



NCCP SPORT COACH Technical

Saturday-Sunday, Sept 24-25th
Rotary Bowl Club House - Nanaimo
DISCOUNTED FOR COACHES WEEK!

AN INTRODUCTION TO TRACK & FIELD

This course 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, often in a school or club, at a junior high –high school level.

Learning Facilitator: Sean Steele

NCCP Certification Requirements	Registration									
<p><u>In-Training VS Trained VS Certified</u></p> <ul style="list-style-type: none"> • After taking this course you will be NCCP Sport Coach “In-Training” • To be Sport Coach “Trained” you also need to take Make Ethical Decisions (MED), Foundations of Coaching (Theory), Long Term Athlete Development. (offered separately in any order click here for details). • Foundations of coaching: Sept 18 and 25 6-9:30pm online. Register at www.trackiereg.com/FOCsept2022 • To be Sport Coach “Certified” you will need to complete your Sport Coach and MED Evaluations <p>This is an NCCP course and requires an NCCP #. You can register for one for free here: https://thelocker.coach.ca/</p>	<p><u>Registration Fees (+GST)</u></p> <p>Coaches week discount for members! #ThanksCoach!</p> <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th></th> <th style="background-color: #4a7ebb; color: white;">BCA Coach Members*</th> <th style="background-color: #4a7ebb; color: white;">Non-members</th> </tr> </thead> <tbody> <tr> <td>Regular</td> <td>\$90.00 \$70.00</td> <td>\$125.00</td> </tr> <tr> <td>Late (after sept 20)</td> <td>\$110.00</td> <td>\$145.00</td> </tr> </tbody> </table> <p>Click here for coaching financial assistance</p> <p>*Optional- sign up for a BCA <u>Coach Membership</u> you’re your course registration (65.00+GST*).</p> <ul style="list-style-type: none"> • 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/ to learn more. 		BCA Coach Members*	Non-members	Regular	\$90.00 \$70.00	\$125.00	Late (after sept 20)	\$110.00	\$145.00
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Register Here: www.trackiereg.com/SCnanaimo2022



Full Schedule on the following page

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 (9:00am – 5:00pm) 8hrs			
9:00am – 9:15am	15 min	Introduction	Track
9:15am – 12:15pm	3 hours	Sprints	
Lunch (please bring your own)			
1:00pm – 3:30pm	2.5hrs	Jumps	Track
3:30pm – 5:00pm	90 min	Endurance	

Sunday (9:00am – 12:30pm) – 3.5hrs			
9:00am – 9:15am	15 min	Check-In	Track
9:15am – 11:15pm	2 hrs	Throws	
11:15 – 12:15	1 hr	Strength	
12:15 – 12:30	15 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 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](#)



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