



# ROAD RUNNING COACH- INSTRUCTOR COURSE

## PRINCE RUPERT

**Fri-Sun Jan 19-21<sup>st</sup> 2018**

**Hosted by Rupert Runners and Presented by BC Athletics**

*Location: Northern Savings Credit Union 138 3rd Ave W, Prince Rupert*

**Learning Facilitator:** Trained LF and Certified Performance Coach Lynn Kanuka

*An introduction to Road Running Instruction: Whether you are coaching road runners to competition or leading in-training running groups, this weekend workshop will provide you with the knowledge and confidence to help you with your programs and start you on your way to becoming a Certified Athletics Instructor with the National Coaching Certification Program (NCCP).*

### **Friday, Jan 19<sup>th</sup>: Classroom**

5pm – 9:30pm:

Introductory Modules  
(Long Term Athlete Development,  
Mental Prep, Nutrition)

### **Saturday Jan 20<sup>th</sup>: Classroom & Trails**

8:00am – 1:00 pm:

Road Running Modules  
(Energy Systems, Strength Training)  
plus Teaching/Learning, Technical and  
Skill Analysis, Injury Management

### **Sunday Jan 21<sup>st</sup>: Classroom**

8am – 1pm:

Safety/Risk Management, Planning a  
Practice Designing a Basic Walk/Run  
Clinic

1:30pm-5:00pm:

Making Ethical (MED)  
OPTIONAL – for FREE! (Regularly \$65)

For more information for this course  
and others, follow this link

[http://www.bcatletics.org/Education/  
Sub/upcoming-courses-pro-d-  
sessions/250/](http://www.bcatletics.org/Education/Sub/upcoming-courses-pro-d-sessions/250/)

or contact Jennifer Brown at  
[Jennifer.brown@bcathletics.org](mailto:Jennifer.brown@bcathletics.org)

### **Registration Fees (+GST):**

**BCA Coach Members:** Regular (Before Jan 17) =\$150.00, Late =\$165.00

**Non-BCA Coach Members:** Add \$65+GST for membership fees\*

**Making Ethical Decisions:** FREE for coaches taking the course;  
\$20 for BCA members not enrolled in the course; \$50 for non-BCA members.  
*MED is required for full "trained" NCCP status. Without it, coaches will be  
considered "in training"*

\* This course comes with a professional coaching designation from the Coaching Association of Canada and therefore all participants need to be Coach Members with BC Athletics. A \$65.00+GST membership fee will be added to the cost of the course for non-BCA coach members.

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

- 1) **Register for a BCA Coach Membership.**
  - Use the [Membership Lookup](#) to find your number or [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 with the Coaching Association of Canada to get an NCCP #.**  
**You can sign up, or look up your number here:** <https://nccp.coach.ca>
- 3) **Register Online on [trackie.ca](http://trackie.ca) at <https://goo.gl/y7k2Du> via credit card.**
  - Clubs can register multiple coaches at one time.
  - Click + [Add Event](#) to register for the FREE Make Ethical Decisions
  - Please note that BCA Membership refers to a Coach Membership with BC Athletics

***\*\*Please come prepared to be active! Happy Learning!\*\****