



Track and Field Academy Summer Semester Courses

Last Edited May 16, 2017. Please Revisit for Additional Information

Courses Offered

302: Sprint, Hurdle, & Relay Event Specialist Certification 303: Jumping Event Specialist Certification
304: Throwing Event Specialist Certification 305: Endurance Event Specialist Certification
306: Combined Event Specialist Certification 310: Strength & Conditioning Coach Certification

Course Dates. Courses 302, 303, 304, 305, and 306 are July 10-14, 2017. Course 310 is July 14-16, 2017.

Course Site. Loyola University, 1032 W. Sheridan Rd., Chicago, IL 60660. The website is:

<http://www.luc.edu/>

Registration and Requirements. Registration for any of these courses is available at:

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

There is no longer an application process. Registration is on a first come, first served basis and when classes are full, no additional registrations will be permitted. There are no prerequisite courses for this course, but two years of formal coaching experience is required. Registration will close July 1, 2017.

Cost. Tuition for courses 302,303,304,305 & 306 is \$425 if paid prior to May 1, 2017. Tuition is \$475 if paid on or after May 1, 2017. Tuition for course 310 is \$245 if paid prior to July 4, 2017.

Payment arrangements are detailed in the registration process.

Room and Board. Room and Board packages are available. The deadline to purchase the optional room & board package is June 15th. These packages are the only arrangements that we have made regarding housing and meals, we do not have information regarding other options in the area.

- **5 Night Package.** A five night package is available for \$425. This provides room and board for students taking one of the Specialist Certification Courses (302, 303, 304, 305, or 306) which run from July 10-14. This package includes a room for the nights of July 9-13 (double occupancy), three meals daily from July 10-13, and breakfast and lunch July 14. Check out on July 14.
- **2 Night Package.** A two night package is available for \$260.00. This provides room and board for students taking only the Strength and Conditioning Coach Certification course (310) which runs from July 14-16. This package includes a room (double occupancy) for the nights of July 14-15, dinner on July 14, three meals on July 15, and breakfast and lunch July 16. Check out on July 16.

- **7 Night Package.** A seven night package is available for \$685.00. This provides room and board for students taking one of the Specialist Certification Courses (302, 303, 304, 305, or 306) which run from July 10-14, and the Strength and Conditioning Coach Certification course (310) which runs from July 14-16. This package includes a room (double occupancy) for the nights of July 9-15, three meals daily from July 10-15, and breakfast and lunch July 16.

Directions and Off Campus Hotel Information. Directions to campus and off campus hotel information are available at:

<http://www.luc.edu/about/lakeshore.shtml>

Parking. Parking for the students will be \$7 per day. There is a garage on campus. Parking Information is available at:

<http://www.luc.edu/campustransportation/>

Travel. Students are responsible for their own transportation to Chicago and the Loyola campus. Note when booking air travel that travel times from Loyola University to O'Hare and Midway Airports range from 30 minutes to one hour.

- **Arrival and Departure – Specialist Courses.** Students taking only the Specialist Certification Courses (302, 303, 304, 305, 306) should plan for on-campus arrival any time on Sunday, July 9, 2017. Specialist Course students should plan to depart campus after 12:30 PM Friday, July 14. No exceptions will be made. It is suggested that you do not book a flight with a departure time earlier than 3:00 PM.
- **Arrival and Departure – Strength and Conditioning Course.** Students taking only the Strength and Conditioning Coach Certification Courses (310) should plan for on-campus arrival before 12:00 PM on Friday, July 14. Strength and Conditioning Course students should plan to depart campus after 1:00 PM Sunday, July 16. No exceptions will be made. It is suggested that you do not book a flight with a departure time earlier than 3:30 PM.

In-Town and Airport Transportation

- **Trains.** The most economical way to get from O'Hare and Midway airports to the Loyola campus is on the L Trains. Take the Blue Line from O'Hare or the Orange Line from Midway, and transfer to the Red line at the loop. Note that this method may take 60 minutes or more. Cost is \$2.25 fare and \$.25 for a transfer for a total of \$2.50 (\$5.00 round trip). Chicago transit maps can be found at:

<http://www.transitchicago.com/maps/>

- **Taxis.** Approximate cab fares to Loyola are \$35 and \$50 from O'Hare and Midway respectively.

