

NCCP Sport Coach Track & Field - Technical



National Coaching
Certification Program

Victoria
March 18/19

LOCATIONS

Oak Bay High School

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
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 Mar 08) \$70.00 \$105.00
Sport Coach Technical (this course)	Regular (March 09-Mar 15) \$90.00 \$125.00
Make Ethical Decisions (MED)	Late (Mar 16-Mar 19) \$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	Click here for coaching financial assistance
Requirements to be Sport Coach "Certified"	*Optional: Sign up for a BCA Coach Membership (65.00+GST) with your registration. More info here
complete both Sport Coach and MED Evaluations (info here)	<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.This course requires an NCCP #. Register for one for free here

Register Here: www.trackiereg.com/SCvic2023



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 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 (includes shipping) [here](#).



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