

# NCCP Sport Coach Track & Field - Technical



National Coaching  
Certification Program

Victoria  
April 16-17

## LOCATIONS

Oak Bay High School Track  
2121 Cadboro Bay Road, Victoria

## 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

### In-Training VS Trained VS Certified

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

- After taking this course you will be **Sport Coach “In-Training”**
- To be **Sport Coach “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](#)). **These do not have to be taken prior to this course.**
- To be **Sport Coach “Certified”** you will need to complete your 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/>

## Registration

### Registration Fees (+GST)

	BCA Coach Members*	Non-members
Regular	\$90.00	\$125.00
Late (after April 11)	\$110.00	\$145.00

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

- You can sign up for a BCA Coach Membership with your course registration (optional)
- If you are already a BCA member but not a coach member, upgrade by contacting [Sam.Collier@bcathletics.org](mailto: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/](http://www.bcathletics.org/Membership/) for more information

[Click here](#) for coaching financial assistance

## SAFETY REGULATIONS

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

Register Here: [www.trackiereg.com/SCvic2022](http://www.trackiereg.com/SCvic2022)



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



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

