



19 hour Sport Coach and Club Coach Learning Facilitator Training Schedule Outline (Burnaby, BC – Sept 27-28th, 2014)

Master Learning Facilitators: Allen Johnston and Barb Vida

Location: Fortius Sport & Health Centre, 3713 Kensington Ave, Burnaby, BC V5B 0A7

Contact: Jennifer Schutz (jennifer.schutz@bcathletics.org) – T: 604.333.3558

Cost: Free (BCA will cover registration fees, travel, accommodations, 1 dinner, and 1 lunch)

*Registration is limited and by application only. All LF candidates must be at least Club Coach or Level 2 Certified and have completed the Making Ethical Decisions Online Evaluation.

SATURDAY, Sept 27th, 2014 – 9am-9pm – LF Core Training & Athletics Sport Specific LF Training

Time	Length	Core Multi-Sport Modules	
9:00-10:15 am	75 mins	Functions of an NCCP Learning Facilitator	
10:30-11:45 am	75 mins	Elements of an effective Learning Activity	
11:45-12:45 pm	1 hr	LUNCH (please bring own lunch)	
12:45-2:15 pm	90 mins	Stages of Group Development	
2:30-4:00 pm	75 mins	Nature of the Group	
Time	Length*	Sport Coach Modules	Club Coach Modules
4:00-4:30 pm	30 mins	Intro	Intro
4:30-5:30pm	1 hr	Anatomy (60min)	LTAD (60min)
5:30-6:30 pm	1 hr	DINNER (to be provided)	
6:30-9:00 pm	2 ½ hrs	Role of Coach (30min)	Mental Prep (75min)
		Planning a Practice (2hrs)	Nutrition (75min)

SUNDAY, Sept 28th, 2014 – 9am-4:30pm – Sport Specific LF Training through Practice Facilitating

Time	Length*	Sport Coach Modules	Club Coach Modules
9:00-12:00pm	3hrs	LTAD (90min)	Seasonal Planning (3hrs)
		Energy Systems (90min)	
12:00-1:00pm	1 hr	LUNCH (to be provided)	
1:00-3pm	2hrs	Emergency Plans (60min)	General Strength (90min)
		Teaching/Learning (60min)	General Skill Analysis (30min)
3:00-4:30pm	90min	Strength (90min)	Make Ethical Decisions (90min)

*Time includes debriefing after each session

- Draft schedule subject to change by Master Learning Facilitator Jennifer Schutz
- Sport Coach and Club Coach Modules will be assigned to participants so they can lead that module (with MLF support)
- Technical Specific LF Training will occur later in the fall or spring