

NCCP CLUB COACH THROWS - INCLUDING PARA



National Coaching
Certification Program

Nanaimo, BC
Oct 25-27th 2019

LOCATION

Rotary Bowl, Wakesiah Avenue

Club coach is an event specific course ideal for school educator/coach, club coach or parent coaching intermediate level athletes 4-6months of the year and would like to learn about a specific event group in further detail.

Just Technical: If you have already taken Sport Coach or Club Coach in another event in the past you can sign up for JUST technical events (All day Saturday and 8:00 – 3:30 on Sunday)

Learning Facilitator: Jennifer Joyce and Barb Vida

Registration			Brief Schedule	
Registration Fees (+GST)			FRIDAY	
	Full Course	Just Technical	<ul style="list-style-type: none"> • 5:30 – 9:00pm (Classroom): Welcome; Safety and EAP; Teaching and Learning 	
Early (Before Sept 13)	\$135.00	-	SATURDAY	
Regular	\$150.00	\$90.00	<ul style="list-style-type: none"> • 8:00am – 12:15pm: LTAD and Technical Analysis Outside • 1:00pm – 5:30pm: Technical Analysis Outside 	
Late (After Oct 18)	\$165.00	\$105.00	SUNDAY	
<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 Coach Membership. If you do not have one, or need to upgrade your membership please contact your club registrar or if unattached.</p>			<ul style="list-style-type: none"> • 8:00am – 12:00pm (Outside): Technical Analysis and Strength • 12:30pm - 5:30pm (Classroom): Program Planning and Design and Planning a Practice <p>Coaches are responsible for their own lunch.</p>	

Register Here: www.trackiereg.com/CCthrowsnanaimo



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	60 min	Welcome and Role of Coach	Classroom
6:30 – 7:15pm	45min	Safety and Emergency Action Plan	Classroom
7:15 – 8:45pm	1.5hrs	Teaching and Learning	Classroom

Saturday (8:00am – 5:30pm) 9.5hrs			
8:00 – 9:15am	75min	LTAD	Classroom
9:15 – 12:15am	3hrs	Technical	Track
Lunch (please bring your own)			
1:00 – 5:30pm	4.5hrs	Technical	Track

Sunday (8:00am – 5:30pm) – 9.5hrs			
8:00 – 10:00am	2 hrs	Technical	Track
10:00 – 12:00pm	2 hrs	Strength	Weight Room
Lunch (please bring your own)			
12:30 – 3:30pm	3hrs	Program Planning and Design	Classroom
3:30 – 5:30pm	2hrs	Planning a Practice	Classroom

NOTES:

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



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