

NCCP ONLINE FOUNDATIONS OF COACHING



National Coaching
Certification Program

Sport & Club Coach Theory
Jan 31 & Feb 7; 6-9:15 pm

Complete the theory courses common to both Sport Coach and Club Coach online and complete the technical portions in-person (can be completed in any order)!

Course Info

The modules will be delivered on Zoom with a live learning facilitator, interactive opportunities with other participants, and electronic manuals. You will need a computer or tablet with a microphone and webcam.

*Manuals (Sport Coach Workbook) are provided free online or coaches can purchase hard copies [here](#).

Learning Facilitators: Amber Gilbert & Ross Browne

Schedule

Pre-Requirements* must be completed prior to the first session

1. [Emergency Action Plan \(EAP\) e-learning \(15 min, free\)](#)
2. [Long Term Athlete Development e-learning \(60 min, \\$25\)](#)

Live Modules (Mondays, Jan 31 and Feb 7, 6:00 – 9:15pm)

3. Session 1- Coaches Role, Safety, Teaching and Learning*
4. Session 2 -Energy Systems, Strength, Planning a Practice*

*Both of sessions have about 30 min of pre-assignments to complete prior to attending. Info will be sent with registration.

REGISTRATION (DEADLINE JAN 28TH)

Registration Fees (+GST)

For BCA *COACH* Members: \$60.00

For non-BCA *coach* Members: \$100 .00

A BCA *Coach* Membership (65.00+GST*).

- If you do not have one you can sign up with your course registration.
- ***If you are already a BCA member but not a COACH member**, contact Sam.Collier@bcathletics.org . You will not pay more than your highest membership fee; i.e., the cost will be the difference of your current membership and the coach .
- **There are no refunds for registering as a coach member after the course.**
- Visit www.bcathletics.org/Membership/ for more information

This is an NCCP course and requires an NCCP #. You can register for one for free here: <https://thelocker.coach.ca/>

Register Here: www.trackiereg.com/FoCJan2022



For more information for on coach education
visit <https://www.bcathletics.org/Coaches/Education/>
or contact jennifer.brown@bcathletics.org



NCCP ONLINE FOUNDATIONS OF COACHING



National Coaching
Certification Program

Sport & Club Coach Theory
Jan 31 & Feb 7; 6-9:15 pm

Course Descriptions

The Foundations of Coaching Course is the pre-requisite to Sport and Club Coach

Sport Coach Track and Field

An introduction to Track and Field. This course teaches the basic skills of all events in track and field as well as how to plan a practice and a month.

It is ideal for the generalist coach that may be coaching introductory-intermediate level athletes in a multiple events, often in a school or club, at a junior high –high school level.

In person portion - 1.5 days

- Technical: Sprints, Endurance, Jumps, Throws
- Strength (practical)

Club Coach Track and Field

This is an event/specific that teaches a more in-depth technical analysis for one event group and how to plan a season. Coaches can sign-up for either sprints, endurance, jumps, and throws (including para-throws).

It is ideal for the school coach/educator, club coach or parent coaching intermediate level athletes at the high school level and would like to learn more about a specific event group rather than all events.

In person portion - 2 days

- Technical Event
- Strength (practical)
- Seasonal Planning

Certification Status

To be fully NCCP TRAINED in Sport or Club Coach, coaches must complete all of the following.

- Foundations of Coaching (This course) & pre-requirements (Emergency Action Plan and Long Term Athlete Development)
- The in person practical portion of Sport or Club Course
- Make Ethical Decisions: a 4 hour multi-sport module offer online. To be completed before or after the course
- [Click here for more information and how to access the course](#)

To be NCCP Certified in Sport or Club Coach, coaches must complete their evaluation consisting of submitting a coaching portfolio online and having an evaluator observe their practice ([Click here for more information](#)) as well as their evaluation for Make Ethical Decisions (which is free after you have taken the course)



For more information for on coach education
visit <https://www.bcathletics.org/Coaches/Education/>
or contact jennifer.brown@bcathletics.org

