



NCCP Road Running Instructor Course (Pilot)

Friday January 16th – Sunday January 18th, 2015

Location Change - Kinsmen Field House and Media Centre

3975 Gordon Dr, Kelowna, BC V1W 4M8

Hosted by BC Athletics, Sport Med BC, and PacificSport Okanagan

An introduction to Road Running Instruction: Ideal for the walk/run clinic leader, community volunteer, personal trainer, or school educator/coach. This weekend workshop will provide you with the material, knowledge and confidence to help you with your Road Running Clinics and start you on your way to becoming a Certified Athletics Instructor with the National Coaching Certification Program (NCCP).

Learning Facilitators = Master LF and Certified Coach Lynn Kanuka (Level 3)

Agenda:

Friday January 16th, 2015 – Kinsmen Field House Hall (3975 Gordon Drive, Kelowna, V1M 4M8)

5pm – 9:30pm – Introductory Modules (Long Term Athlete Development, Mental Prep, Nutrition)

Saturday January 17th, 2015 – Kinsmen Media Centre & Capital News Centre

8:30am – 12noon – Road Running Modules (Energy Systems, Strength Training) plus Teaching/Learning

12:30pm – 5pm - Safety/Risk Management, Technical and Skill Analysis, Injury Management

Sunday January 18th, 2015 – Kinsmen Media Centre (3975 Gordon Drive, Kelowna, V1M 4M8)

9am – 12noon - Planning a Practice and Designing a Basic Walk/Run Clinic

12:30pm -2:30pm - Making Ethical Decisions and Course Wrap-Up

2:30pm – 6:30pm – Optional CPR Training (contact [SportMed BC](http://SportMedBC.com) at 604-294-3050 for info & registration)

Fees:

BC Athletics Coach Members:

Early (until Nov 21st) = \$141.75, Regular = \$157.50, Late (after Dec 19th) = \$173.25 (all including GST)

Non-Coach Members:

Early (‘til Nov 21st)= \$210, Regular= \$225.75, Late (after Dec 19th)= \$241.50 (incl. GST & Coach Membership)

Fees include all workshop materials. Registration/payment must be done online. GST Reg. # 127293264

Accommodations:

We have set aside a small block of rooms at the Sheraton 4 Points Hotel, 5505 Airport Way, Kelowna, BC V1V 3C3. It is adjacent to both the Airport. Please contact them at 1-855-900-5505 and use the “BC Athletics” booking reference for a \$129/night rate on a 2 bed (Queens) room.

2 Steps to Register Online:

1. 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>
2. Register Online for this course at <http://www.trackie.com/online-registration/register.php?id=1430>
 - Click on Register to register online. You will need a credit card for payment.
 - Clubs can register multiple coaches at one time.

For more information on this or other courses, please follow this link <http://www.bcathletics.org/Coaches/Education/> and **go to NCCP Courses** on the left or contact Jennifer Schutz at jennifer.schutz@bcathletics.org.

Kelowna Map
Kinsmen Media Centre & Kinsmen Field House Hall
3975 Gordon Dr, Kelowna, BC V1W 4M8

