



Run Jump Throw Learning Facilitator Training  
Schedule Outline (Prince George, BC – November 1-2, 2014)

**Master Learning Facilitator:** Thelma Wright

**Location:** Charles Jago Northern Sport Centre

**Contact:** Meghan Butterworth ([meghan.butterworth@bcathletics.org](mailto:meghan.butterworth@bcathletics.org)) – T: 604.333.3554

**Cost:** FREE for BC Zone 7&8 coaches! 😊

\*Participants must be pre-screened by Meghan Butterworth to be eligible for registration – all LF candidate must have completed a NCCP RJT Instructor Training course, and the Making Ethical Decisions Online Evaluation (Competition-Introduction).

**SATURDAY November 1<sup>st</sup>, 2014 – 9:00am – 5:00pm**

Time	Length	Module	Who
9:00-9:20am	20 mins	Welcome	Thelma
9:20-10:00am	40 mins	Overview of NEW NCCP – where does RJT fit? & Overview of LF Core Training	Thelma
10:00-10:45	45 mins	Adult Learning	Thelma
10:45-11:00am	<b>15 mins</b>	<b>BREAK</b>	
11:00-11:45am	45 mins	Review of LF Guide & Training Differences	Thelma
11:45-12:30pm	45 mins	(1) “Setting the Scene” – What is RJT?	LF
12:30-1:15pm	<b>45 mins</b>	<b>LUNCH</b>	
1:15-1:45pm	30 mins	(2) Safety and Emergency Action Planning	LF
1:45-2:30pm	45 mins	(3) General Athletic Development & LTAD	LF
2:30-2:45pm	<b>15 mins</b>	<b>BREAK</b>	
2:45-3:45pm	60 mins	(4) Planning a Lesson	LF
4:30-5:00pm	30 mins	LF De-Brief, Review & Plan for next day	Thelma

SUNDAY November 2<sup>nd</sup>, 2014 – 9:00am - 4:00pm

Time	Length	Module	Who
9:00-11:30 am	2.5 hours	Technical Analysis of Skills and progressions: Run & Throw	Thelma
11:30-11:45am	<b>15 mins</b>	<b>BREAK</b>	
11:45-1:00pm	1 hour 15 mins	Technical Analysis of Skills and progressions: Jump	Thelma
1:00-1:45pm	<b>45 mins</b>	<b>LUNCH</b>	
1:45-2:30pm	45 mins	(5) Teaching & Learning	LF
2:30-3:30pm	45 mins	(6) Ethics	LF
3:30-4:00pm	30 mins	LF De-Brief, Review & Closing remarks	Thelma

\*Draft schedule subject to change by Master Learning Facilitator Thelma Wright

These 6 modules will be assigned to LF training participants so they can lead that section (with support)