

# 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 23rd)</td><td>\$165.00</td></tr></table> <ul style="list-style-type: none"><li>• More information will be sent to participants in the week leading up to the course.</li><li>• Please come prepared to be active!</li></ul> <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 <a href="mailto:Sam.Collier@bcathletics.org">Sam.Collier@bcathletics.org</a> if unattached.</p> | Early (Before Sept 20) | \$135.00 | Regular | \$150.00 | Late (After Oct 23rd) | \$165.00 | <p><u>FRIDAY</u></p> <ul style="list-style-type: none"><li>• 5:30 – 9:00pm (Classroom): Welcome; Safety and EAP; Teaching and Learning</li></ul> <p><u>SUNDAY</u></p> <ul style="list-style-type: none"><li>• 8:30am – 10:30am (Outside): Technical and Skill Analysis and Practical Run</li><li>• 10:30am - 12:00am (Classroom): Injury Management</li><li>• 12:00am – 1:00pm: Lunch</li><li>• 1:00pm – 5:00pm (Classroom): Strength, Planning a Practice, Design a Clinic (Seasonal Plan)</li></ul> <p>Coaches are responsible for their own lunch.</p> |
| Early (Before Sept 20)   | \$135.00               |          |         |          |                       |          |   |
| Regular  | \$150.00               |          |         |          |                       |          |   |
| Late (After Oct 23rd)  | \$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](http://www.trackiereg.com/RRvictoria)



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



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## FULL SCHEDULE

| Friday (5:00pm – 9:00pm) 3.5 hrs |        |                                    |           |
|----------------------------------|--------|------------------------------------|-----------|
| 5:00 – 5:30pm                    | 30min  | Introduction and Role of the Coach | Classroom |
| 5:30 – 6:15                      | 45min  | Safety and EAP                     |           |
| 6:15 – 7:45pm                    | 1.5hrs | Teaching and Learning              |           |
| 7:45 – 9:00                      | 75 min | LTAD                               |           |

| 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



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

