



# Track and Field Technical Certification Online

## Course Overview

The **Track and Field Technical Certification Course (TFTC) Online** is a 15 hour course in training design and technical instruction for all the common track and field events. The course is taught entirely online. Curriculum is broad based, covering all key aspects of technical coaching. Each section is illustrated with pertinent, animated video created specifically for this course, to enhance clarity and understanding. Topics included in the course are:

- Foundations of Training Design for Track and Field
- Training Components for Track and Field
- Training Design for Track and Field
- The Sprint Events
- The Hurdle Events
- The Relay Events
- An Overview of the Jumping Events
- The Long Jump
- The Triple Jump
- The High Jump
- The Pole Vault
- An Overview of the Throwing Events
- The Shot Put
- The Discus Throw
- The Javelin Throw
- An Overview of the Endurance Events
- Training Design for the Endurance Events

## Additional Endorsements

For students with multiple interests, additional endorsements to the TFTC are being developed in the Rotational Shot Put, the Hammer Throw, Cross Country, the Steeplechase, and Advanced Pole Vault. Some of these are offered regionally as a standard but optional part of the course.

## Certification

The TFTC is the only program that provides a true certification for successful completion of its broad based curriculum. The certification is granted for completing coursework and an online examination within 30 days of purchasing the course. The TFTC, along with the Program Management Certification, comprise the Track and Field Coaching Certification program.

## **Why the TFTC?**

The TFTC is a part of the USTFCCCA's Track and Field Academy. The Track and Field Academy is the only program of its type operated by a coaching organization, with a unique understanding of the challenges and issues that coaches deal with in their daily institutional settings.

## **Cost**

Tuition for the on-line version of the course is \$195.

## **Instructor**

*Boo Schexnayder*

Most noted for the 12 years he spent as a member of the Track and Field coaching staff at LSU, Schexnayder, who coached collegiately at Louisiana-Lafayette and Blinn Junior College prior to arriving at LSU, placed quite an imprint on the collegiate track and field scene. Regarded as one of the world's premier field event coaches, he was the guiding hand behind 19 NCAA Champions during his collegiate coaching career. He was a key component of 12 NCAA Championship teams and a pair of JUCO National titles, as well as developing a host of conference champions and All-Americans.

Schexnayder has also been a prominent figure on the international scene, having coached triple jumper Walter Davis to multiple World Championships, and long jumper John Moffitt to a silver medal at the 2004 Olympics in Athens. He has coached 10 Olympians, and has served on coaching staffs for Team USA to the 2003 Pan Am Games in Santo Domingo, the 2006 World Junior Championships in Beijing, and was the Jumps Coach for Team USA at the 2008 Olympics in Beijing.

A truly gifted clinician, Schexnayder currently serves as the Chair of the USTFCCCA Track & Field Academy Advisory Board and has been instrumental in the development of the curriculum and instruction of the TFA since its inception in late 2010.

## **For More Information**

For additional information or questions about TFTC Online, contact Dave Svoboda at [dave@ustfccca.org](mailto:dave@ustfccca.org) or (504) 599-8901.