

# USA Track & Field Coaching Education Level 1 School

Presented by  
**Gill Athletics**



**Date:**

June 12-14, 2009

**Location:**

Manchester College

**School Director:**

Rick Hammer  
260-982-5881  
rahammer@manchester.edu

For more information, log on to:  
[www.usatf.org/groups/Coaches/education](http://www.usatf.org/groups/Coaches/education)

## Schedule

**Friday:**

Check-in: 3-5 p.m.  
Lecture: 5-10 p.m.

**Saturday:**

Breakfast: 7-8 a.m.  
Lecture: 8 a.m.-noon  
Lunch: Noon-1 p.m.  
Lecture: 1-5 p.m.  
Dinner: 5-6 p.m.  
Lecture: 6-10 p.m.  
Coaches' social: 10:15 p.m.-?

**Sunday:**

Breakfast: 8-9 a.m.  
Lecture: 9 a.m.-1 p.m.  
Closing and check-out: Noon-12:30 p.m.

## Registration

**Register online at:**

[www.usatf.org/groups/Coaches/education/schools](http://www.usatf.org/groups/Coaches/education/schools)  
Click "**Registration Information**" for this school.

**The pre-registration fee is \$125** if received by **May 29, 2009**; **late and on-site registration** (may be limited) is \$150. Fee includes a Level 1 curriculum and notebook cover. *You must be a member of USATF to register— for more information, go to [www.usatf.org/membership](http://www.usatf.org/membership).*

**Refund policy:** Only half 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.

## Lodging

### MANCHESTER COLLEGE WILL OFFER MEALS AND HOUSING!

The meal and the housing plan cost is \$150. Four meals will be provided by Chartwells catering in the newly renovated College Union. Meals include breakfast, lunch, and dinner on June 13, as well as breakfast on June 14. Housing includes two nights (June 12 and 13) in Oakwood Hall. Rooms are in a suite-style arrangement with two single rooms and shared bathroom. Reserve your housing and/or meal plan by June 10, or receive information on other housing and dining options, by contacting **Rick Hammer** at [rahammer@manchester.edu](mailto:rahammer@manchester.edu) or **260-982-5881**.

## Directions

Manchester College is located at 604 E. College Ave., North Manchester, IN 46962. Directions are available on the Manchester College website at [www.manchester.edu/Common/VisitingManchester/directions.htm](http://www.manchester.edu/Common/VisitingManchester/directions.htm), or use mapquest or Google maps.

All clinic activities will take place in the College Union located on East Street.

## Instructors

**Mike Turk**, from the University of Illinois, coaches the jumps, throws and multi-events. Mike is well known as one of the top field event coaches in the country. He has accumulated more than 20 years of coaching experience at the collegiate level, including 16 years at the NCAA Division I level. He has produced multiple All-Americans throughout a career that has spanned positions at Illinois, Marquette, Western Michigan and Wisconsin-Milwaukee Universities.



**Larry Judge**, Ph.D., C.S.C.S., is an assistant professor of physical education and coordinator of the graduate coaching program at Ball State University. He has 18 years of Division I coaching experience with Indiana State University, the University of South Carolina, the University of Wyoming and the University of Florida. He is currently the U.S.A. Track & Field national chairman for coaching education in the throwing events. He is also a Level III instructor in the International Association of Athletics Federation's (IAAF) coaching education program. He has coached more than 100 NCAA Division I All-Americans, including eight Olympians.

**Derek Stanley** is beginning his seventh season as Marietta College's head track and field and cross country coach. During his tenure at Marietta, the program has experienced 11 OAC champions, 42 All-OAC performances, and two All-Americans. He has earned the designation as Great Lakes Regional Coach of the Year by the USTFCCA for the performance of his women's program during the 2009 indoor season. Stanley previously coached Bluffton University to its first Heartland Collegiate Athletic Conference (HCAC) championship. He is a 1999 graduate of Tiffin University, where he held numerous records and was an NAIA National Championship qualifier. He earned his Master's of Education in 2001 from Bowling Green State University and holds USATF Level 2 certification in endurance; throws; sprints, hurdles and relays; and jumps.

**Mike Fruchey** is head cross country and women's track and field coach at Indiana-Purdue Fort Wayne (IPFW). He has coached track and field at IPFW since the program's inception in 2000 and has served as the head coach since 2004, primarily working with the middle distance and distance runners. In 2008, Fruchey coached IPFW's first NCAA Regional Qualifiers in the 3000m Steeplechase. He also coached his first NCAA National Qualifier in cross country that same year. Coach Fruchey holds USATF Level 2 certifications in endurance, jumps, sprints and hurdles, and throws.

## Level 1 Information

The USATF Coaching Education Level 1 program is intended as a starting point for coaches. Level 1 certification prepares an individual to coach at the junior high school, high school, club, and junior age division level. One of the objectives of the Level 1 program 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.

### Requirements

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

### Benefits

- Recognition of completing USATF Level 1 course
- Curriculum text 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

### About Level 1 schools

Level 1 schools are two-and-a-half-day courses where 21 to 24 hours are spent on track and 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 an online exam that covers event-related and sport science subjects.

Upon passing the exam and fulfilling the other requirements, each participant will be issued a Level 1 Certificate of Completion.