



Athletics New Brunswick Club Coach Seminar



Athletics New Brunswick is offering an Introduction to Competition seminar – NCCP Club Coach in both Jumps and Para athletics.

This course is ideal for any coaches that are working with athletes in either the club or school setting for the durations of one season or a full year. The course material presented at this seminar will cover a wide range of sport development topics such as:

- LTAD
- Mental Preparation
- Nutrition
- Technical Modules
- Analyze Performance
- Strength
- Seasonal Planning
- Jumps Technical – PV, HJ, TJ & LJ
- Para Athlete Technical – track, throwing & wheelchair racing

Events: JUMPS & PARA

Date:

Nov 16th - 5pm – 9pm,

Nov 17th – 9am – 5:30pm

Nov 18th – 9am – 4:30pm

Learning Facilitators: Yvan Pelletier, Ueli Albert & Boo Schexnayder

Location: CEPS – Louis J. Robichaud – 40 Av Antonine-Maillet – Université de Moncton

For more information please contact Chris Belof – chris.belof@unb.ca

