

# NCCP SPORT COACH TRACK & FIELD OR ROAD RUNNING



National Coaching  
Certification Program

South Surrey, BC  
Nov 15-16th, 2019

## LOCATIONS

South Surrey Athletic Park

*Coaches can sign up for Sport Coach Track and Field OR Sport Coach Road Running Instructor*

### Sport Coach: Track and Field

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: Barb Vida

Saturday: 8:30am – 4:45pm

Sunday: 8:30am – 4:30pm

### Sport Coach Road Running Instructor

An introduction to Road Running Instruction: Whether you are coaching road runners to competition or leading in-training running groups, this weekend workshop will provide you with the knowledge and confidence to help you with your programs and start you on your way to becoming a Certified Athletics Instructor with the National Coaching Certification Program (NCCP).

Learning Facilitators: Lynn Kanuka

Saturday: 8:30am – 4:45pm

Sunday: 8:30am – 12:45pm

## Registration Information

Courses Fees (+GST): Early Bird (Before Oct 4) = \$135.00 • Regular = \$150.00 • Late (After Nov 8) = \$165.00

- A detailed schedule and more information will be released to participants the week leading up to the course
- Please come prepared to be active!
- 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](mailto:Sam.Collier@bcathletics.org) if unattached.

## BONUS! MAKING ETHICAL DECISIONS:

This an optional course that will be offered FREE for coaches taking the course. It is required for full “trained” NCCP status. Without it, coaches will be considered “in training”.

Friday: 5:00 – 9:00

Location: PacificSport Fraser Valley, Langley Events Center

Fee: Free for coaches taking this Sport Coach; \$20.00 for BCA members not in this course; \$50.00 for non-BCA Members

**Register Here: [www.trackiereg.com/SCsouthsurrey](http://www.trackiereg.com/SCsouthsurrey)**



For more information for on coach education  
visit <https://www.bcathletics.org/Coaches/Education/>  
or contact [jennifer.brown@bcathletics.org](mailto:jennifer.brown@bcathletics.org)



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### FULL SCHEDULE: TRACK AND FIELD

#### Friday (5:00pm – 9:00pm) 4 hrs (Optional)

5:00pm – 9:00pm	4 hrs	Making Ethical Decision (OPTIONAL)	Classroom Langley Events Centre
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#### Saturday (8:30am – 4:45pm) 8.5hrs

8:30am – 9:15am	45 min	Introduction and Role of Coach	Classroom
9:15am – 10:00am	45 min	Safety and EAP	
10:00am – 11:30am	90 min	Teaching and Learning	
11:30am – 12:45pm	75 min	LTAD	
Lunch (please bring your own)			
1:15pm – 3:15pm	2 hrs	Sprints/Hurdles Technical Module	Track
3:15pm – 4:45pm	1.5 hrs	Endurance Technical Module	

#### Sunday (8:30am – 4:30pm) – 8hrs

8:30am – 9:45am	75min	Strength	Class
9:45am – 12:15pm	2.5 hrs	Jumps Technical Module	Track
Lunch (please bring your own)			
1:00pm – 2:30pm	1.5hrs	Throws Technical Module	Track
2:30pm – 4:30pm	2 hrs	Planning a Practice	Class

### NOTES:

- Bring clean indoor shoes for the gym and track
- Don't forget water bottles and lunch



For more information for on coach education  
visit <https://www.bcathletics.org/Coaches/Education/>  
or contact [jennifer.brown@bcathletics.org](mailto:jennifer.brown@bcathletics.org)



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### FULL SCHEDULE: ROAD RUNNING

#### Friday (5:30pm – 9:00pm) 4 hrs (Optional)

5:30pm – 9:30pm	3.5 hrs	Making Ethical Decision (OPTIONAL)	Classroom
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#### Saturday (8:00am – 4:30pm) 8.5hrs

8:30am – 9:00am	30 min	Introduction	Classroom
9:00am – 9:45am	45 min	Safety and EAP	
9:45am – 11:15am	90 min	Teaching and Learning	
11:15am – 12:30pm	75 min	LTAD	
Lunch (please bring your own)			
1:15pm – 3:15pm	2 hrs	Technical and Skill Analysis (including practical run)	Outside
3:15pm – 4:45pm	1.5 hrs	Injury Management	Track

#### Sunday (8:00am – 12:15pm) – 3.5hrs

8:30am – 9:45am	75min	Strength	Class
9:45am – 11:15am	1.5 hrs	Planning a Practice	
11:15am – 12:45pm	1.5 hrs	Design a Clinic (Seasonal Planning)	

### NOTES:

- Bring clean indoor shoes for the gym and track
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