

Develop Your Coaching...

Experience the Academy

Learn...

from the world's best coaches and teachers, presenting video and graphically enhanced curriculum designed specifically to enhance the technical expertise of the Track & Field Coach.

Genuine Certification...

as a coach with expertise in the most up-to-date aspects of training design and techniques for Strength and Conditioning

Network...

with instructors & other coaches while gaining valuable professional contacts in an educational setting.



USTFCCCA
1100 Poydras Suite 1750
New Orleans, LA 70163
www.ustfccca.org



Strength and Conditioning Certification Course

August 1-2, 2017

Concordia University
Irvine, CA

Register at
www.ustfccca.org

Course Schedule

Quick Facts

S&CC

Tuesday, August 1, 2017

10:00-10:15 Introduction & Orientation
10:15-11:30: Foundations of Training Design
11:45-12:30: Energy System & Neuromuscular Physiology
12:30-1:45: Lunch
1:45-2:15: Designing Warmups & Cooldowns
2:15-3:30: Training Energy Systems
3:30-4:30: Training Speed, Power, and Coordination
4:30-5:30: Foundations of Strength Training
5:45-6:45: General Strength and Medicine Ball Training
6:45-8:00: Dinner
8:00-8:45: Multijump & Multithrow Training
8:45-10:30: Weight Training Exercises & Exercise Choices

Wednesday, August 2, 2017

8:00-9:30: Weight Training Technique
9:30-10:00: Weight Training Administration
10:15-11:00: Peripheral Training Issues
11:00-11:30: Foundations of Sports Medicine
11:30-12:45: Lunch
12:45-2:30: Gross Training Design
2:45 -6:15: Weight Training Design
6:15-6:30: Closing

www.ustfccca.org

Cost. Course cost is \$245.

Registration - Register online at:

www.ustfccca.org/track-and-field-academy

These courses fill quickly, so onsite registration is likely to be unavailable. Please register in advance to insure your place in the class.

Site. Grimm Hall South in DeNault Auditorium, Concordia University, 1530 Concordia West, Irvine CA 92612

To Bring. Course materials are issued in electronic form, so a laptop would be useful, however no specific materials are required. Course materials will be available for download prior to the class, registrants will be provided instructions to access them.

Instructors. Instructors will be Boo Schexnayder of the TFA and Carrie Lane of Peak Energy Performance.

Hotel. Suggested hotel is the Wyndham Irvine-OC Airport, 17941 Von Karman Ave, Irvine CA 92614. (949) 863-1999. Rate is \$110.00 plus tax & discounted \$6.00 overnight parking, subject to availability.

Parking. Check in with the security gate and let them know you are headed to Grimm Hall South.

For More Information. Contact Mike Corn at mike@ustfccca.org or (504) 599-8903

The Track and Field Academy's Strength & Conditioning Specialist Certification Course is a detailed course covering all aspects of strength training and other key athletic qualities. Successful completion of the course, its evaluations, grants the Track & Field Academy's Strength & Conditioning Specialist Certification. The course provides an opportunity for Track and Field Coaches who wish to become certified in this area, or Strength and Conditioning Coaches who desire more advanced knowledge in the development of specific programs for Track and Field and Cross Country.

Track & Field Academy

The USTFCCCA's Track and Field Academy is a program developed to provide professional improvement opportunities for all Track & Field and Cross Country Coaches. The Academy accomplishes this mission by providing professional certification programs and ongoing educational experiences covering the philosophical, technical and managerial aspects of the profession.

USTFCCCA

The U.S. Track & Field and Cross Country Coaches Association is a non-profit professional organization of Track & Field and Cross Country coaches of multiple levels. The USTFCCCA represents over 8,000 coaches working in the NCAA, NAIA, Junior Colleges, and high schools nationwide. The USTFCCCA serves as an advocate and lobbyist for coaches and their interests, and provides a leadership structure to assist the needs of a diverse membership.