

NCCP SPORT COACH ROAD RUNNING INSTRUCTOR



National Coaching
Certification Program

Victoria, BC

Oct 25 & 27 2019

LOCATIONS

Pacific Institute for Sport Excellence

AN INTRODUCTION TO ROAD RUNNING

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 Facilitator: Mike Van Tighem, ChPC, Level 3 Certified Coach

Registration	Brief Schedule						
<p><u>Registration Fees (+GST)</u></p> <table><tr><td>Early (Before Sept 20)</td><td>\$135.00</td></tr><tr><td>Regular</td><td>\$150.00</td></tr><tr><td>Late (After Oct 18th)</td><td>\$165.00</td></tr></table> <ul style="list-style-type: none">• More information will be sent to participants in the week leading up to the course.• Please come prepared to be active! <p>This 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 Sam.Collier@bcathletics.org if unattached.</p>	Early (Before Sept 20)	\$135.00	Regular	\$150.00	Late (After Oct 18th)	\$165.00	<p><u>FRIDAY</u></p> <ul style="list-style-type: none">• 5:30 – 9:00pm (Classroom): Welcome; Safety and EAP; Teaching and Learning <p><u>SUNDAY</u></p> <ul style="list-style-type: none">• 8:30am – 10:30am (Outside): Technical and Skill Analysis and Practical Run• 10:30am - 12:00am (Classroom): Injury Management• 12:00am – 1:00pm: Lunch• 1:00pm – 5:00pm (Classroom): Strength, Planning a Practice, Design a Clinic (Seasonal Plan) <p>Coaches are responsible for their own lunch.</p>
Early (Before Sept 20)	\$135.00						
Regular	\$150.00						
Late (After Oct 18th)	\$165.00						

BONUS! MENTORSHIP: OCTOBER 26TH

Shadow and learn from expert coaches at the BC XC Championships in a Mentor-led Event Specific Technical and Tactical Analysis!

Saturday: 11am – 4pm, Beaver Lake, Victoria

Fee: Free for coaches taking this Road Running Instructor Course, \$50.00 for coaches who have taken either Road Running, Sport Coach or Club Coach in the past.

Register Here: www.trackiereg.com/RRvictoria



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



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FULL SCHEDULE

Friday (5:30pm – 9:00pm) 3.5 hrs			
5:30 – 6:30pm	60min	Introduction and Role of the Coach	Classroom
6:30 – 7:15pm	45min	Safety and EAP	
7:15 – 8:45pm	1.5hrs	Teaching and Learning	

Saturday (11:00am – 4:00pm) 5hrs (Optional)			
11:00am – 4:00pm	5 hrs	BC XC Championship Mentorship	Outside

Sunday (8:30am – 5:00pm) – 8.5hrs			
8:30am – 10:30am	2 hrs	Technical and Skill Analysis (Including Practical Run)	Track
10:30am – 12:00pm	1.5 hrs	Injury Management	Classroom
Lunch (please bring your own)			
1:00pm – 2:00pm	1hr	Strength	Classroom
2:00pm – 3:30pm	1.5hrs	Planning a Practice	
3:30pm – 5:00pm	1.5hrs	Design a Clinic	

NOTES:

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



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