



# NCCP Sport Coach Trail

Fri-Sun Sept 14-16<sup>th</sup> 2018

Hosted by Trail Track and Field Club, Presented by BC Athletics

**Location: Track – Haley Park, Bingay Rd, Trail, BC**  
**Classroom – Memorial Centre McIntyre Room**

*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).*

**Learning Facilitators:** Master Learning Facilitator and Level 4 Certified Coach Brenda Van Tighem

**BONUS: Making Ethical Decisions:** MED is required for full “trained” NCCP status. Without it, coaches will be “in training”

- FREE for coaches taking the course; (normally \$65.00);
- \$20 for BCA members not enrolled in the course; \$50 for non-BCA members.

## Registration

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

Early (Before Aug 20)	\$135.00
Regular	\$150.00
Late (After Sept 9)	\$165.00

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

\* 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.

Register via trackie.ca Here: <https://bit.ly/2LJHpbv>

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

## Schedule

### **FRIDAY 6pm – 9:30pm (Classroom):**

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

### **SATURDAY**

**8:30am – 12:00pm (Classroom):** Energy Systems; Strength; Emergency Action plan & Injury Management

**12:30 – 4:30 pm (Track):** Endurance Technical module; Sprints/Hurdles Technical Module

**5:00 – 8:30 pm (Classroom):** MED – Optional (FREE)

### **SUNDAY**

**8:30am – 4:30 pm (Classroom):** Jump Technical Module; Throws Technical Module

**1:00 -5:00 pm (Classroom):** Teaching and Learning; Planning a Practice)

For more information for this course and others, follow the link below or contact Jennifer Brown at [Jennifer.brown@bcathletics.org](mailto:Jennifer.brown@bcathletics.org)  
<http://www.bcathletics.org/Education/Sub/upcoming-courses-pro-d-sessions/250/>

