 January

7:30-8:00: Registration and check-in
8:00-8:30: Introductions
8:30-9:30: Philosophy, Ethics and Risk Management
9:30-10:30: Physiology
10:30-12:00: Biomechanics
12:00-1:00: Training Theory
1:00-2:00: Lunch
2:00-5:00: Throws unit
5:00-7:00: Biomotor Training for T&F
7:00-8:00: Psychology
9:00- Coaches gathering T.B.A.

Sunday, 15 January

8:00-9:00: Endurance
9:00-12:00: Sprints-relays-hurdle unit
12:00-1:00: Lunch
1:00-3:00: Sprints-relays-hurdle unit
3:00-5:00: Vertical jumps
5:00-7:00: Horizontal jumps
7:00-7:30: Wrap-up
Note: schedule subject to change, participants should come dressed to participate in learn-by-doing sessions.

Registration:

Pre-registration = \$125 if received by 9 January, 2006; Late and on-site registration = \$150 Fee includes a Level 1 Curriculum, exam and notebook cover. Make checks payable to: Bryan Fezter

Refund policy: Only 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.

Lodging:

Berkeley Marina Doubletree: \$97.00 per night for a single or double room. Shuttles will be provided for guests to and from the school. Hotel tel. number is 510.548-7920 and ask for the USATF rate. The hotel is located off the University Ave. 880 exit on Marina Blvd.

School information:

School Location: University of California, Berkeley is located on the east side of San Francisco Bay, convent to both San Francisco and Oakland International airports. The Level One lecture will take place in the Haas Pavilion Club Room with practical sessions in Edwards Stadium. (*Detailed directions and further information will be supplied to all pre-registrants*).

Parking: Parking for those who register before Dec. 16 will be included in the registration fee. For those who register after Dec. 16, there are several parking lots in the vicinity at \$7.00 per day.

Airport Transportation: Either the Bayporter or Super Shuttle services run from either SFO or OAK airports and cost \$21.00-35.00, while taxis to the hotel will cost \$25.00-35.00 depending on airport. BART from SFO to the downtown Berkeley station costs \$5.50.

Instructors:

Tim Bruder: Bruder is a long time successful east bay coach, coaching for the past thirty-three years at Alhambra High in Martinez. Through Bruder's career his teams have earned team titles in six different leagues, while sending athletes to the state championships in all events except two. Several Alhambra athletes have graduated onto becoming collegiate all-Americans. Having organized many area clinics, Bruder has also written articles of regional publications and speaks at many clinics and camps. Bruder is certified level 2 and Level 3 candidate in endurance while serving as a CIF coaches instructor.

Bryan Fetzer: Fetzer enters his second season as the women's sprints/hurdles coach at the University of California, Berkeley. In his first season the group broke seven school records and qualified both relays for the NCAA National Championships. Prior to coming to Cal, Fetzer served as women's cross country and track & field coach at Ball State University where under his guidance five athletes qualified for the NCAA Regional Championships and one for the NCAA Outdoor Championships. Fetzer spent four years as the Director of Track and Field and Cross Country at Gardner-Webb University where he started the track and field program and led its transition from NCAA Division II to Division I status. During his tenure, he coached six NCAA National Champions and named the USTCA Division II Women's Southeast Coach of the Year. At Ranger College in Texas, Fetzer built the women's track & field program into a national junior college power. He had eight NJCAA National Champions and sixty-five All-Americans in just four seasons rewriting every school record during his stay in Texas. Fetzer boasts international experience having been an assistant coach in 2001 at the World University Games for Uganda as well as serving on staffs at the Commonwealth Games and NACAC Under-25 Championships. He also serves as the secretary for the US Women's Coaches Association.

Matt Lydum: Presently in his third year as the head track coach at Defiance College, Lydum served as the head men's track coach at San Francisco State University for eight years before beginning his doctoral work at the University of Arizona. He was the 1998 NCAA DII Regional Coach of the Year and has represented the USOC at the International Olympic Academy. He has worked with numerous NAIA & NCAA DII All-Americans. Lydum is level 2 certified in sprints/hurdles, jumps, combined events, and throws and teaches the USATF Instructors Training Course.

Dave Shrock: Under Coach Shrock's guidance at Modesto JC for seven years the program amassed two Nor-Cal championships and three runner-up titles, while his program generated thirty-one all-Americans. Shrock began his coaching career thirty years ago at the Col. of San Mateo before coaching cross country and assisting with track at San José State. Shrock worked at the 1996 Olympics as part of the IAAF Adjudication Committee, and serves on the Pacific Association Coaches Chair. Shrock serves on the USATF High Performance Committee working with Men's hurdlers and the National USATF Coaches Education Committee. Shrock is Level 2 certified in endurance, jumps, and sprints, while completing his Level 3 certification in training theory. Shrock has stepped back from collegiate coaching to pursue his doctorate in sports management while serving as Assistant Meet Director for the Modesto Relays.

Level 1 Information:

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

- Level 1 Schools are two-and-a-half-day courses where 21.5 hours are spent on track & field and related sport science. The course consists of classroom instruction as well as hands-on training. Attendance at all sessions is required.
- After the school, participants must complete and return a take-home exam.
- Upon attending the School and passing the exam, participants will be issued a Level 1 Certificate of Completion.

Benefits

- Recognition of completing USATF Level 1 Course
- Curriculum book covering sport science and individual events
- Skills and knowledge to coach athletes at the junior age division level
- Access to exclusive merchandise identifying the Level 1 Coach
- Eligibility to attend a Level 2 School

Requirements

- Be at least 18 years of age
- Attend a Level 1 coaching education school
- Pass an exam

Cal USATF Level I Coaching School Application: Pre reg. closes 9 January, 2006

Return with check for \$125.00 payable to *"Bryan Fetzer"*. Detach and mail to:

Bryan Fetzer, Cal Track and Field Office, 77 Haas Pavilion #4422, Berkeley, CA 94720-4422

Name: _____ male: _____ female: _____

Address: _____

City/State/Zip: _____

Day Phone: _____ Evening Phone: _____ e-mail: _____

Number of years coaching: _____ Date of birth: _____

Presently coaching at (school/club): _____ Location: _____

Position: Head: _____ Assistant: _____ Boys/Men: _____ Girls/Women: _____ Combined: _____

Area of interest in track and field: Distance: ___ Jumps: ___ Throws: ___ Sprints/Relays: ___ Combined Events: ___ Race Walk: ___