

# NCCP ONLINE FOUNDATIONS OF COACHING



National Coaching  
Certification Program

Sport & Club Coach Theory  
Wednesdays, April 5 & 12  
6-9:15 pm

*Complete the theory courses common to both Sport Coach and Club Coach online and complete the technical portions in-person (can be completed in any order)!*

## Course Info

The modules will be delivered on Zoom with a live learning facilitator, interactive opportunities with other participants, and electronic manuals. You will need a computer or tablet with a microphone and webcam.

\*The Sport Coach Workbook for this course is provided [free online here](#) for BCA members or a hard copy can be [purchased here](#) at least one week out from the course for \$20 + GST (includes shipping).

Learning Facilitator: Barb Vida

## Schedule

Pre-Requirements\* must be completed prior to the first session

1. [Emergency Action Plan \(EAP\) e-learning \(15 min, free\)](#)
2. [Long Term Athlete Development e-learning \(60 min, \\$25\)](#)

Live Modules (Wednesdays, April 5 and April 12, 6:00 – 9:15pm)

3. Session 1- Coaches Role, Safety, Teaching and Learning\*
4. Session 2 -Energy Systems, Strength, Planning a Practice\*

\*Both of sessions have about 30 min of pre-assignments to complete prior to attending. Info will be sent with registration.

## REGISTRATION (DEADLINE APRIL 2ND)

### Registration Fees (+GST)

For BCA *COACH* Members: \$60.00

For non-BCA *coach* Members: \$100.00

- You will **NOT** need a coach membership through BCA - a coach membership **WILL** give you a discount on this and future NCCP courses if you complete your membership **PRIOR** to registration.
- Already have a BCA COMPETITIVE or ASSOCIATE member? Contact [sam.collier@bcathletics.org](mailto:sam.collier@bcathletics.org) to upgrade your membership BEFORE REGISTERING.
- [Not yet a member?: Sign up for a membership!](#)

This course requires an NCCP #. [Register for one for free here](#)

Register Here: [www.trackiereg.com/FoCApril2023](http://www.trackiereg.com/FoCApril2023)



For more information for on coach education  
visit <https://www.bcathletics.org/Coaches/Education/>  
or contact [jennifer.brown@bcathletics.org](mailto:jennifer.brown@bcathletics.org)



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## Course Descriptions

The Foundations of Coaching Course is the theory course common to Sport and Club Coach

Sport Coach Track and Field	
<p>An introduction to Track and Field. This course teaches the basic skills of all events in track and field as well as how to plan a practice and a month.</p> <p>It is ideal for the generalist coach that may be coaching introductory-intermediate level athletes in a multiple events, often in a school or club, at a junior high –high school level.</p>	<p>In person portion - 1.5 days</p> <ul style="list-style-type: none"> <li>• Technical: Sprints, Endurance, Jumps, Throws</li> <li>• Strength (practical)</li> </ul>
Club Coach Track and Field	
<p>This is an event/specific that teaches a more in-depth technical analysis for one event group and how to plan a season. Coaches can sign-up for either sprints, endurance, jumps, and throws (including para-throws).</p> <p>It is ideal for the school coach/educator, club coach or parent coaching intermediate level athletes at the high school level and would like to learn more about a specific event group rather than all events.</p>	<p>In person portion - 2 days</p> <ul style="list-style-type: none"> <li>• Technical Event</li> <li>• Strength (practical)</li> <li>• Seasonal Planning</li> </ul>

## Certification Status

To be fully NCCP TRAINED in Sport or Club Coach, coaches must complete all of the following.

- Foundations of Coaching (This course) & pre-requirements (Emergency Action Plan and Long Term Athlete Development)
- The in person technical portion of Sport or Club Course
- Make Ethical Decisions: a 4 hour multi-sport module offer online. To be completed before or after the course
- [Click here for more information and how to access the course](#)

To be NCCP Certified in Sport or Club Coach, coaches must complete their evaluation consisting of submitting a coaching portfolio online and having an evaluator observe their practice ([Click here for more information.](#)) as well as their evaluation for Make Ethical Decisions (which is free after you have taken the course)



For more information for on coach education  
visit <https://www.bcatletics.org/Coaches/Education/>  
or contact [jennifer.brown@bcathletics.org](mailto:jennifer.brown@bcathletics.org)

