



Sport Coach NCCP Course

Friday April 10th – Sunday April 12th, 2015

Nanaimo District Secondary School and Seraxuman Stadium

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 Facilitator = Master LF and Certified High Performance Coach Barb Vida (Level 4)

Agenda:

Friday April 10th, 2015 – Nanaimo District Secondary School

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

Saturday April 11th, 2015 – 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 1pm - Lunch Break – please bring your own lunch

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

Sunday April 12th, 2015 – Seraxuman Stadium

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

12:30 to 1:30pm - Lunch Break – please bring your own lunch

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

Registration Fees:

- **BCA Coach Members** – Early (until March 27)=\$141.75, Regular =\$157.50, Late =\$173.25 (after April 3) (with GST)
- **Non-BCA Coach Members** = Early (until March 27)= \$210, Reg = \$225.75, Late = \$241.15 (includes GST & Coach Membership**)

** After attending all of the above sessions, coaches will be designated as a Coach “In Training” with Coaches Association of Canada’s National Coaching Certification Program. 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.

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 for this course at <http://www.trackie.com/online-registration/register.php?id=1437>
 - 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

For more information on this or other courses, please follow this link

<http://www.bcathletics.org/Education/Sub/upcoming-courses-pro-d-sessions/250/>
or contact Jennifer Schutz at jennifer.schutz@bcathletics.org or 604-333-3558.