



# NCCP Sport Coach Burnaby

Fri-Sun April 26-28, 2019



**Hosted by Burnaby Striders Track and Field Club, Presented by BC Athletics**  
**Location: Track - Burnaby Central Secondary School**  
**Classroom – Fortius Sport and Health, Burnaby**

*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).*

**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”.

**Learning Facilitator** = Master Learning Facilitator and Level 4 Certified Coach Barb Vida

Registration

Schedule

**Registration Fees (+GST):**

Early Bird (Before April 10th)	\$135.00
Regular	\$150.00
Late (After April 22nd)	\$165.00

**Making Ethical Decisions**

Coaches taking this Sport Coach:	FREE
BCA Coaches not taking this course:	\$20
Non BCA members:	\$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](mailto:Sam.Collier@bcathletics.org) if unattached.

Register via trackie.ca Here:

[www.trackiereg.com/SCburnaby](http://www.trackiereg.com/SCburnaby)

*\*Please come prepared to be active!*

**FRIDAY 6pm – 9:30pm (Classroom):**

Welcome & Role of the Coach; Long Term Athlete Development; Applied Anatomy & Movement Principles

**SATURDAY**

**8:00am – 12:00pm (Track):** Endurance Technical module; Sprints/Hurdles Technical Module

**12:30 – 4:00 pm (Track):** Jump Technical Module; Throws Technical Module

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

**SUNDAY**

**9:00am – 12:30 pm (Classroom):** Energy Systems; Strength; Emergency Action plan & Injury Management

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

