

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

March 23-24, 2012

Rochester, NY

Register at
www.ustfccca.org

Course Schedule

Quick Facts

TFTC

Friday, March 23, 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, March 24, 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. Wilson Magnet High School, Vocal Music Room 218, 501 Genesee Street, Rochester, NY 14611

Instructor. Chief instructor will be Mike Young, NC State coach & director of the HPC Athletic Lab.

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

Directions. From I-390, take Exit 17 for NY-383/Scottsville Rd. Go 0.3 miles, then turn left onto Scottsville Rd. After about 0.4 miles turn left onto Genesee St. Continue on Genesee St. about .8 miles. Site will be on the left

Parking. Free parking is available in front of the school building.

Hotel. Host hotel is the Holiday Inn Rochester Airport, 911 Brooks Avenue, Rochester, NY 14624, (585) 328-6000. Rate is \$84 (breakfast included) before March 2. Reference UST/SportsTeam

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. The course is illustrated with and student provided 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.