



## **Club Coach Track & Field NCCP Courses**

**Friday April 22<sup>nd</sup> – Sunday April 24<sup>th</sup>, 2016**

Smithers Secondary School, 4408 3<sup>rd</sup> Avenue, Smithers, BC V0J 2N0

**Hosted by BC Athletics & Bulkley Valley Athletics Club**

**An Event Specific Course:** Ideal for the school educator/coach, club coach, or parent who is coaching 4-6 months a year and wants to learn about a specific event group in further detail.

**Learning Facilitators** = Master LF and Level 4 Certified Coach Barb Vida

### **Schedule (19 hours)\***

\*Schedule subject to change by the Learning Facilitator to accommodate for the groups' needs.

#### **Friday April 22<sup>nd</sup>, 2016 – Smithers Secondary School**

6:00pm to 9:30pm:

40min – Long Term Athlete Development

90min – Mental Prep

75min – Nutrition

#### **Saturday April 23<sup>rd</sup>, 2016 – Track and Field Oval** (please dress for physical activity and the weather)

8:30am to 4:30pm – Event Specific Technical Modules (7 hrs - choose either Endurance or Sprints/Hurdles)

12noon to 1:00 pm - Lunch Break – please bring your own lunch

#### **Sunday April 24<sup>th</sup>, 2016 – Classroom**

8:30am to 10:30am - Event Specific Skill Analysis and Strength (2 hrs)

10:30am to 12noon – **School Gym** – Event Specific Strength Training Event Group (90min)

12noon to 1:00pm - Lunch Break – please bring your own lunch

1:00pm to 4:30pm - General Strength (30min) and Seasonal Planning (3 hrs)

#### **Registration Fees:**

- **Full Course** - BCA Coach Member: \$157.50 (incl GST)
- **Full Course** Non-Member: \$215.25 (incl GST & Coach Membership)

\*\* After attending the course, coaches will be designated as a trained coach with Coaches Association of Canada's NCCP. This is a professional coaching designation and therefore all of our course participants need to be Coach Members with BC Athletics. If coaches are not currently registered as coach members with BC Athletics (through Trackie) their coach membership fees (\$68.25) will be added to the cost of the course.

#### **3 Steps to Register Online:**

1. Ensure you have a current Coach Membership with BC Athletics
  - Not sure? - use the [Membership Lookup](#). Not a member yet? [Sign up online](#)
  - Current member but not a Coach member? Contact Sam to add coach to your existing membership ([sam.collier@bcathletics.org](mailto:sam.collier@bcathletics.org) or 604-333-3556). It can be easily done with a credit card over the phone.
2. Register/Update your profile with the Coaching Association of Canada
  - First NCCP Course? - Register here <https://thelocker.coach.ca/Account/Register>
  - Look up your NCCP # here <https://nccp.coach.ca/Account/Login>
3. Register Online at <http://www.trackie.com/online-registration/register.php?id=3753>
  - Click on Register to register online with a credit card.
  - Clubs can register multiple coaches at one time.
  - Please note that BCA Membership refers to a Coach Membership with BC Athletics.