



Two-Day NCCP Course

The RJTW Two-Day NCCP course is **15 hours in length** and is highly recommended to any **club** looking to train coaches for **Track Rascals** or **introduction to track & field** type programs. It is also ideal for **parents, community sport leaders** and anyone looking to receive **NCCP certification** in the RJTW grassroots sport program.

This course provides an in depth analysis on the various roles and responsibilities that will be required of a **RJTW NCCP Coach**. NCCP modules covered include, **Risk Management, Planning a Lesson, Teaching & Learning, Ethics, Practical Teaching** with an additional option to include a **wheeling** movement skills module – *currently only available in BC! Module delivery dependent on location and equipment access.*

The **Making Ethical Decisions Online Module (Competition-Introduction)** will also become available for participants at **no additional cost**

SAMPLE COURSE SCHEDULE Day 1	
TIME	MODULE
8:30 – 9:30	Setting the Scene
9:30 – 11:00	Why RJTW? General Athletic Development
11:00 – 12:15	Risk Management & Emergency Action Plan
12:15 – 1:00	LUNCH
1:00 – 2:00	Analyzing Performance: THROW
2:00 – 3:00	Analyzing Performance: JUMP
3:00 – 3:15	BREAK
3:15 – 4:15	Analyzing Performance: RUN
<i>*Optional Developing WHEEL Movement Skills module can be added</i>	
4:15 – 4:30	Overview & Brief for Day 2

SAMPLE COURSE SCHEDULE Day 2	
TIME	MODULE
8:30 – 10:00	Planning a Lesson + Group Work
10:00 – 10:15	BREAK
10:15 – 11:45	Teaching & Learning
11:45 – 12:15	LUNCH
12:15 – 2:15	Roles & Responsibilities: Ethics
2:15 – 4:15	Practical Teaching: Lesson Plan Delivery
4:15 – 4:45	Practical Teaching: Debrief
4:45 – 5:00	Wrap-up/Questions

COST	
\$100.00* + GST / Participant BC Athletics members (current registration required) -20%	
Minimum of 6 teachers required <small>*Prices may vary due to other workshop related costs *Group rates available</small>	
Questions or workshop registration information? Please contact the RJTW Coordinator  runjumpthrowwheel@bcathletics.org 604-333-3554	