

2008 Emerging Elite Coaching Camp
PROGRAM GOALS

&
ACHIEVEMENT PROCESS

Throws-July 12-16, 2008
Sprints/Hurdles-July 16-20, 2008
Jumps-July 20-24, 2008
Endurance-July 24-28, 2008

USATF Combined effort: MDEV, WDEV, Coaches Education, and High Performance

- Curriculum is built around Critical Zone Concepts for each event.
- Group Sessions have been developed with a Level I/Level II approach; individual group sessions with lead instructors of a Level II/Level III approach; depending on the expertise and needs of the attending coaches.

Topics Presented during Group sessions

Training Considerations	Strength Training
Sport Psychology	Physiology
Biomechanics	Periodization
Dartfish Video Analysis	

Goals and Objective for Emerging Elite Coaching Camps

- To develop a deeper coaching pool, in the United States, to continue to develop elite athletes to medal potential in the Olympic Games and World Championships.
- To expose attending coaches to Coaches Education Level I, II and III curriculum based on the expertise and needs of individual event groups.
- To develop elite coaches in a learn-by-doing format, using coaches that have “cracked the code”, in their individual events, at the Olympic Games and World Championships. Coaches are provided by Men’s and Women’s Development and the High Performance Division of USATF.

Attending Coaches Requirements and Achievement Process

1. Attend all camp sessions and complete and participate in all camp activities
2. Develop a 4 week mesocycle with 4 microcycles in their event group
3. Develop learn-by-doing camps/clinics in their event group with athletes and coaches
4. Complete a follow-up report in the spring detailing how they have implemented the information received while attending camp
5. Complete their camp evaluation form
6. Identify 5 emerging elite coaches in their area (state) and include contact information
7. Each coach was required to complete a self-evaluation that included the following:

Athlete Training

A Technique

1. Strengths
2. Weaknesses
3. Plan to improve weaknesses

B. Strength/Conditioning

1. Strengths
2. Weaknesses
3. Plan to improve weaknesses

Coaching Goals

Next year

Next 5 years

Next 10 years

Plan to achieve your goals

Sport Psychology

Do you use sport psychology with your team?

Is it a strength or weakness?

Biomechanics

Do you regularly study the biomechanics of the event(s) with your athletes?

If so, how often and with what tools?

Physiology

Do you feel you have a basic understanding of the energy systems and how they apply to your event(s)?

Support Systems

What are some areas of strong support, in your situation, that help you achieve your goals as a coach?

What are some difficulties you face in achieving your goals as a coach?