



# NCCP Club Coach + Harry Jerome Mentorship!

## South Surrey

Fri-Sun May 17-19<sup>th</sup>

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

Location: *South Surrey Athletics Park, 2199 148 St*

*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*

**CLUB COACH:** 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)

**HARRY JEROME MENTORSHIP - (OPTIONAL):** 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 20<sup>th</sup> 5:00-9:00pm.

- Free for coaches who take this Club Course.
- \$50.00 for coaches who are club coach trained.
- Register here: [www.trackiereg.com/HarryJeromeMentorship](http://www.trackiereg.com/HarryJeromeMentorship)

Registration

Schedule

**Registration Fees (+GST):**

	Full Course:	Just Technical
Early (Before April 05)	\$135.00	-
Regular	\$150.00	\$75.00
Late (After May 10)	\$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.

**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 for via trackie.ca here: [www.trackiereg.com/CCsouthsurrey](http://www.trackiereg.com/CCsouthsurrey)

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/>

