



NCCP Technical Coaching Courses

Wednesday Aug 6th & Thursday Aug 7th, 2014 + new bonus day on Friday for Jumps!

Tournament Capital Centre, 910 McGill Road, Kamloops, BC V2C 6N6

Hosted by BC Athletics & Kamloops Track and Field Club

An Event Specific Course: Ideal for the school educator/coach, club coach, or parent who is coaching 4-6 months a year and wants to learn about a specific event group in further detail. **Participants can sign up in three ways:**

- **2 day NCCP Club Coach Course** - receive training in one of the event groups (Throws (including Para Throws) or Sprints/Hurdles)
- **1 day of the NCCP Technical Modules** (All Day Thurs) – just technical modules for Throws or Sprints/Hurdles
- **1 bonus day for NCCP Technical Modules in Jumps** (All Day Fri)

Learning Facilitators = Master LF's and Certified Coaches

Agenda:

Wed Aug 6th, 2014 – Tournament Capital Centre (TCC) – Upstairs Meeting Room

9am – 12:30pm - Package Pickup, LTAD, Mental Prep
12:30 – 1:30pm - Lunch Break – please bring your own lunch
1:30 – 5pm – Seasonal Planning
5pm – 6pm – Dinner Break
6pm-9pm – Nutrition, Strength Training

Thurs Aug 7th, 2014 – TCC Stadium (please dress for physical activity and the weather)

9am to 5pm – Event Specific Technical Modules (Throws or Sprints/Hurdles)
12noon-1pm - Lunch Break – please bring your own lunch
5pm – 6pm – Dinner Break
6pm-8pm – Event Specific Skill Analysis and Strength

****new bonus day** Fri Aug 8th, 2014 – TCC Stadium** (please dress for physical activity and the weather)

9am to 5pm – **Jumps Specific Technical Modules** (lunch 12-1; dinner 5-6pm)
6pm-8pm – Event Specific Skill Analysis and Strength

Fees: Fees include all workshop materials. Registration/payment must be done online. GST Reg. # 127293264

Full Course - BC Athletics Coach Members – Early = \$141.75, Regular = \$157.50 (all including GST)

Full Course – Non-Members = Early = \$199.50, Reg = \$215.25 (includes GST & Coach Membership)

Just Technical – Members & Non-Members – Early = \$70.88, Regular = \$78.75 (all including GST)

2 Steps to Register Online:

1. Register/Update your profile with the Coaching Association of Canada
 - First NCCP Course? - Register here <https://thelocker.coach.ca/Account/Register>
 - Look up your NCCP # here <https://nccp.coach.ca/Account/Login>
2. Register Online:
 - Choose either:
 - [Full 2 day NCCP Club Coach Course](#) (Wed and Thurs)
 - Just 1 day NCCP Technical Module for [Throws](#) or [Sprints](#) (Thurs)
 - ****New Bonus Day**** Just Extra [Jumps](#) Technical Module (Friday)
 - Click on [Register](#) to register online. You will need a credit card for payment.
 - Clubs can register multiple coaches at one time.

For more information on this or other courses, please follow this link <http://www.bcathletics.org/Coaches/Education/>
and **go to NCCP Courses** on the left
or contact Jennifer Schutz at jennifer.schutz@bcathletics.org or 604-333-3558.