

# NCCP Sport Coach Track & Field - Technical



National Coaching  
Certification Program

Burns Lake  
April 28/29

LOCATIONS

William Konkin Elementary (WKE)  
750 Carroll Street, Burns Lake BC V0J

## 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: Kathleen Henderson*

NCCP Certification Requirements	Registration
<b>Sport Coach Trained Requirements:</b> (Can be taken any order)	<b>Registration Fees (+GST)</b>
<b>Foundations of Coaching (FOC)</b>	<b>BCA Coach Members*    Non-members</b>
<ul style="list-style-type: none"><li>theory of Sport and Club Coach</li><li>online over 2x 3hr live sessions</li><li><a href="#">Find courses here</a></li><li>Pre-reqs e-learnings to FoC<ul style="list-style-type: none"><li><a href="#">Long Term Athlete Development (75 min)</a></li><li><a href="#">Emergency Action Plan (20 min)</a></li></ul></li></ul>	Regular (April 26)    \$90.00    \$125.00
	Late (April 29)    \$110.00    \$145.00
<b>Sport Coach Technical</b> (this course)	<a href="#">Click here</a> for coaching financial assistance
<b>Make Ethical Decisions (MED)</b>	<ul style="list-style-type: none"><li>You will <b>NOT</b> need a coach membership through BCA - a coach membership <b>WILL</b> give you a discount on this and future NCCP courses if you complete your membership <b>PRIOR</b> to registration.</li><li>Already have a BCA COMPETITIVE or ASSOCIATE member? Contact <a href="mailto:sam.collier@bcathletics.org">sam.collier@bcathletics.org</a> to upgrade your membership BEFORE REGISTERING.</li><li><a href="#">Not yet a member?: Sign up for a membership!</a></li></ul>
<b>Requirements to be Sport Coach "Certified"</b> complete both Sport Coach and MED Evaluations ( <a href="#">info here</a> )	<b>This course requires an NCCP #.</b> <a href="#">Register for one for free here</a>

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

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## FULL SCHEDULE

Friday (5:00pm – 8:30pm) 3.5hrs			
5:00pm – 5:15pm	15 min	Introduction	Track
5:15pm – 8:30pm	3 hours	Sprints	
Saturday (9:00am – 5:00pm) – 8hrs			
9:00am – 10:00am	1 hr	Strength	Track
10:0-12:30	2.5 hrs	Jumps	
1:00-3:00	2 hrs	Throws	
3:00-4:30	1.5 hrs	Endurance	
4:30-5:00	30 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](#).

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)

