

NCCP SPORT COACH TRACK & FIELD



National Coaching
Certification Program

Location: Penticton

Date: Sept 25-26

LOCATIONS

Penticton High School Track

AN INTRODUCTION TO TRACK & 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 multiple events, often in a school or club, at a junior high –high school level.

Learning Facilitator: Brenda Van Tighem

NCCP Certification Requirements

In-Training VS Trained VS Certified

This course will start you on your way to becoming a Certified Athletics Sport Coach with the National Coaching Certification Program (NCCP).

- After taking this course you will be **Sport Coach “In-Training”**
- To be **Sport Coach “Trained”** you will need to also take Make Ethical Decisions (MED), Foundations of Coaching (Theory), Long Term Athlete Development. (offered separately, [click here for details](#))
- To be **Sport Coach “Certified”** you will need to complete your Sport Coach and MED Evaluations

This is an **NCCP course and requires an NCCP #**. You can register for one for free here: <https://thelocker.coach.ca/>

Registration

Registration Fees (+GST)

| | BCA Coach Members* | Non-members |
|----------------------|--------------------|-------------|
| Regular | \$90.00 | \$125.00 |
| Late (after Sept 22) | \$110.00 | \$145.00 |

***Optional BCA Coach Membership (65.00+GST*).**

- You can sign up for a BCA Coach Membership with your course registration (optional)
- If you are already a BCA member but not a coach member, contact Sam.Collier@bcathletics.org. You will not pay more than your highest membership fee; the cost will be the difference of your current membership and the coach membership
- Visit www.bcathletics.org/Membership/ for more information

[Click here](#) for coaching financial assistance

SAFETY REGULATIONS

All participants must read our [Return to In-Person Safety Guidelines](#) and sign the appropriate waivers upon registration



Register Here: www.trackiereg.com/SCpenticton2021

For more information for on coach education

visit <https://www.bcathletics.org/Coaches/Education/>

or contact jennifer.brown@bcathletics.org



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FULL SCHEDULE

| Saturday (9:00am – 5:00pm) 8hrs | | | |
|---------------------------------|---------|--------------|-------|
| 9:00am – 9:15am | 15 min | Introduction | Track |
| 9:15am – 12:15pm | 3 hours | Sprints | |
| Lunch (please bring your own) | | | |
| 1:00pm – 3:30pm | 2.5hrs | Jumps | Track |
| 3:30pm – 5:00pm | 90 min | Endurance | |

| Sunday (9:00am – 12:30pm) – 3.5hrs | | | |
|------------------------------------|--------|----------|-------|
| 9:00am – 9:15am | 15 min | Check-In | Track |
| 9:15am – 11:15pm | 2 hrs | Throws | |
| 11:15 – 12:15 | 1 hr | Strength | |
| 12:15 – 12:30 | 15 min | Wrap-up | |

NOTES: Be prepared to be active in rain or shine and bring a water bottle, lunch and mask



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