



# NCCP Club Coach Kelowna



Fri-Sun Oct 12-14<sup>th</sup> 2018

**Hosted by Okanagan Athletics Club, Presented by BC Athletics**  
**Location: Apple Bowl Training Facility, 1555 Burtch Road, Kelowna 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)

## Registration

### Registration Fees (+GST):

	Full Course:	Just Technical
Early (Before Sept 10)	\$135.00	-
Regular	\$150.00	\$75.00
Late (After Oct 7th)	\$165.00	\$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/2KI2fDs>**

**\*\*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](mailto:Jennifer.brown@bcathletics.org)  
<http://www.bcathletics.org/Education/Sub/upcoming-courses-pro-d-sessions/250/>

