

## Level 1 School

February 19-20, 2011

Staybridge Suites Irvine East - Lake Forest  
2 Orchard  
Lake Forest, CA 92630  
949.462.9500

### Contact

Dave Shrock  
209.575.3034

[e-mail](#)

### Or

Eric Dixon  
949.636.9234

[e-mail](#)

### Registration Information

#### Note: Class is limited to 50 participants (please register early to ensure your spot)

\$125.00 - Pre-registration (received by February 5, 2011)

\$150.00 - Late Registration (received after February 5, 2011 or on-site)

Click here to [register online now](#). If you have problems registering online please contact the school director.

(A current USATF membership is required to register--please [join online](#) if you are not a member.)

ALL received registrations are posted on the [Registration Status](#) page (list is updated hourly).

Refund policy: Only 1/2 of the registration fee (\$62.50) will be refunded after the registration deadline, and no refund will be given after the start date.

**Location:** [Staybridge Suites Irvine East/Lake Forest](#) (click for website)

2 Orchard  
Lake Forest, CA 92630  
949.462.9500

### Directions

[Staybridge Suites Irvine East/Lake Forest](#); located near the Irvine, Foothill Ranch/Lake Forest, Mission Viejo communities, the hotel is easily accessible by Highways 5 & 405, the 241 toll road.

### Air:

- John Wayne Orange County Airport (SNA) Distance: 17 MI / 27.36 KM North to Hotel
- Los Angeles International Airport (LAX) Distance: 45 MI / 72.42 KM North West to Hotel
- Ontario Airport (ONT) Distance: 40 MI / 64.37 KM South West to Hotel

### Train:

- Station Name: Amtrak-Irvine station Distance: 7 MI / 11.27 KM North West to Hotel
- Complimentary Train Station Shuttle 1. Head northwest 2. Turn left toward Barranca Pkwy 3. Take the 1st left onto Barranca Pkwy 4. Continue onto Muirlands Blvd 5. Turn left at Bake Pkwy 6. Turn left at Rancho Pkwy S 7. Turn left at Orchard Rd

### Driving: [Click link for driving directions](#):

- Los Angeles: I-5 S or I-405 S. Take exit for Bake Pkwy N. Turn left at Rancho Pkwy S. Turn left at Orchard Rd Destination will be on the left 351 ft 2 Orchard Lake Forest, CA 92630
- San Diego: I-5 N. Take exit for Bake Pkwy N. Turn left at Rancho Pkwy S. Turn left at Orchard Rd Destination will be on the left 351 ft 2 Orchard Lake Forest, CA 92630

## Lodging

- The Staybridge Suites Irvine East/ Lake Forest is easily accessible by Highways 5 & 405. Walking distance too many restaurants!

## Special USA Track and Field Rate Starting at:

- Studio Queen w/ Sleeper Sofa Bed - \$79.00 + Tax/Night (sleeps 2)
- 1Bedroom King w/ Sleeper Sofa Bed - \$99.00 + Tax/Night (sleeps 2)
- 1Bedroom 2Queens w/ Sleeper Sofa Bed - \$119.00 + Tax/Night (sleeps 3)
- 2Bedroom 2Bath 3Queens w/ Sleeper Sofa Bed - \$159.00 + Tax/Night (sleeps 4)
- **For all room rates; click for hotel flyer**

To make Single reservations contract hotel directly at 949-462-9500 ask for the USA Track and Field rate.

If you would like to make a reservation and room with another Coach please contact: Cassie Hollenbeck at 949-273-5859.

- Outdoor heated pool and whirlpool, sports court, and Barbeques
- All guest rooms with fully-equipped kitchens
- Complimentary hot breakfast buffet,
- Complimentary parking, laundry facilities, and wireless internet access!

## Instructors

**Dr. Dave Shrock** - Under Coach Shrock's guidance at Modesto Junior College, the program amassed two Nor-Cal championships and three runner-up titles, with Shrock named California Central Valley Coach of the Year ten times while his program generated sixty-four All-Americans. Shrock began his coaching career thirty-two years ago at the College of San Mateo before coaching cross country and assisting with track at Stanford and San José State. Shrock serves in a number of USATF and leadership roles including Pacific Association Vice President and Coaching Committee Chair, while serving on the national Coaching Education Committee promoting clinics and instructing at Level 2. Shrock is Level 2 certified in endurance, jumps, and sprints/hurdles, while having earned Level 3 certification in training theory.

**Bill Godina** - Over 35 years Track & Field coaching experience. Bill has coached at high school and elite levels. As a high school coach, he has 25 state champions in Wyoming, Colorado, and Arizona. Bill coached the Wyoming Boys and Colorado Girls Shot & Discus record holders. In addition he's coached two Golden West Discus champions and one Junior Nation Discus champion. Has coached five (5) boys over 180' and one girl over 171'10" in the Discus. Currently the coach of the #8 American Woman Shot Putter. Bill is a USATF Level III certification and Level 1 & 2 Throws Instructor. He is also the Author of the USATF Instructor Training Course. And the Author of Glide Shot chapter of the USATF Coaches Manual.

**Jeremy Fisher** – Success has followed Coach Fisher throughout his stellar coaching career. While at CSU Northridge, Fisher was named the 2005 NCAA DI West Region Men’s Jumps/Mult Event Coach of the Year. On two other occasions, 2007 and 2009, he was named the Midwest Region Assistant Coach of the Year by the USTFCCCA. Over his coaching career Fisher has been responsible for guiding 17 student-athletes to NCAA All-American. Not only has Fisher helped to place his athletes on the podium, he himself was a high school and NCAA All-American and finished 2nd at the 2000 USATF Indoor Nationals. Fisher is USATF Level III Certified, holds Level II Certificates in the Sprints, jumps and throws and is a certified strength and conditioning specialists.

### **School Director**

**Eric Dixon** – Over 30 years of experience, concentrating mainly on the sprint events (60m-800m). He’s an assistant track coach at Dana Hills High School and instructor for the schools fall Track Class which includes Strength, Conditioning Training. As the head coach of Tachyon Track Club (1 year) he has coached one athlete to a number 2 National Youth ranking in the 110 hurdles and currently coaches Orange County’s HS female 200m record holder. He also coaches the Athena track team; a National Masters Women’s Track club which currently holds four World and American Records in the 4 x 400m and 4 x 800m relays (40-49 age group). In addition to coaching, coach Dixon currently competes as a Masters Track Athlete in the 60m to 800m sprints and has competed in various National and World events for the USATF’s Masters Track and Field Team. Coach Dixon is a Certified USA Track & Field Level 2 Sprints/Hurdles, Relays Coach. He is also a Certified USA Track & Field (Youth Specialization) Level 2 Coach.

### **Schedule**

#### **Saturday - 19 February**

8:00-8:30	Registration
8:30-8:45	Orientation/Introductions
8:45-9:30	Philosophy & Ethics
9:30-10:30	Psychology
10:45-12:00	Physiology
<b>12:00-1:00</b>	<b>Lunch – on your own</b>
1:00-2:30	Training Theory
2:30-3:45	Biomechanics
3:45-5:00	Bio Motor Training
5:00-8:30	Sprints/Hurdles/Relays

#### **Sunday - 20 February**

8:30-10:00	Endurance
10:00-1:00	Throws
<b>1:00-2:00</b>	<b>Lunch-on your own</b>
2:00-3:30	Learn-by-do(demo)
3:45-6:45	Jumps
6:45-7:00	Q & A – wrap-up

### **Important Note:**

Attendance at all sessions is required.  
Do not book Sunday outbound flights  
before 8:00pm.