

## 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...

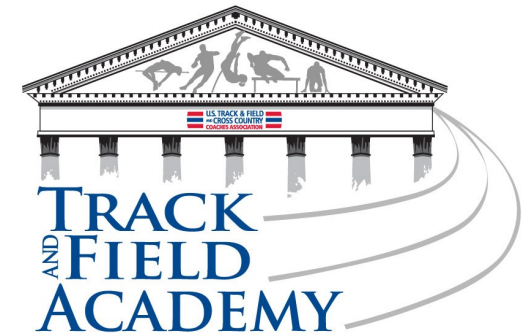
as a coach with expertise in the most up-to-date aspects of training design and techniques for Track and Field.

### 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](http://www.ustfccca.org)



# Track & Field Technical Certification Course

**September 19 –20, 2014**

**Notre Dame Academy**

**Hingham, MA**

**Register at**  
**[www.ustfccca.org](http://www.ustfccca.org)**

## Course Schedule

## Quick Facts

## TFTC

### Friday, September 19 2014

- 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
- 8:00-9:00: The Sprint Events

### Saturday, September 20, 2014

- 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
- 5:20-6:00: Javelin Throw
- 6:15-6:55: Overview of the Endurance Events
- 6:55-7:45: Training Design for the Endurance Events
- 7:45-8:00: Closing

**Cost.** Course cost is \$135 if registering at least 10 days prior. Late or on-site registration is \$155.

**Registration** - Register online at:  
[www.ustfccca.org/track-and-field-academy](http://www.ustfccca.org/track-and-field-academy)

**Site.** Notre Dame Academy Auditorium, 1073 Main St., Hingham MA 02043

**Instructors.** Chief Instructor will be Boo Schexnayder, former LSU and Olympic Coach and veteran Track and Field clinician.

**To Bring.** A laptop will be useful since course materials are provided on DVD, however no specific materials are required.

**Directions From Pilgrim's Hwy:** From Route 3, take exit 114 onto Hwy 228. Take 228 north toward Hingham and Nantasket for approximately 1 mile, site is on the left.

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

**Host Hotel.** Suggested hotel is the Holiday Inn Rockland, 929 Hingham St, Rockland, MA 02370. (781) 871-0545. Depending upon room choice, rates range from \$166 to \$183.

**For More Information** Contact Mike Corn at [mike@ustfccca.org](mailto: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, animated take-home 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.