



Road Running Instructor Course (Pilot)

Friday Jan. 24th – Sunday Jan. 26th, 2014

Fortius Athlete Development Centre, 3713 Kensington Ave, Burnaby, BC V5B 0A7

Hosted by BC Athletics and SportMed BC

An introduction to Road Running Instruction: Ideal for the walk/run clinic leader, community volunteer, personal instructor, 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's and Certified Coaches Lynn Kanuka (Level 3) and Barb Vida (Level 4)

Agenda:

Friday Jan. 24th, 2014 – Fortius Centre (Calgary Meeting Room)

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

Saturday Jan. 25th, 2014 – Fortius Centre (Calgary Meeting Room) and Burnaby Lake Park

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 Jan. 26th, 2014 – Fortius Centre (Calgary Meeting Room)

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

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

2:30pm – 6pm – **Optional CPR Training** (SportMed BC to handle registrations and conduct the course)

Fees: BC Athletics Members = \$89.25 (85.00 + 4.25 GST)

Non-BC Athletics Members = \$110.25 (105.00 + 5.25 GST)

Fees include all the workshop materials and must be done online. GST Reg. # 127293264

Online Registration:

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 (remember to search under 2014!)
 - 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 or 604-333-3558.