



8 Hour Run Jump Throw NCCP Instructor - Teacher In-Service

Time	Module
8:30 – 9:00	Welcome, Introduction and Athletics for Life Video
9:00 – 10:00	Why RJT? and General Athletic Development
<b>10:00 – 10:15</b>	<b>BREAK</b>
10:15 – 11:15	Analyzing Performance: RUN
11:15 – 12:15	Analyzing Performance: JUMP
<b>12:15 – 1:00</b>	<b>LUNCH BREAK</b> (Optional: Dartfish Demonstration)
1:00 – 2:00	Analyzing Performance: THROW
2:00 – 3:15	RJT Lessons and Practical Teaching
3:15 – 4:00	Safety and EAP
4:00 – 4:15	Options for delivery and RJT Certification

Cost of Workshop:

*\*all costs subject to 5% GST*

Up to 10 participants from the Host School/District	\$1200
Each additional participant from Host School/District	\$100
Each additional participant from Outside Host School/District	\$125

*\*BC Athletics Members (School, Club, or Individual) receive 20% off workshop*

Included in pricing:

- RJT Teacher Resource Manual, with adaptations for students with disabilities
- Technical Progressions Manual & DVD
- Long Term Athlete Development Information
- BC Athletics and RJT Promotional Materials

For Certification, the Ethics module must be completed online with the Coaching Association of Canada (CAC).

For any questions or workshop registration information, please email: [runjumpthrow@bcathletics.org](mailto:runjumpthrow@bcathletics.org) or call: 604.333.3554

**This project is part of the BC Sport Participation Program, supported by:**

