



Sport Coach NCCP Course

Friday Feb 21st, Sun Feb 23rd and Sun March 2nd, 2014

Minoru Park Stadium and Brighthouse Park Meeting Room

7191 Granville Avenue and 7840 Granville Ave, Richmond, BC, V6Y 1N9

Hosted by BC Athletics and Kajaks Track & Field Club

An introduction to Track & Field Coaching: 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 Learning Facilitator and Level 4 Certified Coach Barb Vida

Agenda:

Friday Feb 21st, 2014 – Brighthouse Park Meeting Room (7840 Granville Ave, Richmond, BC)

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

Sunday Feb 23rd, 2014 – Brighthouse Park Meeting Room

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

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

Sunday March 2nd, 2014 – Minoru Park Stadium (7191 Granville Ave, Richmond, BC)

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

1:30pm -5:30pm – **Brighthouse Park Meeting Room** - Teaching and Learning, Planning a Practice, & Wrap-Up

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 workshop materials and registration 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 readings and assignments
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.