

NCCP Track and Field

Run Jump Throw Wheel + Sport Coach

Technical



National Coaching
Certification Program

Kelowna
April 15/16th

LOCATIONS

AN INTRODUCTION TO TRACK & FIELD

Apple Bowl

This course combines Run Jump Throw Wheel (RJTW) and Sport Coach Technical in a 2 day course.

RJTW teaches the fundamental movement skills of running, jumping, throwing and wheeling and their progressions into track and field in a fun game based appropriate for primary - elementary aged participants.

Sport Coach teaches the basic skills of all events in track and field. It is ideal for the generalist coach that may be coaching introductory-intermediate level athletes in multiple events at an elementary – junior high level.

Learning Facilitators: Amber Gilbert

NCCP Certification Requirements

Requirements to be Trained: (can be done in any order)

Foundations of Coaching (FOC)

- theory of Sport and Club Coach
- online over 2x 3hr live sessions
- [Find courses here](#)
- *Pre-reqs e-learnings to FoC*
 - [Long Term Athlete Development \(75 min\)](#)
 - [Emergency Action Plan \(20 min\)](#)

RJTW / Sport Coach Technical (this course)

Make Ethical Decisions (MED)

- Online or in Person.
- Discounted with BCA ([here](#)) or [viaSport](#)

Requirements to be "Certified"

complete either RJTW or Sport Coach Evaluations as well as the Make Ethical Decisions Evaluation ([info here](#))

Registration Information

Registration Fees (+GST)

	BCA Coach Members*	Non-members
Early Bird (before March 24)	\$100.00	\$135.00
Regular	\$125.00	\$160.00
Late (after April 10th)	\$150.00	\$185.00

[Click here](#) for coaching financial assistance

- 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!](#)

This course requires an NCCP #. [Register for one for free here](#)

Register Here: www.trackiereg.com/RJTWSCkelowna2023



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



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Schedule

Day 1 (9:00am – 5:00pm) 8 hrs			
9:00am – 9:15am	15 min	Introduction	Track
9:15am -12:00pm	2hr 45min	Technical: Run (sprints, hurdles, endurance) + Wheel	
Lunch (please bring your own)			
12:45pm – 3:00pm	2 hr 15 min	Technical: Run (sprints, hurdles, endurance) + Wheel	Track
2:00pm – 5:00pm	2 hrs	Technical: Jumps	
Day 2 (9:00am – 5:00pm) 8 hrs			
9:00am – 9:15am	15 min	Check in	Track
9:15am – 11:30 am	1hr 15	Technical: Jumps	
Lunch (please bring your own)			
12:15pm – 3:30pm	3hr 15	Technical: Throws	Track
3:30pm – 4:30pm	1 hr	Strength	
4:30pm – 5:00pm	30 min	Wrap up	

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

Manuals: This course refers to the Sport/Club Coach Technical Manual and the RJTW Technical Progressions It is not required in course but is available for additional information.

- **Electronic Manuals** are provided for free online for coach members at <https://athletics.ca/coach/> under the documents tab. Login with your BCA/AC # ([look up here](#)).
- OR You can **purchase the hard copy** for \$20 + GST each (includes shipping) [here](#).



For more information for on coach education
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