



## **Road Running Instructor Course (Pilot)**

**Friday June 6<sup>th</sup> – Sunday June 8<sup>th</sup>, 2014**

*University of Victoria, 3800 Finnerty Rd, Victoria, BC V8P 5C2*

**Hosted by BC Athletics, Sport Med BC, & Victoria International Running Society**

**An introduction to Road Running Instruction:** Ideal for the walk/run clinic leader, community volunteer, personal trainer, or school educator/coach. This weekend workshop will provide you with the material, knowledge and confidence to help you with your Road Running Clinics and start you on your way to becoming a Certified Athletics Instructor with the National Coaching Certification Program (NCCP).

**Learning Facilitators** = Master LF and Certified Coach Barb Vida (Level 4)

### **Agenda:**

#### **Friday June 6<sup>th</sup>, 2014 – University of Victoria (McKinnon Building, Room # 150)**

5pm – 9:30pm – Introductory Modules (Long Term Athlete Development, Mental Prep, Nutrition)

#### **Saturday June 7<sup>th</sup>, 2014 – University of Victoria (McKinnon Building, Room # 150) and Trails or McKinnon Gym**

8:30am – 12noon – Road Running Modules (Energy Systems, Strength Training) plus Teaching/Learning

12:30pm – 5pm - Safety/Risk Management, Technical and Skill Analysis, Injury Management

#### **Sunday June 8<sup>th</sup>, 2014 – University of Victoria (McKinnon Building, Room # 150)**

9am – 12noon - Planning a Practice and Designing a Basic Walk/Run Clinic

12:30pm -2:30pm - Making Ethical Decisions and Course Wrap-Up

2:30pm – 6:30pm – Optional CPR Training (contact [SportMed BC](http://SportMedBC.ca) at 604- 294-3050 for info & registration)

**Fees:** BC Athletics Coach Members – Early (until May 7<sup>th</sup>) = \$141.75, Regular = \$157.50, Late (after May 30<sup>th</sup>) = \$173.25 (all including GST)  
Non Coach Members = Early (until May 7<sup>th</sup>) = \$199.50, Regular = \$215.25, Late (after May 30<sup>th</sup>) = \$231 (includes GST & Coach Membership)  
Fees include all workshop materials. Registration/payment must be done online. GST Reg. # 127293264

**Each Coach Must Register Themselves.**

### **Accommodations:**

Arrangements for accommodations are being made with the University of Victoria. Please check back at this link for more information and the BC Athletics Road Running Course rate. Rooms can be booked as singles or doubles and can include a meal plan if desired.

### **4 Steps to Register Online:**

1. Register 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 as a coach with Athletics Canada on their NCCP website.
  - Click "Register Now" link at <http://nccp.athletics.ca/>
  - This website is also where you will upload your information for the evaluation/certification process.
3. Complete the pre-course online components (takes about 1-2 hours) at <http://nccp.athletics.ca/>
  - Log in to your account and go to the Status link on the top of the page.
  - Scroll down to the Sport Coach box and click on the Begin link for the Sport Coach readings and assignment (as a pilot course it does not have its own Road Running section yet!)
4. Register Online for this course at <http://nccp.athletics.ca/>
  - Click on Clinics to see upcoming Sport Coach Course.
  - Click on Register to register online. You will need a credit card for payment.

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](mailto:jennifer.schutz@bcathletics.org) or 604-333-3558.