NCCP Sport Coach

Maple Ridge

Fri-Sun Nov 30 – Dec 2, 2018

Hosted by Golden Ears Athletics, Presented by BC Athletics

Track: Maple Ridge Secondary School, 21911 122 Ave, Maple Ridge, BC
Classroom: Maple Ridge Leisure Centre 11925 Haney Pl, Maple Ridge, BC V2X 6G2

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).*

Learning Facilitator: Master Learning Facilitator and Level 4 Certified Coach Barb Vida

BONUS (OPTIONAL): *Making Ethical Decisions (MED)* will be offered FREE for coaches taking the course. MED is required for full "trained" NCCP status. Without it, coaches will be considered "in training"

Registration

Registration Fees (+GST):

Regular	$150.00
Late (After Nov 28)	$165.00

Making Ethical Decisions

Coaches taking this Sport Coach:	FREE
BCA Coaches not taking this course:	$20
Non BCA members:	$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.

Register via trackie.ca Here: https://bit.ly/2QpoD8p

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

Schedule

FRIDAY 6pm – 9:30pm (Classroom):
Welcome & Role of the Coach; Long Term Athlete Development; Applied Anatomy & Movement Principles

SATURDAY
8:30am – 12:00pm (Classroom): Energy Systems; Strength; Emergency Action plan & Injury Management
12:30 – 4:30 pm (Track): Endurance Technical module; Sprints/Hurdles Technical Module

SUNDAY
8:30am – 12:30 pm (Track): Jump Technical Module; Throws Technical Module
1:00 -5:00 pm (Classroom): Teaching and Learning; Planning a Practice

5:30 – 9:00 pm (Classroom): Making Ethical Decisions

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/

