

NCCP CLUB COACH

Track and Field



National Coaching
Certification Program

Prince George

April 1-2 (Optional Mar 31)

LOCATIONS

Northern Sport Centre, UNBC

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); Elena Voloshin (Jumps); Mike Van Tighem (Endurance); Jennifer Joyce (Throws)

NCCP Club Coach Requirements	Registration												
<p>Requirements to be Club Coach Trained</p> <p><i>Pre-Req e-Learning modules to be taken on own time:</i></p> <ul style="list-style-type: none"> • Long Term Athlete Development (75 min) • Emergency Action Plan (20 min) <p><i>Can be taken any order:</i></p> <ul style="list-style-type: none"> • Foundations of Coaching (theory of Sport and Club Coach) <ul style="list-style-type: none"> ○ <i>Can take in person with this course, Friday Mar 31</i> ○ or online: 2x 3hr live sessions Find courses here • Club Coach Technical (this course, Sat and Sun) • Make Ethical Decisions (MED) <ul style="list-style-type: none"> ○ Online or in Person through viaSport ○ Discounted online with BCA or in Prince George Mar 30 <p>Requirements to be Club Coach "Certified" complete both Club Coach and MED Evaluations (info here)</p>	<p>Registration Fees for BCA coach-members (+GST) <i>non-members add \$65* or sign up with registration</i></p> <table border="1"> <thead> <tr> <th></th> <th>Full Course</th> <th>Just Technical (Sat/Sun)</th> </tr> </thead> <tbody> <tr> <td>Early Bird (before Mar 10)</td> <td>\$160.00</td> <td>\$100.00</td> </tr> <tr> <td>Regular</td> <td>\$180.00</td> <td>\$120.00</td> </tr> <tr> <td>Late (after Mar 27)</td> <td>\$200.00</td> <td>\$175.00</td> </tr> </tbody> </table> <p>Click here for Travel grants to travel to Prince George.</p> <ul style="list-style-type: none"> • You will NOT need a coach membership through BCA - a coach membership WILL give you a discount on this and future NCCP courses if you complete your membership PRIOR to registration. • Already have a BCA COMPETITIVE or ASSOCIATE member? Contact sam.collier@bcathletics.org to upgrade your membership BEFORE REGISTERING. • Not yet a member?: Sign up for a membership! <p>This course requires an NCCP #. Register for one for free here</p>		Full Course	Just Technical (Sat/Sun)	Early Bird (before Mar 10)	\$160.00	\$100.00	Regular	\$180.00	\$120.00	Late (after Mar 27)	\$200.00	\$175.00
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Register Here: www.trackiereg.com/CCprincegeorge2023



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

Friday (2:00pm – 8:00pm) – 6 hr

OPTIONAL. Can also do Foundations of Coaching online over two 3hr live evening zoom sessions ([click here](#))

2:00 – 2:45	45 min	Introduction and Role of Coach	Classroom
2:45 – 3:30	45 min	Safety and EAP	
3:30 – 5:00	1hr 30	Teaching and Learning	
Lunch (please bring your own)			
5:30 – 6:00	30 min	Energy Systems	Classroom
6:00 – 8:00	2 hrs	Planning a Practice	

Saturday (9:00am – 7:30pm) – 10.5 hr

9:00 – 12:00	3 hrs	Technical 1	Track/Classroom
Lunch (please bring your own)			
12:30 – 5:30	5 hrs	Technical 2	Track/Classroom
Dinner (please bring your own)			
6:00 – 7:30	90 min	Strength	Weight Room

Sunday (8:30am – 2:30 pm) 6 hrs

8:30am – 9:30am	1hr	Program Planning 1: Training Principles	Classroom
9:30am – 11:30pm	2hrs	Program Planning 2: General Program Planning	
Lunch (please bring your own)			
12:00 – 2:00	2 hrs	Program Planning 3: Event Specific Planning	Classroom
2:00 – 2:30	30 min	Wrap Up	

Be prepared to be active in rain or shine and bring a water bottle and food

Manuals: This course uses the Club Coach Reference Guide (required in course), and has additional information in the Club Coach Technical Manual.

- **Electronic Manuals** are provided for free online for BCA members at <https://athletics.ca/coach/> under the documents tab. Login with your BCA/AC member ID ([look up here](#)). Please download in advance and bring your laptop to the course
- OR You can **purchase the hard copy reference guide** for \$20 + GST (includes shipping), [here](#). Must order 1 week out.



For more information for on coach education
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