



NCCP Sport Coach

Kelowna

Fri-Sun May 23,25,26, 2019



Hosted by Okanagan Athletics Club, Presented by BC Athletics
Location: Parkinson Activity Centre (classroom), Apple Bowl Stadium (track)

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

Registration

Registration Fees (+GST):

Regular \$150.00

*This 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.

Register via trackie.ca Here:

www.trackiereg.com/SCkelowna

**Please come prepared to be active!*

Schedule

THURSDAY 6:15pm – 9:15pm (Classroom):

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

SATURDAY

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

1:00 – 5:00 pm (Track): Endurance Technical module; Sprints/Hurdles Technical Module

SUNDAY

9:00am – 12:00 pm (Track): Jump Technical Module; Throws Technical Module

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
<http://www.bcathletics.org/Education/Sub/upcoming-courses-pro-d-sessions/250/>

