

NCCP Club Coach Track & Field - Technical



National Coaching
Certification Program

Penticton
April 9 - 10

LOCATIONS

Penticton Secondary School (Day 1)
Penticton Community Centre (Day 2)

Club coach is an event specific course ideal for school educator/coach, club coach or parent coaching intermediate level athletes 4-6months of the year and would like to learn about a specific event group in further detail. Coaches will sign up for just one event group: sprints and hurdles, endurance, jumps, or throws.

Learning Facilitators: Brenda Van Tighem (Sprints), Mike Van Tighem (Endurance), Elena Voloshin (Jumps), Jenn Joyce (Throws)

NCCP Certification Requirements

In-Training VS Trained VS Certified

This course will start you on your way to becoming a Certified Athletics Club Coach with the National Coaching Certification Program (NCCP).

- After taking this course you will be **Club Coach "In-Training"**
- To be **Club Coach "Trained"** you will need to also take Make Ethical Decisions (MED), Foundations of Coaching (Theory), Long Term Athlete Development. (offered separately, [click here for details](#))
- To be **Club Coach "Certified"** you will need to complete your Club Coach and MED Evaluations

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

Registration

Registration Fees (+GST)

| | BCA Coach Members* | Non-members |
|----------------------------|--------------------|-------------|
| Early Bird (before Mar 11) | \$100.00 | \$125.00 |
| Regular | \$120.00 | \$155.00 |
| Late (after April 4) | \$140.00 | \$175.00 |

[Click here](#) for coaching financial assistance

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

- You can sign up for a BCA Coach Membership with your course registration (optional)
- If you are already a BCA member but not a coach member, upgrade by contacting Sam.Collier@bcathletics.org. You will not pay more than your highest membership fee; the cost will be the difference of your current membership and the coach membership.
- Visit www.bcathletics.org/Membership/ for more info

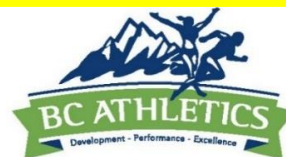
SAFETY REGULATIONS

All participants must read our [Return to In-Person Safety Guidelines](#) and sign the appropriate waivers upon registration
Because this course involves indoor classroom components, all participants must show proof of fully vaccination.

Register Here: www.trackiereg.com/CCpenticton2022



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



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FULL SCHEDULE

| Saturday (8:30am – 5:30pm) 9hrs | | | |
|---------------------------------|--------|--------------|-------|
| 8:30am – 9:00 am | 30 min | Introduction | Track |
| 9:00am – 12:00pm | 3 hrs | Technical 1 | |
| Lunch (please bring your own) | | | |
| 12:30pm - 5:30 pm | 5 hrs | Technical 2 | Track |

| Sunday (9:00am – 4:00pm) – 7hrs | | | |
|---------------------------------|--------|--|-----------------------|
| 9:00am – 10:00am | 1 hr | Strength | Classroom/Weight room |
| 10:00am – 11:00am | 1hr | Program Planning 1: Training Principles | Classroom |
| 11:00am – 1:00pm | 2hrs | Program Planning 2: General Program Planning | |
| Lunch (please bring your own) | | | |
| 1:30 – 3:30 | 2 hrs | Program Planning 3: Event Specific Planning | Classroom |
| 3:30– 4:00pm | 30 min | Wrap-up | |

NOTES: Be prepared to be active in rain or shine and bring a water bottle, lunch and mask

Manuals

Manuals are provided for free online at <https://athletics.ca/coach/> under the documents tab.

- This course refers to the Sport/Club Coach technical manual (You don't have to write in it) and Club Coach Reference Guide
- You can purchase the hard copy manuals if you wish.
- [More information on how to download and/or purchase manuals can be found here](#)



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