



NCCP Sport Coach

Nanaimo

Fri-Sun April 13-15th 2018

**Hosted by Nanaimo Track and Field Club
and Presented by BC Athletics**

Location: Rotary Bowl Clubhouse, 335 Wakesiah Ave. Nanaimo
Learning Facilitator: Master LF and Certified Coach Barb Vida

An introduction to Track and Field: This course teaches the basic skills of all events in track and field. 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. This course will start you on your way to becoming a Certified Athletics Competition Introduction Coach with the National Coaching Certification Program (NCCP).

Friday, April 13th: Classroom

6pm – 9:30pm:

Welcome & Role of the Coach; Long Term Athlete Development; Applied Anatomy & Movement Principles

Saturday April 14th:

8:30am – 12:00pm: Classroom

Energy Systems; Strength; Emergency Action Plan & Injury Management

12:30 – 4:30pm: Track

Endurance Technical Module;

Sprints/Hurdles Technical Modules

5:00 – 8:30pm: Classroom

MED – Optional (For FREE)- regularly \$65

Sunday April 15th

8:30am – 12:30pm: Classroom

Jump Technical Module;

Throws Technical Module

1:00 – 5:00pm: Classroom

Teaching and Learning; Planning a Practice

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

<http://www.bcatletics.org/Education/Summer/upcoming-courses-pro-d-sessions/250/>

or contact Jennifer Brown at

Jennifer.brown@bcathletics.org

Registration Fees (+GST):

Early (Until Mar 30)= \$135.00; Regular=\$150.00, Late (After Apr 13) =\$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 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 at <https://goo.gl/SHBqyj> 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!****