



# NCCP Sport Coach

## Kamloops

Fri-Sun May 24-26, 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 May 3rd)	\$135.00
Regular	\$150.00
Late (After May 20 <sup>th</sup> )	\$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/SCKamloops](http://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**

**8:00am – 12:00pm (Classroom):** Energy Systems; Strength; Emergency Action plan & Injury Management

**12:30 – 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/>

