

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"> 5:00 – 9:00pm: Welcome; Safety and EAP; Long Term Athlete Development, Teaching and Learning 	
Early (Before Sept 13)	\$135.00	-	SATURDAY	
Regular	\$150.00	\$90.00	<ul style="list-style-type: none"> 8:00am – 1:00pm: Intro to Para Throws, Training Principles, Technical Analysis Shot Put and Para Shot 1:30pm – 6:00pm: Technical Analysis Discus, Para Discus, Hammer, Para Club 	
Late (After Oct 22)	\$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! 			<ul style="list-style-type: none"> 8:00am – 11:30pm: Strength and Technical Analysis Javelin and Para Javelin 12:30pm - 6:00pm: General Program Planning, Technical Event Seasonal Planning, Planning a Practice 	
<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>			Coaches are responsible for their own lunch.	

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

Full Course: All modules

Just technical: Only modules in white

Friday (5:00pm – 9:00pm) 3.5 hrs			
5:00 – 5:30pm	30 min	Welcome and Role of Coach	Classroom
5:30 – 6:15pm	45min	Safety and Emergency Action Plan	Classroom
6:15 – 7:30pm	75 min	Long Term Athlete Development	Classroom
7:30 – 9:00pm	90 min	Teaching and Learning	Classroom

Saturday (8:00am – 6:00pm) 10hrs			
8:00 – 8:45am	45 min	Intro to Para Throws	Classroom
8:45 – 9:45am	60 min	Training Principles	Classroom
9:45 – 1:00	3 hrs 15	Technical Events: Shot Put, Para Shot	Track
Lunch (please bring your own)			
1:30 – 6:00pm	4 hrs 30	Technical Events: Discus, Para Discus, Hammer, Para Club	Track

Sunday (8:00am – 6:00pm) – 10hrs			
8:00 – 9:30am	90 min	Strength	Classroom/Weight room
9:30 -11:30am	2 hrs	Technical: Javelin, Para Javelin	Track
Lunch (please bring your own)			
12:30 – 2:00	90 min	General Program Planning	Classroom
2:00 – 4:00	2 hrs	Technical Event Seasonal Planning	Classroom
4:00– 6:00pm	2 hrs	Planning a Practice	Classroom

NOTES: Bring clean indoor shoes for the gym and track, water bottles and lunch



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