

## Develop Your Coaching... Experience the TFTC

### 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.

### True Certification...

as a coach with expertise in the most up-to-date aspects of training design and techniques for Track and Field.

### 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](http://www.ustfccca.org)



# Track & Field Technical Certification Course

**February 10-11, 2012**

**Worthington Kilbourne  
High School**

**Columbus, Ohio**

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

## **Course Schedule**

### **Friday, February 10, 2012**

5:30-5:45 Introduction & Orientation  
5:45-6:25: Fundamentals of Training  
Design for Track and Field  
6:25-7:05: Training Design Components  
for Track and Field  
7:20-8:00: Organizing and Planning  
Training for Track and Field  
8:00-8:40: The Sprint Events

### **Saturday, February 11, 2012**

8:00-8:40: The Hurdle Events  
8:40-9:20: The Relay Events  
9:35-10:15: Overview of the Jumps  
10:15-10:55: Long Jump  
11:10-11:50: Triple Jump  
11:50-1:30: Lunch (on your own)  
1:30-2:10: High Jump  
2:10-2:50: Pole Vault  
3:05-3:45: Overview of the Throws  
3:45-4:25: Shot Put  
4:40-5:20: Discus Throw  
5:20-6:10: Javelin Throw  
6:25-7:05: Overview of the Endurance  
Events  
7:05-7:45: Training Design for the  
Endurance Events  
7:45-8:00: Closing

[www.ustfccca.org](http://www.ustfccca.org)

## **Quick Facts**

**Cost.** Course cost is \$135 when registering at least 10 days prior. Late or on-site registration is \$155.

**Registration.** Register online at:

[www.ustfccca.org](http://www.ustfccca.org)

Be sure to select the TFTC and appropriate location for the course you plan to attend.

**Site.** Worthington Kilbourne High School,  
Room 207, 1499 Hard Rd, Columbus OH  
43235

**To Bring.** A laptop would be useful, however no specific materials are required.

**Directions.** Exit I-270 at Sawmill Rd, proceed north 1/2 mile, then turn right onto Hard Rd. Continue 1 3/4 miles on Hard, the site will be on the right.

**Parking.** Free parking is available in the school parking lot.

**Hotel.** Host hotel is the Quality Inn and Suites, 3950 Tuller Rd., Dublin, OH 43017, (614) 764-0770. rate is \$79, reference USTFCCCA.

**For More Information** Contact Mike Corn at [mike@ustfccca.org](mailto:mike@ustfccca.org) or (504) 599-8903

## **TFTC**

The TFTC is a 15 hour course in the coaching of Track & Field. Certification by the USTFCCCA is granted for successfully completing the course and evaluation. The curriculum covers all key aspects of technical coaching. Each section is illustrated with pertinent, specific, animated video created specifically for this course to enhance clarity and understanding. Topics included in the course include workout planning, administration of training, techniques, and teaching progressions for all commonly contested Track & Field events.

## **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, 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.