



NCCP Sport Coach

Kamloops

Fri-Sun March 15-17, 2019



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

Location: Tournament Capital Centre

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: Learning Facilitator and Level 4 Certified Coach Brenda van Tighem

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):

Early Bird (Before Feb 22)	\$135.00
Regular	\$150.00
Late (After March 11th)	\$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:

www.trackiereg.com/Sckamloops

**Please come prepared to be active!*

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

5:00 – 8:30 pm (Classroom): Making Ethical Decisions

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

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/>

