



Sport Coach NCCP Course

Saturday August 23rd – Sunday August 24th, 2014

St. Thomas More Collegiate - 7450 12th Ave, Burnaby, BC V3M 2K1

Hosted by BC Athletics & South Fraser 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 Performance Coach Barb Vida (Level 4)

Agenda:

Saturday Aug 23rd, 2014 – St. Thomas More Collegiate (classroom) (dress for physical activity/weather)

9am – 12:30pm – Introductory Modules (Role of Coach, LTAD, Anatomy and Movement Principles)

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

1:30 – 5pm – Energy Systems, Strength Training, Emergency Action Plan and Injury Management

5pm – 6pm – Dinner Break

6pm – 9pm – **STM Track/Gym**– Sprints, Hurdles, & Relay Technical Modules

Sunday Aug 24th, 2014 – STM Track/Gym and Mercer Stadium Track at New Westminster Secondary School

9am – 10am – Endurance Technical Module and Energy Systems

10 – 12noon – Throws Technical Module

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

1pm – 4pm - Jumps Technical Module

4pm – 5pm – **St. Thomas Moore College – Classroom** -Teaching & Learning

5pm – 6pm – Dinner Break

6pm – 8pm - Planning a Practice, Wrap-Up

Fees:

- BCA Coach Members – Early (until Aug 7)= \$141.75, Regular = \$157.50, Late (After Aug 14)= \$173.25 (with GST)
- Non-BCA Coach Members = Early (until Aug 7)= \$199.50, Reg = \$215.25, Late (After Aug 14)= \$231 (includes GST & Coach Membership)
- Fees include all workshop materials. Registration/payment must be done online. GST Reg. # 127293264

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:
 - Go to: <http://www.trackie.com/online-registration/register.php?id=1341>
 - Click on Register to register online. You will need a credit card for payment.
 - Clubs can register multiple coaches at one time.
 - Current BC Athletics members who are not a Coach Member, should contact [Sam Collier](#) at BC Athletics to upgrade their membership to receive the Coach Membership discount.

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.