

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



Track & Field Technical Certification Course

February 17-18, 2012

**Southeast Polk
High School**

Des Moines, Iowa

Register at
www.ustfccca.org

Course Schedule

Quick Facts

TFTC

Friday, February 17, 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 18, 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

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

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

Site. Southeast Polk High School, Multi-Purpose Room (S140), 7945 NE University Ave., Pleasant Hill, IA 50327

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

Directions from I-235: take East University Exit and proceed east on Hwy 163 (East University) to the high school.

Directions from I-80: take exit 141 south on the Hwy. 65/69 bypass to Hwy. 163 (East University) and turn left. High School will be on the south side of the highway.

Parking. Free parking is available in the east parking lot.

Hotel. Host hotel is the Sleep Inn, 5850 Morning Star Court, Pleasant Hill, IA 50327, (515) 299-9922. Rate is \$120 before January 27, 2012. Reference Track Coaches Clinic.

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

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.