

NCCP Sport Coach Track & Field - Technical



National Coaching
Certification Program

Richmond
Oct 21/22

LOCATIONS

Minoru Centre

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: TBD

NCCP Certification Requirements

Sport Coach Trained Requirements: (Can be taken any order)

Foundations of Coaching (FOC)

- theory of Sport and Club Coach
- online over 2x 3hr live sessions
- [Find courses here](#)
- Pre-reqs e-learnings to FoC
 - [Long Term Athlete Development \(75 min\)](#)
 - [Emergency Action Plan \(20 min\)](#)

Sport Coach Technical (this course)

Make Ethical Decisions (MED)

- Online or in Person.
- Discounted with BCA [\(here\)](#) or [viaSport](#)

Requirements to be Sport Coach "Certified"

complete both Sport Coach and MED Evaluations [\(info here\)](#)

Registration

Registration Fees (+GST)

	BCA Coach Members*	Non-members
Early Bird (before Oct 1)	\$75.00	\$125.00
Regular	\$100.00	\$150.00
Late (after Oct 13)	\$125.00	\$175.00

[Click here](#) for coaching financial assistance

- 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.trackie.com/event/SCrichmondOct



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



For more information for on coach education
visit <https://www.bcathletics.org/Coaches/Education/>
or contact hailey.kjaer@bcathletics.org

