



Sport Coach NCCP Course

Wednesday Aug 6th & Thursday Aug 7th, 2014

Tournament Capital Centre, 910 McGill Road, Kamloops, BC V2C 6N6

Hosted by BC Athletics & Kamloops Track and Field Club

An Introduction to Coaching Track & Field: Ideal for the school educator/coach, club coach, or parent. This weekend workshop is for those who are **coaching seasonally** (4-10 weeks a year and/or 2-3 sessions a week) and includes physical literacy skills, planning a practice, and an introduction to competition at the school, regional, or provincial level. This course will provide you with the material, knowledge and confidence to help you with your coaching and start you on your way to becoming a Certified Coach with the National Coaching Certification Program (NCCP).

Learning Facilitators = Master LF and Certified High Performance Coach Barb Vida (Level 4)

Agenda:

Wed. Aug 6th, 2014 – TCC – Upstairs Meeting Room (dress for physical activity and the weather)

9am – 12:30pm – Introductory Modules (Role of Coach, LTAD, Anatomy and Movement Principles)

12:30 – 1:30pm - Lunch Break – please bring your own lunch

1:30 – 5pm – Energy Systems, Strength Training, Emergency Action Plan and Injury Management

5pm – 6pm – Dinner Break

6pm – 9pm - **TCC Stadium** – Sprints, Hurdles, & Relay Technical Modules

Thurs. Aug 7th, 2014 – TCC Stadium

9am – 10am – Endurance Technical Module and Energy Systems

10 – 12noon – Throws Technical Module

12pm - 1pm - Lunch Break – please bring your own lunch

1pm – 4pm - Jumps Technical Module

4pm – 5pm – **TCC – Upstairs Meeting Room** -Teaching & Learning

5pm – 6pm – Dinner Break

6pm – 8pm - Planning a Practice, Wrap-Up

Fees: BC Athletics Members – Early = \$141.75, Regular = \$157.50 (all including GST)

Non-BC Athletics Members = Early = \$199.50, Regular = \$215.25 (includes GST & Coach Membership)

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

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=1336>
 - 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 or 604-333-3558.