

NCCP SPORT COACH TRACK & FIELD OR ROAD RUNNING



National Coaching
Certification Program

Penticton

Oct 4-6, 2019

LOCATIONS

CLASSROOM: Penticton Community Centre

TRACK: Penticton Secondary School

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: Brenda Van Tighem

Friday: 5:00 – 9:00

Saturday: 9:00 – 5:30

Sunday: 9:00 – 3:30

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: Mike and Brenda Van Tighem

Friday: 5:00 – 9:00

Saturday: 8:30 – 4:00

REGISTRATION INFORMATION

Courses Fees (+GST): Early Bird (Before Sept 6) = \$135.00 • Regular = \$150.00 • Late (After Sept 27) = \$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 if unattached.

Register Here: www.trackiereg.com/SCpenticton



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: TRACK AND FIELD

Friday (5:00pm – 9:00pm) 4 hrs			
5:00pm – 5:30pm	30 min	Introduction + Role of Coach	Classroom
5:30pm – 6:00pm	30 min	Safety and EAP	
6:00pm – 7:30pm	90 min	Teaching and Learning	
7:45pm – 8:00pm	75 min	LTAD	
8:00pm – 9:00pm	60 min	Energy Systems	
Saturday (9:00am – 5:30pm) 8.5hrs			
9:00am – 12:00pm	3 hrs	Technical: Sprints	Track
Lunch (please bring your own)			
1:00pm – 3:30pm	2.5 hrs	Technical: Jumps	Track
3:30pm – 5:30pm	2 hrs	Technical: Throws	
Sunday (9:00am – 3:30pm) 6.5 hrs			
9:00am – 10:30am	90 min	Technical: Endurance	Track
10:30am – 12:00pm	90 min	Strength	
Lunch (please bring your own)			
1:00pm – 3:00pm	2 hrs	Planning a Practice	Classroom
3:00 – 3:30	30 min	Wrap-up	

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



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FULL SCHEDULE: ROAD RUNNING

Friday (5:00pm – 9:00pm) 4 hrs			
5:00pm – 5:30pm	30 min	Introduction + Role of Coach	Classroom
5:30pm – 6:00pm	30 min	Safety and EAP	
6:00pm – 7:30pm	90 min	Teaching and Learning	
7:45pm – 8:00pm	75 min	LTAD	
8:00pm – 9:00pm	60 min	Energy Systems	

Saturday (8:30am – 4:00pm) 7.5hrs			
8:30am – 10:00am	90 min	Injury Management	Classroom
10:00am – 12:00pm	2 hrs	Technical and Skill Analysis (including practical run)	Outside
Lunch (please bring your own)			
12:30 – 1:30	60 min	Strength	Classroom
1:30 – 3:00	90 min	Planning a Practice	
3:00 – 4:00	60 min	Design a Clinic (Seasonal Planning)	

NOTES:

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