

**Dear Level I School Participant:**

We look forward to having you at the Level I school. Consider yourself registered. Plan to arrive between 4:00 and 5:00 on Friday. Packet-pick-up and registration will be held from 4:00 to 5:00 PM. Eat or bring a snack, as we will not break for dinner. We will go out to dinner as a group after Friday's and Saturday's sessions so feel free to plan to join your instructors for a meal and an adult beverage. Late registration at \$150 is still open. People can register the day of, but I can only guarantee materials if people pre-register. I have attached hotel info if you are still in need of a room. Not really anything closer at a better rate.

I recommend comfortable clothes and notebook. You are not allowed to film or record the class although instructors may let you film some of the drills. You may want to wear warm-ups so you can participate in drills on Saturday, to learn by doing. but this is not required.

A schedule is attached and you are reminded that attendance at all sessions is required for certification.

If there are any last minute issues call my cell (919) 619-3426 or my office (919) 962-5195

**The following are directions and final parking instructions.**

From 40 East or West take Exit 273 and head West on Hwy 54 towards Chapel Hill. After 3 miles 54 West will turn right and merge with 15-501, **do not do this**, instead continue down the same street, which has now become Raleigh Rd, for another .8 miles. Turn left at the light at the corner of (don't ask when Raleigh Rd became South Rd) South and Country Club on to Country Club. Turn right on to Ridge Road when the road forks (very shortly). Proceed past the law school (on your right). A lot will appear shortly on your right, the Navy Lot. There may or may not be a sign here as it has recently been knocked down. Turn right into that lot and proceed thorough it an around the buildings until you can see the track, at that point you can park next to the Field House and enter the building through the doors directly in front of you. If you arrive significantly before 4:00 PM you may want to park on a meter or in the visitor (pay) lot on (on your right just before the corner of South & Country Club Road).

**A campus map** is available at (the Navy Lot does not appear on this map)

<http://www.unc.edu/visitors/classoffices.html>

**Registration** will be held 4:00 PM to 5:00 PM on Friday Jan 6, in the Eddie Smith Field House #77 on the map. Once in the building take the elevator to the third floor. Registration will be in the room to your right as you get off of the elevator.

**Classroom instruction** will be held in Fetzer Gym, Room 109 #72 on the map.

If you use map quest make sure you do not do direction to the Dean Smith Basketball Arena, "Dean Dome," as the Eddie Smith Field House is almost a mile away.

## Lodging:

Holiday Inn - Chapel Hill  
1301 N. Fordham Blvd  
Chapel Hill NC 27514

Reservations: 888-452-5764 & Hotel Direct: 919-929-2171

Rate: \$59.95 per night ask for USATF Rate

Book on line [www.hichapelhill.com](http://www.hichapelhill.com)

Click on Reservations

Under Corporate and Group Booking put TRF in as group booking code.

Do not worry about Corporate ID. Then click on find hotel and then reserve.

Andrew Allden

Meet Director - Administrative Assistant

University of North Carolina Track & Field

[allden@unca.unc.edu](mailto:allden@unca.unc.edu)

Office 919-962-5195

Cell 919-619-3426

P.O. Box 2126

Track Office

Chapel Hill NC 27515

**Level I Coaching Education  
Schedule  
UNC School Jan 5-7, 2007**

**January 5, 2007**

|                     |                                    |
|---------------------|------------------------------------|
| <b>4:00-5:00 PM</b> | <b>Registration</b>                |
| <b>5:00-5:30 PM</b> | <b>Introduction – Allden</b>       |
| <b>5:30-7:00 PM</b> | <b>Physiology - McAtee</b>         |
| <b>7:00-8:00 PM</b> | <b>Training - Theory – Shepard</b> |
| <b>8:00-9:00 PM</b> | <b>Biomechanics - McAtee</b>       |

**January 6, 2007**

|                       |                                                          |
|-----------------------|----------------------------------------------------------|
| <b>8:00-10:00 AM</b>  | <b>Bio-motor for Power Events (Strength) - Seagrave</b>  |
| <b>10:00 -11:00AM</b> | <b>Philosophy, Ethics, &amp; Risk Management -Allden</b> |
| <b>11:00-12:00 PM</b> | <b>Psychology - Shepard</b>                              |
| <b>12:00-1:00 PM</b>  | <b>Lunch</b>                                             |
| <b>1:00-4:30 PM</b>   | <b>Sprints/Hurdles/Relays - Seagrave</b>                 |
| <b>4:30-8:00 PM</b>   | <b>Jumps – Shepard (McAtee Vault)</b>                    |

**January 7, 2007**

|                      |                          |
|----------------------|--------------------------|
| <b>8:00-11:30 AM</b> | <b>Throws - McAtee</b>   |
| <b>11:30-1:00 PM</b> | <b>Endurance- Allden</b> |
| <b>1:00-1:30 PM</b>  | <b>Wrap-up - Allden</b>  |