

NCCP Club Coach Courses at the Atlantic Athletics Summit
 CEPS Univ de Moncton, Moncton NB
 November 16-18 2018

FRIDAY

CC Jumps	CC Para
17:30 – Introductions [classroom]	17:30 – Introductions [classroom]
17:45 – LTAD Review [classroom]	17:45 – LTAD Review [classroom]
18:45 – Mental Prep [classroom]	18:45 – Mental Prep [classroom]
20:30 – Nutrition [classroom]	20:30 – Nutrition [classroom]
21:45 – END	21:45 – END

SATURDAY

CC Jumps	CC Para
09:00 – Commonalities in jumping events [track]	09:00 – Classifications [classroom]
09:30 – Accel & Vmax (w/ Boo) [track]	10:15 – Racing Equipment [track]
10:45 – LJ tech [track]	11:15 – Throwing Equipment [track]
12:45 – Speed Development (w/ Boo) [classroom]	12:45 – Speed Development (w/ Boo) [classroom]
14:30 – PV tech [track]	14:30 – Strength [track]
16:15 – HJ tech [track]	16:30 – END
17:45 – END	

SUNDAY

CC Jumps	CC Para
09:00 – TJ Tech [track]	09:00 – Technical [track]
10:30 – Skill Analysis [classroom]	10:30 – Skill Analysis [classroom]
12:45 – Strength Training (w/ Boo) [classroom]	12:45 – Strength Training (w/ Boo) [classroom]
14:30 – Season Planning [classroom]	14:30 – Writing a Workout [classroom]
17:30 – Wrap-up [classroom]	15:45 – Integrated Programs [classroom]
17:45 – END	16:15 – Wrap-up [classroom]
	16:30 – END