



NCCP Sport Coach PRINCE GEORGE

Fri-Sun March 2-4th 2018



Hosted by Prince George Track and Field Club
and Presented by BC Athletics

Location: Northern Sport Centre, UNBC, Prince George

Learning Facilitator: Master LF and Certified Coach Brenda Van Tighem

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, March 2nd: Classroom

6pm – 9:30pm:

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

Saturday March 3rd:

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 – 9:00pm: Classroom

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

Sunday March 4th

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.bcathletics.org/Education/Su/b/upcoming-courses-pro-d-sessions/250/>

or contact Jennifer Brown at
Jennifer.brown@bcathletics.org

Registration Fees (+GST):

Early (Until Feb 16) = \$135.00; Regular=\$150.00, Late (After Feb 26) =\$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/rDtKGE> 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!****