

Level 1 School

Date: May 22-24, 2009

Location: University of Central Florida - Orlando Florida

School Director: Andrew Allden 919-542-3853 & aacoaching@aol.com

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

Instructors:

Andrew Allden

School Director & Endurance Instructor

Level I and 11 Certified Endurance Instructor

18 Years as Division I Cross Country & Track Coach

Coached 2001 NCAA Division I Champion Men's 800m

USTFCCA 2003 Southeast Region Men's Head Coach of the Year

Ron Grigg

Instructor Sprints/Hurdles/Relays

Director of Track & Field/Cross Country Jacksonville University

USATF Level II Instructor Sprints, Hurdles, Relays

USTFCCA 2008 South Region Women's Head Coach of the Year

Glenn McAtee

Instructor Throws

Former Women's Assistant Coach Clemson University

Coaches Throws and Vertical Jumps

Level III Certified in the Throws

Level II School Throws

Mike Young

Instructor Jumps and Sports Sciences

Director of Sports Performance for Human Performance Consulting

Level III Certified in Jumps, Sprints, and Throws

USATF Biomechanist

Chairperson Vertical Jumps USATF Coaching Education

Schedule:

Registration:

Register Online at www.usatf.org/groups/Coaches/education/schools/ by clicking the "school details" link.

Pre-registration fee is \$125 if received by May 8, 2009; Late and on-site registration (space is 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/

Refund policy: 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. If you have any difficulties with the online registration contact the School Director.

Lodging:

Holiday Inn Select - 2125 High Tech Ave Orlando Florida 32817

Reservation and Front Desk - 407-275-9000

Rate: \$75.00 per night plus tax