



NCCP Club Coach + Harry Jerome Mentorship!

Richmond

Fri-Sun June 22-24 2018

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

Location: Minoru Park, 7191 Granville Ave, Richmond, BC

Club coach is an event specific course ideal for the school educator/coach, club coach or parent coaching intermediate level athletes 4-6 months of the year and would like to learn about a specific event group in further detail

Coaches can sign up for ONE event group: Sprints and Hurdles, Endurance, Jumps, OR Throws (including para)

If you have already taken Club Coach and would like to do another event you can sign up for JUST the technical events (All day Saturday and Sunday Morning)

BONUS (OPTIONAL): Sign up for the course and get a chance to shadow and learn from expert coaches at the Harry Jerome Int. Track Classic in a Mentor-led Event Specific Technical and Tactical Analysis! Swangard Stadium June 26/27, 5:00-9:00pm⁶

Registration

Registration Fees (+GST):

Full Course: Regular=\$150; Late (After June 19th) =\$165.00

Just technical: Regular = \$75.00; Late = \$82.50

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.

Schedule

Friday 6pm – 9:30pm:

Long Term Athlete Development; Mental Prep; Nutrition

Saturday 8:30am – 4:30pm

Event specific skill technical modules

12:00 – 1:00pm: Lunch

Sunday 8:30am – 4:30 pm

8:30am – 12:00pm: Event Group Skill Analysis, and Strength

1:00 pm – 4:30 pm: General Strength; Seasonal Planning

Register via trackie.ca Here: <https://bit.ly/2IsO5G5>

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

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

