

# USA Track & Field Coaching Education Level 1 School

Presented by Gill Athletics



**Date:**

December 7-9, 2012

**Hosted by:**

Oklahoma City University and  
Bishop McGuinness High School  
801 NW 50<sup>th</sup> St.  
Oklahoma City, OK 73118

**School Director:**

Ryan Turner  
(918) 257-0618  
ryant@prattcc.edu

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

## Tentative Schedule:

**Day 1 – December 7, 2012**  
4:00 – 5:00 p.m. Registration  
5:00 – 5:30 School Introduction  
5:30 – 6:30 Philosophy, Ethics, Risk Management  
6:30 – 8:00 Physiology  
8:00 – 9:00 Training Theory  
9:00 – 10:00 Psychology  
**Day 2 – December 8, 2012**  
8:00 – 9:00 a.m. Biomechanics  
9:00 – 10:00 p.m. Sprints/Hurdles/Relays  
10:00 – 12:00 Bio-motor Training for Power Events (Strength)  
12:00 – 1:00 Lunch (On Own)  
1:00 – 3:30 Sprints/Hurdles/Relays  
3:30 – 5:00 Endurance  
5:00 – 6:00 Dinner (On Own)  
6:00 – 9:00 Jumps  
**Day 3 – December 9, 2012**  
8:00 – 9:00 a.m. Jumps  
9:00 – 12:30 p.m. Throws  
12:30 – 1:00 Wrap-up

## Registration:

Register Online at  
[www.usatf.org/groups/Coaches/education/schools](http://www.usatf.org/groups/Coaches/education/schools)  
by clicking “school details” for this school

**Pre-registration = \$150** if received by  
**November 23, 2012; Late and on-site  
registration (may be limited) = \$200.** 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 1/2 of the registration fee  
(\$75.00) 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.*



Level 1 School  
c/o Ryan Turner  
348 NE SR 61  
Pratt, KS 67124

## Lodging:

Courtyard Marriott OKC Northwest  
1515 Northwest Expressway, OKC, OK 73118  
Ask for the USATF Rate \$76 + tax  
(405) 848-0808

## Directions:

For directions to please go to  
[www.mapquest.com](http://www.mapquest.com) and type the following  
address.

Courtyard Marriott OKC Northwest  
1515 Northwest Expressway, OKC, OK 73118

Bishop McGuinness High School  
801 NW 50<sup>th</sup> St., OKC, OK 73118  
(Course will be instructed in the lecture room  
inside Bishop McGuinness HS)



## Instructors:

**Randy Adair** is the Highland Park High School (Dallas, TX) Head Boys XC/Track & Field Coach. With over 30 years of coaching experience in Texas, Randy has won State Championships in Track & Field and Cross Country. Adair has coached numerous state champion athletes in the sprints and jumps, as well as the record setting, all-time girls 4 x 400 Relay team in Texas high school history while an assistant at Dallas Skyline High School. Adair holds a USATF Level 2 Certificate in the Jumps, Endurance, and Multi-Events, and is the voice of all University of Arkansas Track & Field Meets. Coach Adair has assisted as jumps and hurdles coach for several track and field tours throughout Central and Western Europe and Scandinavia. Coach Adair teaches Pre AP World Geography at Highland Park High School and resides in Rockwall, Texas with his lovely wife Donna, Red, the wonder dog and his side kick Jack, the Jack Russell Terrier.

**John Baumann** is in his seventh season as the throws coach at Oklahoma State University after spending six seasons at the University of Illinois. His impact at OSU has been evident in the success of his student-athletes. Five of the top eight indoor marks in the shot put in school history and six of the top eight indoor marks in the weight throw have been achieved during Baumann's tenure. Similar success has been achieved in women's outdoors on Baumann's watch, as four of Oklahoma State's top six outdoor marks in the shot put, five of the top six outdoor marks in the discus and five of the top eight outdoor marks in the hammer throw have been achieved since Baumann arrived in Stillwater. In 2007 Baumann was inducted into the NAIA Hall of Fame based on his stellar career at Doane College in Crete, Nebraska. Bauman and his wife, Lisa, have three daughters, Catabrean, Holly and Sadie, and one son, Max.

**Ryan Turner** is entering his first season as the Head XC/Track & Field Coach at Pratt Community College. Prior to coaching at Pratt CC, Turner spent five years at the University of Houston as the Head Cross Country and Assistant Track & Field Coach. Turner's 2011 Men's team placed 3<sup>rd</sup> at the CUSA championships. During his time at Houston, Turner coached two individuals to advance to the NCAA Cross Country Championships. The Holdenville, Okla., native holds a bachelor's degree in physical education, a master's degree in education and is USATF Level 2 Coach in the endurance and sprints/relays/hurdles events. He has two daughters, Lauryn and Haylie.

## Level 1 Information:

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

### 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 21-24 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 an online exam that covers event-related and sport science subjects.

Upon passing the exam and fulfilling the other requirements (see above), participants will be issued a Level 1 Certificate of Completion.