

NCCP Sport Coach Track & Field - Technical



National Coaching
Certification Program

Prince George
March 4-5

LOCATIONS

Norther Sport Centre, UNBC

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: Ross Browne

NCCP Certification Requirements	Registration
Sport Coach Trained Requirements: (Can be taken any order)	Registration Fees (+GST)
Foundations of Coaching (FOC)	BCA Coach Members* Non-members
<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)	Early Bird (before Feb 10) \$70.00 \$105.00
Sport Coach Technical (this course)	Regular \$90.00 \$125.00
Make Ethical Decisions (MED)	Late (after Feb 27) \$110.00 \$145.00
<ul style="list-style-type: none">Online or in Person through viaSportDiscounted online with BCA or in Prince George Mar 30	Travel grants available Click here Click here for other coaching financial assistance
Requirements to be Sport Coach "Certified" complete both Sport Coach and MED Evaluations (info here)	*Optional: Sign up for a BCA Coach Membership (65.00+GST) with your registration. More info here
	<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.
	This course requires an NCCP #. Register for one for free here

Register Here: www.trackiereg.com/SCprincegeorge2023



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	

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. It is not required in course but is available for additional information.

- **Electronic Manuals** are provided for free online at <https://athletics.ca/coach/> under the documents tab. Login with your BCA member ID ([look up here](#)).
- OR You can **purchase the hard \$20, [here](#)**.



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