

NCCP SPORT COACH TRACK & FIELD



National Coaching
Certification Program

Victoria, BC
Sept 28-29, 2019

LOCATIONS

CLASSROOM: Oak Bay Recreation Centre

TRACK: Oak Bay Secondary School

AN INTRODUCTION TO TRACK & 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 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: Amber Gilbert, Master Learning Facilitator, Certified Level 3 Coach

Registration	Brief Schedule				
<p>Registration Fees (+GST)</p> <table><tr><td>Early (Before Sept 6)</td><td>\$135.00</td></tr><tr><td>Regular</td><td>\$150.00</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 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.</p>	Early (Before Sept 6)	\$135.00	Regular	\$150.00	<p>SATURDAY</p> <ul style="list-style-type: none">• 8:00am – 12:00pm (Classroom): Welcome; Safety and EAP; Teaching and Learning; Long Term Athlete Development• 12:00 – 12:45pm: Lunch• 12:45 – 6:00pm (Track): Technical Modules: Sprints, Hurdles and Endurance <p>SUNDAY</p> <ul style="list-style-type: none">• 8:00am – 12:30 pm (Track): Technical Modules: Jumps, Throws• 12:30 – 1:00 Lunch• 1:00 – 5:00 (Classroom): Strength, Planning a Practice <p>Coaches are responsible for their own lunch.</p>
Early (Before Sept 6)	\$135.00				
Regular	\$150.00				

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 Sept 27th: 5:30 – 9:30

Location: Oak Bay Recreation Centre

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



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

CLASSROOM: Oak Bay Recreation Centre

TRACK: Oak Bay Secondary School

Friday (5:30pm – 9:30pm) 4hrs (Optional)			
5:30pm – 9:30pm	4 hrs	Making Ethical Decision (OPTIONAL)	Classroom Discovery Room

Saturday (8:00am – 6:00pm) 9hrs			
8:00am – 8:30am	30 min	Introduction and Role of Coach	Classroom SportsView Lounge
8:30am – 9:00am	30 min	Safety and EAP	
9:00am – 10:30am	90 min	Teaching and Learning	
10:45am – 12:00pm	75 min	LTAD	
Lunch (please bring your own)			
12:45 – 1:15	30 min	Energy Systems	Track
1:15pm – 4:20pm	3hr05	Sprints/Hurdles Technical Module	
4:30pm – 6:00pm	90 min	Endurance Technical Module	

Sunday (8:00am – 5:00pm) – 9hrs			
8:00am – 10:30am	2 hrs 30	Jumps Technical Module	Track
10:45am – 12:30pm	1 min 45	Throws Technical Module	
Lunch (please bring your own)			
1:00pm – 2:30pm	90 min	Strength	Classroom SportsView Lounge
2:45pm – 4:45pm	2 hrs	Planning a Practice	
4:15pm – 5:00pm	15 min	Wrap-up	

NOTES:

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



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