



## **Road Running Instructor Course (Pilot #4)**

**Friday June 12<sup>th</sup> – Sunday June 14<sup>th</sup>, 2015**

*Fortius Athlete Development Centre, 3713 Kensington Ave, Burnaby, BC V5B 0A7*

**Hosted by BC Athletics and SportMed BC**

**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's and Certified Coaches Lynn Kanuka (Level 3) and Barb Vida (Level 4)

### **Agenda:**

#### **Friday June 12<sup>th</sup>, 2015 – Fortius Centre**

5pm – 9:30pm – Introductory Modules (Long Term Athlete Development, Mental Prep, Nutrition)

#### **Saturday June 13<sup>th</sup>, 2015 – Fortius Centre and Burnaby Lake Park**

8:30am – 12noon – Road Running Modules (Energy Systems, Strength Training) plus Teaching/Learning

12:30pm – 5pm - Safety/Risk Management, Technical and Skill Analysis, Injury Management

#### **Sunday June 14<sup>th</sup>, 2015 Fortius Centre**

9am – 12noon - Planning a Practice and Designing a Basic Walk/Run Clinic

12:30pm -2:30pm - Making Ethical Decisions and Course Wrap-Up

2:30pm – 6:30pm – Optional CPR Training (contact [SportMed BC](http://www.sportmedbc.com) at 604-294-3050 for info & registration)

### **Registration Fees:**

- **BCA Coach Members** – Early = \$141.75 (Before May 15<sup>th</sup>), Reg = \$157.50, Late = \$173.25 (After June 5<sup>th</sup>) (includes GST)
- **Non-Members** = Early = \$210, Regular = \$225.75, Late = \$241.15 (includes GST & Coach Membership\*\*)

\*\* After attending all of the above sessions, coaches will be designated as a Coach “In Training” with Coaches Association of Canada’s National Coaching Certification Program. 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.com) 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 Coach Membership with BC Athletics
  - Not a member? - Register here <http://www.bcathletics.org/Membership/>
  - Look up your BC Athletics number here (<https://www.trackie.com/members/lookup.php>)
  - Already a member but not a Coach member? Contact Sam Collier to add a coach membership to your existing membership ([sam.collier@bcathletics.org](mailto:sam.collier@bcathletics.org) or 604-333-3556)
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 for the at <http://www.trackie.com/online-registration/register.php?id=2067>
  - Click on Register to register online. You will need a credit card for payment.
  - Clubs can register multiple coaches at one time.
  - 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](mailto:jennifer.schutz@bcathletics.org) or 604-333-3558.