



Club Coach Track & Field NCCP Courses + Bonus Make Ethical Decisions Course for Free!

Friday March 4th – Sunday March 6th, 2016

South Surrey Athletic Park and Recreation Centre 14601 20th Avenue, Surrey BC, V4A 8P7

Hosted by BC Athletics & Ocean Athletics Track and Field Club

An Event Specific Course: Ideal for the school educator/coach, club coach, or parent who is coaching 4-6 months a year and wants to learn about a specific event group in further detail. **Participants can sign up in two ways:**

- For the **Full Weekend Course** - receive theoretical and technical training in 1 of the event groups
- Or for **Just Technical Events** (All Day Sat plus Sunday morning) – just technical training in 1 of the event groups

Learning Facilitators = TBD

Agenda: Friday March 4th, 2016 – South Surrey Recreation Centre (Multi-Purpose Room 1)

6:00pm to 9:30pm – Welcome, LTAD, Emergency Action Plan and Injury Management

Saturday March 5th, 2016 – South Surrey Athletic Park (please dress for physical activity and the weather)

8:30am to 4:30pm – Event Specific Technical Modules (Choose either Endurance, Jumps, Throws (including Para Throws), or Sprints/Hurdles)

12noon to 1:00 pm - Lunch Break – please bring your own lunch

5:30pm-9:00pm - NCCP Multi-Sport Make Ethical Decisions Course – OPTIONAL – for FREE! (usually \$65)

Sunday March 6th, 2016 – South Surrey Recreation Centre (Multi-Purpose Room 1)

8:30am to 10:30am – Event Specific Skill Analysis and Strength

10:30pm to 12noon – **South Surrey Recreational Centre Gym** - Strength (LF has the gym passes)

12noon to 1:00pm - Lunch Break – please bring your own lunch

1:00pm to 4:30pm – General Strength and Seasonal Planning

Registration Fees:

- **Full Course** - BCA Coach Member: Early (before Feb 25)=\$141.75, Regular=\$157.50, Late (after Mar 2)=\$173.25(incl GST)
- **Full Course** Non-Member: Early = \$199.50, Reg = \$215.25, Late = \$231 (incl GST & Coach Membership)
- **Just Technical** - BCA Coach Member: Early = \$70.88, Regular = \$78.75, Late = \$86.63 (incl GST)
- **Just Technical** Non-Member: Early=\$139.13, Reg=\$147.00, Late=\$154.88 (incl. GST & Coach Membership)

** After attending the course, coaches will be designated as a trained coach with Coaches Association of Canada's NCCP. 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.

3 Steps to Register Online:

1. Ensure you have a current Coach Membership with BC Athletics
 - Not sure? - use the [Membership Lookup](#). Not a member yet? [Sign up online](#)
 - Current member but not a Coach member? Contact Sam to add coach to your existing membership (sam.collier@bcathletics.org or 604-333-3556). It can be easily done with a credit card over the phone.
2. 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>
3. Register Online at <http://www.trackie.com/online-registration/register.php?id=3192>
 - Click on Register to register online with a credit card. Clubs can register multiple coaches at one time.
 - **Select EITHER Full Club Coach Course or Just Technical Events**
 - Be sure to click + Add Event if you also wish to register for the **FREE Make Ethical Decisions Course**.
 - 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.