



NCCP Road Running Instructor Course (Pilot)

Friday January 16th – Sunday January 18th, 2015

Location Change - Kinsmen Field House and Media Centre

3975 Gordon Dr, Kelowna, BC V1W 4M8

Hosted by BC Athletics, Sport Med BC, and PacificSport Okanagan

An introduction to Road Running Instruction: Ideal for the walk/run clinic leader, community volunteer, personal trainer, 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 and Certified Coach Lynn Kanuka (Level 3)

Schedule (19 hours)

Friday January 16th, 2015 – Kinsmen Field House Hall (3975 Gordon Drive, Kelowna, V1M 4M8)

5pm-9:30pm

(see map on back)

90min - #1 Long Term Athlete Development – From Sport Coach

90min - #2 Mental Prep – From Club Coach

75min – #3 Nutrition – From Club Coach

Saturday January 17th, 2015 – Kinsmen Media Centre (3975 Gordon Drive, Kelowna, V1M 4M8)

8:30am-12noon

75min - #4 Energy Systems – From Sport Coach

75min – #5 Strength – From Sport Coach

60min - #6 Teaching and Learning – From Sport Coach

12:30am-5pm – Capital News Centre & Kinsmen Media Centre

60min – #7 Safety and Risk Management – From Sport Coach

2 hrs - #8 Technical and Skill Analysis (including practical run)

90min - #9 Injury Management – Sport Coach/SportMed BC materials

Sunday January 18th, 2015 – Kinsmen Media Centre (3975 Gordon Drive, Kelowna, V1M 4M8)

9am – 12noon

90min - #10 Planning a Practice – Sport Coach/SportMed BC materials

90min - #11 Design a Clinic (Seasonal Planning) – Club Coach/SportMed BC materials

12:30pm-2:30pm

2 hrs – #12 Make Ethical Decisions – From RJT

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

Kelowna Map
Kinsmen Media Centre & Kinsmen Field House Hall
3975 Gordon Dr, Kelowna, BC V1W 4M8

