

Instructors

Ian Dube

- Currently the jumps coach for Georgia State University
- Former Head Coach for Morris Brown University
- Coach and consultant for Quicksilver Track Club of Atlanta since 1986
- Co-founder of Quick Performance Training, LLP
- Coached Dexter McCloud – Masters World Record Holder in 110H
- Hosted several Level I schools
- Level I and II certified coach and instructor
- Presently the Vice President for USATF Georgia Association

Apryl Hampton

- Appointed to the 2009 Pan Am Junior Championship staff that will travel to Trinidad and Tobago this summer
- Coached on US Team to Osaka, Japan, 2007 World Championship Tune Up Meet
- Currently jumps coach at Lancaster High School, Lancaster, TX
- Currently USATF Women's Development Committee – Horizontal Jumps Coordinator
- Currently the Chairperson for Coaching Education and Athlete Advisory Committee for USATF Southwestern Association
- Level I and II certified coach and instructor
- Hosted several Level I schools since 1999

Dr. Wendy Truvillion

- Assistant Principal of Athletics/Activities at Maryvale HS - Phoenix Union HS District
- Presently serving as the USATF Junior Development Commissioner
- Coached on several USA International teams
- Recently served on the 2008 IAAF World Junior Championship staff that traveled to Bydgoszcz, Poland.
- Former USATF Georgia Association – T&F Chairperson from 1988 - 2007
- Former Track Coach for Georgia Tech and Penn State University
- Former Track Coach for McEachern HS in Atlanta, GA (State Champs!)
- Quicksilver Track Club of Atlanta, coach and consultant since 1988
- Hosted and taught in over 16 Level I schools since 1994
- Level I and II certified coach and instructor

Special Instructions

**YOU MAY SUBMIT A
PAPER REGISTRATION UNTIL ONLINE
REGISTRATION IS AVAILABLE**

Mail Registration form to

USATF LEVEL 1 SCHOOL
C/O APRYL HAMPTON
4108 Mendenhall Drive
Dallas, TX 75244

coachapryl@yahoo.com
214-923-928

Make check or money order payable to
APRYL HAMPTON

You will receive a phone confirmation and
written receipt for your registration

Driving Directions to Midlothian HS

From I-35 E

- Hwy 67 South 17 miles to Bus/Ninth Street (.2mi);
- Merger onto N Hwy 67
- Turn left at N 9th St/US 67 (318 ft)
- Turn left at 8th St/US 67 (.1 mi);
- Turn left at W Ave G/US 287 (384 ft);
- Turn right at S 9th St/ FM 633 (.6 mi)

Registration Form

(please print)

**USA TRACK & FIELD LEVEL 1 SCHOOL
DALLAS @ MIDLOTHIAN HIGH SCHOOL**

Date _____
Name _____

Address _____

City _____

State _____ Zip _____

Phone (Home) _____

Phone (Cell) _____

E-Mail Address _____

Check here, if repeating _____

Demographic Information

Present Coaching Position (School/Club)

Location _____

Part time _____ Full time _____

Track & Field Coaching Experience (Years)

Specialties (Please circle all that apply)

Distance Sprints/Hurdles Jumps Throws
Combined Events

Male _____ Female _____

Date of Birth _____/_____/_____

USATF Membership # _____

USATF Association _____

**How did you hear about this Level 1
School?**

Level 1 Information

The USATF Coaching Education Level 1 program is intended as a starting point for coaches. One of the objectives of the Level 1 program is to put all coaches on common ground (i.e., speaking the same language). The Level 1 program covers all events in a rudimentary manner by emphasizing fundamentals, rules, safety/risk management, and instruction techniques. Level 1 certification prepares an individual to coach at the junior high school, high school, club, and junior age division level.

Requirements

Be at least 18 years of age
Attend a Level 1 coaching education school
Pass an exam

Benefits

Recognition of completing USATF Level 1 Course Curriculum text covering sport science and individual events
Skills and knowledge to coach athletes at the junior age division level
Access to exclusive merchandise identifying the Level 1 Coach
Eligibility to attend a Level 2 School

About Level 1 Schools

Level 1 Schools are two-and-a-half-day courses where 21 hours are spent on track & field and related sport science. The course consists of classroom instruction as well as hands-on training. Attendance at all sessions is required.

After the school, participants must complete an online exam that covers event-related and sport science subjects.

Upon passing the exam and fulfilling the other requirements (see above), participants will be issued a Level 1 Certificate of Completion.

Schedule

Registration 7:30 am – 8:00 am
Saturday 8:00 am – 9:00 pm
Sunday 8:00 am – 6:30 pm

Registration

Online

www.usatf.org/groups/Coaches/education/schools/

click “school details” for this school

Pre-registration = \$125 if received by Saturday, July 11th

Late and on-site registration = \$150.

Fee includes a Level 1 Curriculum and notebook cover. *You must be a member of USATF to register – for more information, go to www.usatf.org/membership/*

Refund policy: Only 1/2 of the registration fee (\$62.50) will be refunded after the registration deadline and no refund will be given after the start date.

If you have any difficulties with the online registration process, please contact the School Director.



USA Track & Field Coaching Education Level 1 School



Date

July 18 – 19, 2009

Hosted by

Midlothian High School

674 S. 9th Street
Midlothian, TX 76065

School Director

Apryl Hampton
214-923-7928
coachapryl@yahoo.com

For more information log on to:

www.usatf.org/groups/Coaches/education/