

**USATF/USOC
2008
MEN'S AND WOMEN'S DEVELOPMENT
EMERGING ELITE COACHING CAMPS
AT
THE ARCO OLYMPIC TRAINING CENTER
IN
SAN DIEGO, CALIFORNIA**

CAMP I July 12-16, 2008-THROWS
CAMP II July 16-20, 2008-SPRINTS/HURDLES
CAMP III July 20-24, 2008-JUMPS
CAMP IV July 24-28, 2008-ENDURANCE

BASIC CAMP SCHEDULE

DAY 1

2pm – 5pm Arrive at the Olympic Training Center; check in, receive ID and room assignment
4:30-5:30pm Staff Meeting
5:45-6:30pm Dinner-ID required
7pm-9pm Class session-Staff and all Coaches
Intro to camp; philosophy, Mission, Critical Zone Concepts, Camp schedule,
Intro to “A Systematic and Comprehensive Training – Competition Program”
Intro to individual event coaches and Q & A session
Characteristics of a Master Coach

DAY 2

7am-8:45am Breakfast
9am-10am Class Session- Physiology-general all event physiological presentation. Topics covered are the energy systems, the muscular system and the metabolic system. Adaptations and improvements in these systems through workloads and restoration. **JOINT SESSION**
10:15-11:30am Field Session-Event Specific by Event Groups/Daily Training Routines/WUP, etc
11:45-12:45pm Lunch
1-2pm Class Session with Event Group
2:15-3:15pm Biomechanical/Biomotor analysis of individual Event Groups using Dartfish. General all event biomotor presentation. Topics covered are speed, strength, endurance, flexibility and coordination. Adaptation, maturation and development of these skills through training.
3:30-4:45 Field Session-individual Event Groups
5-6pm Dinner
7-9pm Class Session-Review days activities and expand on: WUP, training progression, biomechanics, training, drills, training cycles, etc./Coaches Q & A Session-*Joint BEGIN MESOCYCLE ASSIGNMENT*

DAY 3

7-8:45am Breakfast
9am-10am Class Session-Strength and Conditioning-General all event strength and conditioning presentation. Topics include; functional training, core training, progression, technique, and yearly training plan.
10:15-11:30am Field Session-Event specific by Event Groups
11:45-12:45pm Lunch
1-2pm Class Session-Event Group
2:15-3:15pm Psychology-general all event psychology presentation. Topics covered are arousal control, coach/athlete relationship, preparing athletes for success and failure and why coaches coach.
3:30-4:45pm Field Session-individual Event Groups
5-6pm Dinner
7-9pm Class Session-Review days topics with Event Groups-Special Presentations
CONTINUE MESOCYCLE ASSIGNMENT

DAY 4

7-8:45am Breakfast
9am-10am Class Session-Rest and Restoration-general all event type of presentation. Topics covered include sequencing workouts, recovery time between workouts and recommended ages of activities. When to do what.
10:15-11:30am Field Session-Event Specific by Event Group
11:45-12:45pm Lunch
1-2pm Class Session with Event Group
2:15-3:15pm Class Session-Training Theory-general all event training theory presentation. Topics include working biomotor skill development into a systemic plan, setting up units, sessions, microcycles and macrocycles.
3:30-4:45pm Field Session-individual Event Groups
5-6pm Dinner
7-9pm Class Session-Review days activities with Event Groups
MESOCYCLE PRESENTATIONS

DAY 5

7-7:45 Breakfast
By 9:00am Rooms cleaned and final check out
TRAVEL HOME