USATF Level 2 ITC Video Submission

As part of the Instructor Training Course (ITC) application process, applicants must submit a video demonstrating the script below. An application will not be acted upon until your video is uploaded to your application and $5 application fee paid, along with other required fields.

Recommendations and Guidelines

- Suggest use of smartphone video app to record video and then upload to application from your device
- Select a video resolution of HD 720 or SD 480 from settings to minimize file upload size
- Perform script as if you are presenting at a Level 1 School, not performing a table read
- The video frame should pan out far enough to include at least from the waist and above, which will ensure any gestures or presentation skills are visible in the recording
- Length will vary, but ideally should be no more than 45-60 seconds

Script

Hi, my name is **(insert name)** and I'm an assistant coach at **(insert institution).**

This week I'll be your Level 1 instructor for the Jump events.

Over the course of the next two days, we will talk about the technical and training considerations for all the horizontal and vertical jumping events - so high jump, long jump, pole vault and triple jump.

We'll be focusing on rules and safety, the commonalities and demands of the jumps, event technique and teaching progressions and guidelines.