

# Athletics Congress Track And Field Coaching Manual: Coaching Techniques And Guidelines By Vern Gambetta

By Vern Gambetta

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The USATF was known for a number of years as The Athletics Congress the AAU continues to organize track and field events, including youth running programs.

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The name was formally adopted in 1887. The AAU governed the sport of track & field until 1979, The Athletics Congress/USA (TAC/USA)

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