

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

June 18-19, 2012

Stillwater High School

Stillwater, MN

Register at
www.ustfccca.org

Course Schedule

Quick Facts

TFTC

Monday, June 18, 2012

8:00-8:15 Introduction & Orientation
8:15-8:55: Fundamentals of Training Design for Track and Field
8:55-9:35: Training Design Components for Track and Field
9:50-10:30: Organizing and Planning Training for Track and Field
10:30-11:30: The Sprint Events
11:30-1:00: Lunch (on your own)
1:00-1:40: The Hurdle Events
1:40-2:20: The Relay Events
2:35-3:15: Overview of the Jumps
3:15-3:55: Long Jump
4:10-4:50: Triple Jump
4:50-5:30: High Jump

Tuesday, June 19, 2012

8:00-8:40: Pole Vault
8:40-9:20: Overview of the Throws
9:35-10:15: Shot Put
10:15-10:55: Discus Throw
11:10-11:50: Javelin Throw
11:50 -1:30: Lunch
1:30-2:10: Overview of the Endurance Events
2:10-2:50: Training Design for the Endurance Events
2:50-3:00: Closing

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. Stillwater Senior High, Main Forum Room, 5701 Stillwater Blvd North, Stillwater MN 55082

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

Directions from I-694. Take the Minnesota Highway 5 exit. Go east on Minnesota 5 to 58th St. Stillwater High School is on the corner of MN 5 and 58th St.

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

Hotel. Host hotel is the Stillwater AmericInn, 13025 60th St North, Stillwater MN 55082, (651) 275-0980. Rate is \$89 before June 1, reference Stillwater Track.

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 and student is provided 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.