- **Shuttle Services.** A shuttle service called Go Airport Express offers round trip fares of approximately \$50 from Chicago airports to Loyola and back. Reservations can be made online in advance. Information is available and reservations can be made at:

<https://www.airportexpress.com>

Check In Site: Check in will be held in the Lobby of Regis Dormitory.

Campus Map. Campus maps and directions can be found at:

<http://www.luc.edu/media/lucedu/lsc.pdf>

To Bring. Bring a laptop or tablet if at all possible. Course materials will be issued approximately two weeks in advance of the program in an electronic format. Onsite and post program assignments are in electronic format as well. Writing materials for notes are recommended.

Roommate Requests. Email roommate requests by June 11s to:

mike@ustfccca.org

Linens. Linens will be provided, but bring your own personal toiletry items.

On Campus Internet. On campus internet is available for \$10 for the duration of the course. These arrangements must be made in advance, and the fee will be collected at registration. We will not make arrangements for internet access onsite.

On Campus Meals for Nonresidents. Meals are available on a cash basis for nonresident students. Costs are \$8.50, \$10.50 and \$11.50 for breakfast, lunch, and dinner respectively. Academy staff cannot make late arrangements for on campus meals for nonresident students.

Advance Reading. A link to the course materials will be emailed to you approximately two weeks prior to the course if payment is complete. Other materials will be issued onsite in electronic form. If you wish to have a printed copy of the material it will be necessary for you to print it beforehand.

Lost Keys. Resident students are responsible for the cost of any lost dormitory keys. Key costs may run as high as \$300, so care is urged. Resident students will be required to provide a credit card number to serve as a room key deposit. No charges or holds will be placed on the card unless the key is not returned at the conclusion of the program.



**Track and Field Academy
Summer Semester**

Tentative Time Schedule

Sunday, July 9

3:00 PM – 9:30 PM Check In / Packet Pickup for Specialist Courses (302, 303, 304, 305, 306)

Monday July 10

7:00 AM – 8:00 AM Breakfast
7:30 AM – 8:15 AM Check In / Packet Pickup for Specialist Course Commuters
8:30 AM – 9:00 AM Introductory Session
9:00 AM – 12:00 PM Specialist Course Event Group Instruction
12:00 PM – 1:30 PM Lunch
1:30 PM – 5:30 PM Specialist Course Event Group Instruction
5:30 PM – 7:00 PM Dinner
7:00 PM – 9:30 PM Specialist Course Event Group Instruction

Tuesday, July 11 & Wednesday, July 12

7:00 AM – 8:00 AM Breakfast
8:00 AM – 12:00 PM Specialist Course Event Group Instruction
12:00 PM – 1:30 PM Lunch
1:30 PM – 5:30 PM Specialist Course Event Group Instruction
5:30 PM – 7:00 PM Dinner
7:00 PM – 9:30 PM Specialist Course Event Group Instruction

Thursday, July 13

7:00 AM – 8:00 AM Breakfast
8:00 AM – 12:00 PM Specialist Course Event Group Instruction
12:00 PM – 1:30 PM Lunch
1:30 PM – 5:30 PM Specialist Course Event Group Instruction
4:00 PM – 6:00 PM Check
5:30 PM – 7:00 PM Dinner

No Evening Classes

Friday, July 14

7:00 AM – 8:00 AM Breakfast
8:00 AM – 12:00 PM Specialist Course Event Group Projects
12:00 PM – 12:30 PM Closing Session
12:30 PM – 1:30 PM Lunch and Specialist Course Departures

Friday, July 14 (continued)

12:00 PM - 2:00 PM	Check in/Packet Pickup for Strength and Conditioning Course (310)
2:30 PM – 5:30 PM	Strength and Conditioning Introduction and Instruction
5:30 PM - 7:00 PM	Dinner
7:00 PM – 9:30 PM	Strength and Conditioning Instruction

Saturday, July 15

7:00 AM – 8:00 AM	Breakfast
8:00 AM – 12:00 PM	Strength and Conditioning Instruction
12:00 PM – 1:30 PM	Lunch
1:30 PM – 5:30 PM	Strength and Conditioning Instruction
5:30 PM – 7:00 PM	Dinner
7:00 PM – 9:30 PM	Strength and Conditioning Instruction

Sunday, July 16

7:00 AM – 8:00 AM	Breakfast
8:00 AM – 12:30 PM	Strength and Conditioning Instruction and Closing
12:30 PM – 1:30 PM	Lunch and Strength and Conditioning Course Departures