



# NCCP Sport Coach Powell River

Fri-Sun March 1-3, 2019



**Hosted by Powell River Track Club, Presented by BC Athletics**  
**Location: Timberlane Park (track) and Brooks Secondary School (Classroom)**

*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):**

Early Bird (Before Feb 8)	\$135.00
Regular	\$150.00
Late (After Feb 26)	\$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/2019-SCpowellriver](http://www.trackiereg.com/2019-SCpowellriver)

*\*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**

**8:00am – 11:30pm (Classroom):** Energy Systems; Strength; Emergency Action plan & Injury Management

**12:00 – 4:00 pm (Track):** Endurance Technical module; Sprints/Hurdles Technical Module

**4:30 – 8:00 pm (Classroom):** Making Ethical Decisions

### **SUNDAY**

**8:00am – 12:00 pm (Track):** Jump Technical Module; Throws Technical Module

**12:30 -4:30 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](mailto:Jennifer.brown@bcathletics.org)  
<http://www.bcathletics.org/Education/Sub/upcoming-courses-pro-d-sessions/250/>

