

## 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.ustfcca.org](http://www.ustfcca.org)**



## Strength and Conditioning Certification Course

**July 21-22, 2017**

**Columbia University**  
**New York, NY**

**Register at**  
**[www.ustfcca.org](http://www.ustfcca.org)**

## Course Schedule

## Quick Facts

## S&CC

### Friday, July 21, 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

### Saturday, July 22, 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

**Cost.** Course cost is \$245.

**Registration** - Register online at:

**[www.ustfccca.org/track-and-field-academy](http://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.** Columbia University, 550 W 120th Street New York NY 10027

**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 Lucerne Hotel, 201 West 79th Street, New York NY 10024 (800)492-8122.

**Parking.** Parking is not available on campus. You may park on the streets around campus or use the local parking garages.

**For More Information.** Contact Mike Corn at [mike@ustfccca.org](mailto: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.