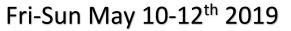


NCCP Club Coach

Prince George





Hosted by Prince George Track and Field Club, Presented by BC Athletics Location: Northern Sports Centre, Prince George

Club coach is an <u>event specific</u> 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, 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 Technica
\$135.00	-
\$150.00	\$75.00
\$165.00	\$82.50
	\$135.00 \$150.00

^{*}This is course requires a **BCA** <u>Coach</u> Membership. If you do not have one, or need to upgrade your membership please contact your club registrar or <u>Sam.Collier@bcathletics.org</u> 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

8:00am – 12:30pm: Event Group Skill Analysis, and Strength 1:00 pm – 3:30 pm: General Strength; Seasonal Planning

Register via trackie.ca Here: www.trackiereg.com/CCprincegeorge

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/