

## **USATF Level II Training.**

The Level 2 training was the most intense training I've ever done. It was harder than when I attended the University of Phoenix's accelerated program. For those who don't know Phoenix takes a whole semester and condenses it into a five week program. At one point we had breakfast at 7:00am and was in class at 8:00am till 10:00pm for four consecutive days. Also, during those four days we had two closed book exams and a presentation to present with a partner. It was a lot of information learned in a very short time. I'm still relearning everything. I'm constantly rereading my material trying to absorb it and incorporating it into my training programs. During the second half of training a few times I had to skip breakfast and dinner because I had to study. After the first half of training I walked to the local store and brought a few items so I could eat and study in my room.

The Level II program involved training in:

- i. Sports Science segment
  1. Philosophy of USATF
  2. Psychology
  3. Physiology
  4. Training Theory
  5. Biomechanics
  6. Spatial and Directional Terminology
  7. Musculoskeletal System
  8. Principles of Mechanics
  9. Linear/Angular Kinematics
  10. Linear/Angular Kinetics
  11. Objects in Flight and Projectile Motion
  12. Kinesiological Concerns for Athletics
  
- ii. Event Training segment
  1. Technical Training Design for Sprint and Hurdle Events
  2. Analytic Description of Absolute Velocity Sprinting
  3. Acceleration
  4. Short/Long Hurdles
  5. Neuromuscular Physiology
    - a. Nervous System
    - b. Neuromechanics of the Stretch Shortening Cycle
    - c. Energy System Physiology
    - d. Neuroendocrine System
  6. Biomotor Abilities
  7. Speed
  8. Strength
  9. Endurance
  10. Flexibility
  11. Video Analysis
  12. Annual Planning and Training Inventory

We had to absorb all that information in eight days. At the end of the first segment there were people who had to retest because they failed one or two of the 7 section exam. Unfortunately, there were some who failed three sections of the exam and were removed from the program and sent home.

Before I went into the program I had a conceptual idea of what to do and how to train because, I've been coaching for almost 30 years. Now I know why things happen the way they do. I can piece the whole picture together before I start a training program. Which is something all coaches should do, **planning**. I know the end result before I start developing a training program and therefore, have a better idea of what my athletes need to work on and when they need to work on it. I'm more equip to know how to train, what to train and when to train.

I learned that there is no one magical training program that fits all. Everyone is different and therefore they each need their own individual training program. If you want them to attain their true potential then you have to do it right. I also learned that 30 years of coaching does not make me a good coach! In some areas I had to unlearn what I learned and then learned to do it right!

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