



# 2011 USATF Level 2 School Youth Specialization Schedule Wichita State University



*(as of 31 May-more detailed schedule will be available before school)*

## **Sunday, 31 July**

3:00-5:00pm check in and registration (*Fairmont Towers Commons: 21<sup>st</sup> & Hillside Sts.*)  
5:30-6:30pm *dinner for resident coaches*  
6:45-7:15pm *introduction (all participants)*  
7:15-8:30pm *philosophy and ethics (Clinton)*

## **Monday, 1 August**

7:00-8:30am *breakfast*  
8:45-9:45am *sport psychology (Portenga)*  
9:55-10:55am *physiology (Brooks)*  
11:00-11:55am *biomechanics (Ebbets)*  
12:00-1:00pm *lunch*  
1:15-5:00pm *sprints/hurdles/relays (Clinton)*  
5:30-6:45pm *dinner*  
7:00-8:30pm *practical application lab at stadium (everyone)*

## **Tuesday, 2 August**

7:00-8:30am *breakfast*  
8:45-9:45am *growth and development (Portenga)*  
9:55-10:55am *training theory (team taught)*  
11:00-11:55am *administration and management (Shrock)*  
12:00-1:00pm *lunch*  
1:15-5:00pm *jumps (Dube)*  
5:30-6:45pm *dinner*  
7:00-8:30pm *practical application lab at stadium (everyone)*

## **Wednesday, 3 August**

7:00-8:30am *breakfast*  
8:45-9:45am *Pedagogy and motor learning (Judge)*  
9:55-10:55am *nutrition (Brooks)*  
11:05-12:00pm *outreach and talent identification (Lydum)*  
12:00-1:00pm *lunch*  
1:15-5:00pm *throws (Judge)*  
5:30-6:45pm *dinner*  
7:00-8:30pm *practical application lab at stadium (everyone)*

## **Thursday, 4 August**

7:00-8:30am *breakfast*  
8:45-11:00am *endurance (Ebbets)*  
11:00-11:30am *completion ceremony (everyone)*  
12:00-3:00pm *departures*

- *Participants are required to attend every instructional and practical application session*
- *DO NOT book flights out until at least 2:00pm on Thursday*
- *Assessment will be administered from USATF website after completion of school*