

NCCP Track and Field

Run Jump Throw Wheel + Sport Coach Technical



National Coaching
Certification Program

Squamish
March 5-6th

LOCATIONS

TBD

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 Facilitator:

Registration

In-Training VS Trained VS Certified

This course will start you on your way to becoming a Certified Athletics Run Jump Throw (RJTW) and Sport Coach with the National Coaching Certification Program (NCCP).

- After taking this course you will be **RJTW and Sport Coach “In-Training”**
- To be **“Trained”** you will also need to take Make Ethical Decisions (MED), Foundations of Coaching (Theory), Long Term Athlete Development. (Offered separately, [click here for details](#)).
- To be **“Certified”** you will need to complete the RJTW and/or Sport 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/>

NCCP Certification Requirements

Registration Fees (+GST)

	BCA Coach Members*	Non-members
Early Bird (before Feb 4)	\$125.00	\$160.00
Regular	\$150.00	\$185.00
Late (after Feb 28)	\$175.00	\$210.00

[Click here](#) for coaching financial assistance

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

- Optional: sign up for a Membership with your course
- 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

Register Here: www.trackiereg.com/SCRJTWsquamish2022

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

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Day 1 (9:00am – 5:00pm) 8 hrs			
9:00am – 9:15am	15 min	Introduction	Gym
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	Gym
2:00pm – 5:00pm	2 hrs	Technical: Jumps	
Day 2 (9:00am – 5:00pm) 8 hrs			
9:00am – 9:15am	15 min	Check in	Gym
9:15am – 11:30 am	1hr 15	Technical: Jumps	
Lunch (please bring your own)			
12:15pm – 3:30pm	3hr 15	Technical: Throws	Gym
3:30pm – 4:30pm	1 hr	Strength	
4:30pm – 5:00pm	30 min	Wrap up	

Be prepared to be active and bring a water bottle, lunch and a mask

SAFETY REGULATIONS

All participants must read our [Return to In-Person Safety Guidelines](#) and sign the appropriate waivers upon registration

MANUALS

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

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

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

