



Road Running Instructor Course (Pilot #5) + Bonus Make Ethical Decisions Course for Free!

Friday Sept 9th, Sat Sept 10th, and Sunday Sept 11th, 2016

University of Victoria, 3800 Finnerty Rd, Victoria, BC V8P 5C2

Hosted by BC Athletics, Sport Med BC, & Victoria International Running Society

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 = Trained LF and Certified Performance Coach Lynn Kanuka

Agenda:

Friday Sept 9th, 2016 – University of Victoria (Room TBD)

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

Saturday Sept 10th, 2016 – University of Victoria (Rooms TBD) and UVic Trails

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 Sept 11th, 2016 – University of Victoria (Room TBD)

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-6pm - NCCP Multi-Sport Make Ethical Decisions Course – OPTIONAL – for FREE! (usually \$65)

Registration Fees:

- BCA Coach Members – Early (until Aug 21)=\$141.75, Regular=\$157.50, Late =\$173.25 (after Aug 26) (includes GST)
- Non-BCA Coach Members = Early (until Aug 21)= \$210, Reg = \$225.75, Late = \$241.15 (after Aug 26) (includes 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 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 for this course at <https://www.trackie.com/online-registration/register/nccp-course-road-running-instructor-pilot-5/6140/>
 - Click on [Register](#) to register online. You will need a credit card for payment.
 - Clubs can register multiple coaches at one time.
 - Be sure to click + [Add Event](#) if you also wish to register for the **FREE Make Ethical Decisions Course**.
 - Please note that BCA Membership refers to a Coach Membership with BC Athletics