



Club Coach Track & Field NCCP Courses

Friday September 25th – Sunday September 26th, 2015

South Surrey Recreation & Arts Centre 14601 20th Avenue, Surrey BC, V4A 8P7

Hosted by BC Athletics & Ocean Athletics 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 two ways:**

- For the **Full Weekend Course** - receive training in 1 of 5 event groups (Endurance, Jumps, Throws (including Para Throws), or Sprints/Hurdles)
- Or for **Just 1 of the Technical Events** (All Day Sat plus Sunday afternoon)

Learning Facilitators = Master LFs and Certified Coaches Al Johnson (Level 4) and Barb Vida (Level 4), plus LFs Garrett Collier and Lisa Myers.

Agenda: Friday Sept 25th, 2015 – South Surrey Recreation & Arts Centre (Turnbull Gallery)

6:00pm to 9:30pm - Package Pickup, LTAD, Mental Prep, Nutrition

Saturday Sept 26th, 2015 – South Surrey Athletic Park (please dress for physical activity and the weather)

8:30am to 5:30pm – Event Specific Technical Modules (Choose either Endurance, Jumps, Throws (including Para Throws), or Sprints/Hurdles)

12noon to 1:00 pm - Lunch Break – please bring your own lunch

Sunday Sept 27th, 2015 – South Surrey Recreation & Arts Centre (Turnbull Gallery)

8:30am to 12noon – Seasonal Planning

12noon to 1:00pm - Lunch Break – please bring your own lunch

1:00pm to 2:30pm – **South Surrey Recreational Centre Gym** - Strength (LF has the gym passes)

2:30pm to 5:30pm – **South Surrey Athletic Park** - Event Specific Skill Analysis and Strength

Registration Fees:

- **Full Course** - BCA Coach Member: Early(before Sept 4)=\$141.75, Regular=\$157.50, Late(after Sept 18)=\$173.25(incl GST)
- **Full Course** Non-Member: Early = \$199.50, Reg = \$215.25, Late = \$231 (incl GST & Coach Membership)
- **Just Technical** - BCA Coach Member: Early = \$70.88, Regular = \$78.75, Late = \$86.63 (incl GST)
- **Just Technical** Non-Member: Early=\$139.13, Reg=\$147.00, Late=\$154.88 (incl. GST & Coach Membership)

** After attending the course, coaches will be designated as a trained coach with Coaches Association of Canada's NCCP. This is a professional coaching designation and therefore all of our course participants need to be Coach Members with BC Athletics. If coaches are not currently registered as coach members with BC Athletics (through Trackie) their coach membership fees (\$68.25) will be added to the cost of the course.

3 Steps to Register Online:

1. Ensure you have a current Coach Membership with BC Athletics
 - Not sure? - use the [Membership Lookup](#). Not a member yet? [Sign up online](#)
 - Current member but not a Coach member? Contact Sam to add coach to your existing membership (sam.collier@bcathletics.org or 604-333-3556). It can be easily done with a credit card over the phone.
2. 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>
3. Register Online for the **Full Course** at <http://www.trackie.com/online-registration/register.php?id=2378>
Register Online for **Just 1 of the Technical Events** at <http://www.trackie.com/online-registration/register.php?id=2386>
 - Click on Register to register online. You will need a credit card for payment.
 - Clubs can register multiple coaches at one time.
 - Please note that BCA Membership refers to a Coach Membership with BC Athletics.