



ROAD RUNNING COACH- INSTRUCTOR COURSE

KELOWNA

Fri-Sun Feb 16-18th 2018

**Hosted by Kelowna Running Club
and Presented by BC Athletics**

Location: Kelowna Kinesiology by Orthoquest, 1021 Richter St. V1Y 2K4

Learning Facilitator: Trained LF and Certified Performance Coach Barb Vida

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 19th: Classroom

5pm – 9:30pm:

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

Saturday Jan 20th: Classroom & Trails

8:30am – 12:00 pm:

Road Running Modules
(Energy Systems, Strength Training)
plus Teaching/Learning,

12:30am – 5:00 pm:

Safety/Risk Management, Technical
and Skill Analysis, Injury Management

Sunday Jan 21st: Classroom

9:00am-12:00pm

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

Registration Fees (+GST):

BCA Coach Members:

Early (Until Jan 26) = \$135.00; Regular=\$150.00, Late (After Feb 11)=\$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/PAqZi4> 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!****