

USATF Level 2 School

The USATF Coaching Education Level 2 program is intended to give coaches more advanced, in-depth knowledge in one event group of their choosing. The Level 2 program covers advanced sport science concepts and training principles.

Requirements

- Must be a member of USA Track & Field.
- Must have successfully completed a Level 1 school and passed the online exam no later than the end of April prior to the Level 2 School for which you are applying
- Must be at least 18 years of age at the time of submission of the application.
- Must have a minimum of 3 years (e.g.; three cross country and/or three indoor and/or three outdoor seasons) of TRACK & FIELD/CROSS COUNTRY coaching experience.
- Credit will not be given for time spent as a personal trainer, strength & conditioning coach or health club trainer.
- No coaching experience gained while the applicant was still in high school will be considered.
- Must submit a completed application, including a resume and three references.
- Acceptance into the Level 2 program is based on qualifications and is not "first come, first served." The USATF Coaching Education Committee reserves the right to place an application "on hold," while it reviews the entire pool of applicants.
- Notifications of acceptance, rejection or "on hold" status will be made via e-mail within three weeks of receipt of application.
- Attend a Level 2 Coaching Education School (see application process above).
- Pass exams covering each of the sport science areas (see below).
- Fulfill the requirements (exam, training program) of the chosen event group.

About Level 2 Schools

Level 2 schools are five days in length, with the second half to focus on specific event groups. The event groups are listed below:

- Sprints/Hurdles/Relays
- Endurance
- Jumps
- Throws
- Combined Events

In addition to expanding upon the sport sciences covered in Level 1, the course will cover specific information in the following areas:

- Training Theory
- Sports psychology
- Physiology
- Biomechanics

The course focuses on the technical aspects of the chosen event group using video analysis, group projects, classroom instruction, and hands-on training. Attendance at all sessions is required. At the end of the course, participants will devise a training program and be tested on the material covered in their event group.

Level 2 schools are seven days in length, with the second half focusing on specific event groups. The event groups are listed below:

- Sprints/Hurdles/Relays
- Endurance
- Jumps
- Throws
- Combined Events

In addition to expanding upon the sport sciences covered in Level 1, the course will cover specific information in the following areas:

- Training Theory
- Sports psychology
- Physiology
- Biomechanics

The course focuses on the technical aspects of the chosen event group using video analysis, group projects, classroom instruction, and hands-on training. Attendance at all sessions is required. At the end of the course, participants will devise a training program and be tested on the material covered in their event group.

The cost for a Level 2 school varies by location ([see 2013 Level 2 School Information](#)).

After successfully completing the course, participants will receive a Level 2 Certificate of Completion.

Level 2 schools may be taken multiple times in order to obtain Level 2 Coach status in more than one of the event groups. However, participants may only complete one event group per School.

USATF Level 3 School

The USATF Coaching Education Level 3 program is a scientific, knowledge-based seminar. One of the objectives of the Level 3 program is to provide coaches with comprehensive knowledge in a specific event group, including sport science and training theory. The Level 3 program covers "cutting edge" sport science concepts and event-specific knowledge from a scientific perspective. The Level 3 seminars prepare an individual to coach at the national/international level.

In order to obtain Level 3 Coach status, a participant must already be a Level 2 Coach. The information below pertains to those wishing to be a Level 3 Coach.

Requirements

A participant may begin working toward Level 3 Coach status as soon as Level 2 is completed. However all of the below requirements must be met to complete Level 3.

- Have a minimum of ten years of coaching experience at a recognized school or with a club program. Note: Upon petition to the Coaching Education Committee Chair, up to five years of coaching experience may be waived for those who have coached an athlete who has competed in a World Championships and/or Olympic Games.
- Have completed the Level 2 program in the event group of desired Level 3.
- Have at least three years of coaching experience after completing Level 2 Course.
- Attend a minimum of three Level 3 coaching education seminars, two of which must be in the event group of desired. This requirement may be waived for anyone who has already attended three Level 3 seminars prior to January 1, 2003.
- Have coached at least one athlete who has qualified and competed at the national level. This may include the following Championship events: Open, Junior, NCAA, NAIA, NJCAA, Junior Olympic, USATF Youth Outdoor T&F, Foot Locker, National Scholastic, etc.
- Have a B.A. or B.S. degree.
- Submit a resume of coaching experience and the Level 3 Certificate of Completing Request Form.
- Must produce an original technical article, suitable for publication that is written specifically for the purpose of meeting the Level 3 requirements. Previously published articles will not be accepted.
 - The topic must be pre-approved by the appropriate Coaching Education Committee Event Group Chair (e.g., Sprints/Hurdles/Relays, Endurance, Jumps, Throws, Combined Events).
 - The completed article must be submitted to the Coaching Education Committee Level 3 Chair and approved prior to being submitted to a journal for publication.
 - Upon final approval, the article will be offered to *Track Coach* magazine for publication. If accepted, the publication date will be determined by the publisher of *Track Coach*.

About Level 3 Schools

Level 3 schools are multi-day seminars that focus on specific event groups, with an emphasis on scientific concepts and training. The event groups are:

- Sprints/Hurdles/Relays
- Endurance
- Jumps
- Throws
- Combined Events



**2012 USA Track & Field
Podium Education Project Schedule
Wednesday, November 28, 2012**

Agenda

7:30-8:15am	Check-in & Continental Breakfast	Coquina D
8:15 – 8:30am	Welcome & Announcements	Coquina D
8:30 – 9:45am	Utilizing the Post-Olympic Review for Success in Rio - Frank Dick	Coquina D
10:00 – 11:15am	Coaching for Success, what's in your toolbox? - Vern Gambetta	Coquina D
11:30 – 12:45pm Break-Out Sessions	Combined Events Discussion- Harry Marra & Mario Satenga	Coquina D
	Why and How to Include Altitude Training for World Class Distance Event Performance – Dr. Robert Chapman	Coquina A
	Throws Discussion for Podium Performances - Don Babbitt	Coquina B
	How to Maintain our Podium Performance in the Triple Jump - Rana Reider & Jeremy Fischer	Coquina C
12:45 – 2:00pm	Lunch on Your Own	
2:00 – 3:00pm	Olympic Coaches Panel: Celebrating and Sustaining our Success for Rio - Benita Fitzgerald Mosley	Coquina D
3:00 – 3:45pm	Edge 10: Latest Data Collection System to Analyze Performance - Dr. Robert Chapman, Bejan Abtahi & Richard Dry	Coquina D
4:00 – 5:15pm Break-Out Sessions	Jumps Panel on Producing High Jumpers for the Podium - Cliff Rovelto	Coquina D
	World Class 1500m Racing - Terrence Mahon & Julie Benson	Coquina A
	Motor Learning Techniques for the Throws - Dr. Denise Wood	Coquina B
	Analyzing our Top Sprinters Start from London - Dr. Ralph Mann	Coquina C
5:30 – 6:30pm Break-Out Sessions	Intelligent pacing: Technology and the future of threshold monitoring in endurance athletes - Dr. Dustin Preckleton	Coquina D
	New Modalities to Assist Recovery: Cryotherapy & ElliptiGo	Coquina A
	Motor Learning Techniques for Optimal Performance - Dr. Will Wu	Coquina B
	Training Middle Distance runners to Race Walk - Dave McGovern European Race Walk Conference- Selected Topics - Ian Whately	Coquina C