



Sport Coach NCCP Course

Friday April 4th – Sunday April 6th, 2014

355 Wakesiah Ave, Nanaimo, BC V9R 3K6

Hosted by BC Athletics & Nanaimo Track and Field Club

An Introduction to Coaching Track & Field: Ideal for the school educator/coach, club coach, or parent. This weekend workshop is for those who are **coaching seasonally** (4-10 weeks a year and/or 2-3 sessions a week) and includes physical literacy skills, planning a practice, and an introduction to competition at the school, regional, or provincial level. This course will provide you with the material, knowledge and confidence to help you with your coaching and start you on your way to becoming a Certified Coach with the National Coaching Certification Program (NCCP).

Learning Facilitators = Master LF's and Certified Coaches Al Johnson (Level 3), Barb Vida (Level 4)

Agenda: Friday April 4th, 2014 – Nanaimo District Secondary School

6pm – 9:30pm – Introductory Modules (Role of Coach, LTAD, Anatomy and Movement Principles)

Saturday April 5th, 2014 – Nanaimo District Secondary School (dress for physical activity and the weather)

8:30am – 12noon – Energy Systems, Strength Training, Emergency Action Plan and Injury Management

12noon to 12:30 pm - Lunch Break – please bring your own lunch

1pm – 5:30pm - **Seraxuman Stadium** - Sprints/Hurdles and Endurance Technical Modules

Sunday April 6th, 2014 – Seraxuman Stadium

8:30am – 12:30pm – Jumps and Throws Technical Modules

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

1:00pm 5:30pm–**Nanaimo District Secondary School**–Teaching & Learning, Planning a Practice, Wrap-Up

Fees: BC Athletics Members – Early = \$141.75, Regular = \$157.50, Late = \$173.25 (all including GST)

Non-BC Athletics Members = Early = \$199.50, Regular = \$215.25, Late = \$231 (includes GST & Coach Membership)

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

Each Coach Must Register Themselves.

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 readings and assignments
4. Register Online for this course at <http://nccp.athletics.ca/>
 - Click on Clinics to see this 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 or 604-333-3558.