



NCCP Club Coach Nanaimo



Fri-Sun March 29-31st 2019

Hosted by Nanaimo Track and Field Club, Presented by BC Athletics
Location: Rotary Bowl, Wakesiah Avenue

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

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)

Registration

Registration Fees (+GST):

	Full Course:	Just Technical
Early (Before March 1)	\$135.00	-
Regular	\$150.00	\$75.00
Late (After March 22)	\$165.00	\$82.50

*This is course requires a **BCA Coach Membership**. If you do not have one, or need to upgrade your membership please contact your club registrar or Sam.Collier@bcathletics.org if unattached.

Schedule

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 via trackie.ca Here: www.trackiereg.com/CCnanaimo

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

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/>

