

NCCP Track and Field

Run Jump Throw Wheel + Sport Coach Technical



National Coaching
Certification Program

Nanaimo
March 4-5th

LOCATIONS

Rotary Bowl Clubhouse

AN INTRODUCTION TO TRACK & FIELD

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, Sean Steele, Kim Cameron

NCCP Certification Requirements	Registration Information												
Requirements to be Trained: (can be done in any order)	Registration Fees (+GST)												
Foundations of Coaching (FOC) <ul style="list-style-type: none">theory of Sport and Club Coachonline over 2x 3hr live sessionsFind courses herePre-reqs e-learnings to FoC<ul style="list-style-type: none">Long Term Athlete Development (75 min)Emergency Action Plan (20 min)	<table border="1"><thead><tr><th></th><th>BCA Coach Members*</th><th>Non-members</th></tr></thead><tbody><tr><td>Early Bird (before Feb 10)</td><td>\$100.00</td><td>\$135.00</td></tr><tr><td>Regular</td><td>\$125.00</td><td>\$160.00</td></tr><tr><td>Late (after Feb 27)</td><td>\$150.00</td><td>\$185.00</td></tr></tbody></table>		BCA Coach Members*	Non-members	Early Bird (before Feb 10)	\$100.00	\$135.00	Regular	\$125.00	\$160.00	Late (after Feb 27)	\$150.00	\$185.00
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RJTW / Sport Coach Technical (this course)	<p>Click here for coaching financial assistance</p> <p>*Optional: Sign up for a BCA Coach Membership (65.00+GST) with your registration. More info here</p> <ul style="list-style-type: none">If you are already a BCA member but not a <i>coach</i> 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.												
Make Ethical Decisions (MED) <ul style="list-style-type: none">Online or in Person.Discounted with BCA (here) or viaSport	<p>This course requires an NCCP #. Register for one for free here</p>												
Requirements to be "Certified" complete either RJTW or Sport Coach Evaluations as well as the Make Ethical Decisions Evaluation (info here)													

Register Here: www.trackiereg.com/RJTWSCnanaimo2023



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](#).



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