

NCCP SPORT COACH TRACK & FIELD OR ROAD RUNNING



National Coaching
Certification Program

South Surrey, BC
Nov 15-16th, 2019

LOCATIONS

Classroom: Annable Room, Rotary Field house
Track: South Surrey Athletic Park

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: Barb Vida

Pre-Course Online Module: 15 min (see schedule for link)

Saturday: 8:30am – 6:30pm

Sunday: 8:30am – 6:00pm

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: Lynn Kanuka

Pre-Course Online Module: 15 min (see schedule for link)

Saturday: 8:30am – 4:45pm

Sunday: 8:30am – 12:45pm

Registration Information

Courses Fees (+GST): Early Bird (Before Oct 4) = \$135.00 • Regular = \$150.00 • Late (After Nov 11) = \$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.

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: 5:00 – 9:00

Location: PacificSport Fraser Valley, Langley Events Center

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

Register Here: www.trackiereg.com/SCsouthsurrey



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

Online Pre course: 15 min Emergency Action Plan (EAP) e-learning

<https://thelocker.coach.ca/onlinelearning#EAP-E>

Friday (5:00pm – 9:00pm) 4 hrs (Optional)

5:00pm – 9:00pm	4 hrs	Making Ethical Decision (OPTIONAL)	Classroom Langley Events Centre
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Saturday (8:30am – 4:45pm) 8.5hrs

8:30am – 9:15am	45 min	Introduction and Role of Coach	Classroom
9:15am – 10:00am	45 min	Safety and Emergency Action Plan (EAP)	
10:00am – 11:30am	90 min	Teaching and Learning	
11:30am – 12:00pm	30 min	Energy Systems	
Lunch (please bring your own)			
12:30pm – 2:00pm	90 min	Endurance Technical Module	Track
2:00 – 5:15 pm	3hr15	Sprints/Hurdles Technical Module	
5:15 – 6:30 pm	75 min	LTAD	Classroom

Sunday (8:30am – 4:30pm) – 8hrs

8:30am – 10:00am	90 min	Strength	Class/Outside
10:00am – 12:30pm	2hrs30	Jumps Technical Module	Track
Lunch (please bring your own)			
1:15pm – 3:15pm	2hr45	Throws Technical Module	Track
3:45pm – 5:35 pm	2hrs	Planning a Practice	Class
5:35 – 6:00pm	15min	Wrap-up	Class

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



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Friday (5:30pm – 9:00pm) 4 hrs (Optional)

5:30pm – 9:30pm	3.5 hrs	Making Ethical Decision (OPTIONAL)	Classroom
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Saturday (8:00am – 4:30pm) 8.5hrs

8:30am – 9:15am	30 min	Introduction	Classroom
9:15am – 10:00am	45 min	Safety and Emergency Action Plan (EAP)	
10:00am – 11:30am	90 min	Teaching and Learning	
11:30am – 12:00pm	30 min	Energy Systems	
Lunch (please bring your own)			
12:30 – 2:30 pm	2 hr	Technical and Skill Analysis (including practical run)	Outside
2:45pm – 3:45 pm	1 hr	Strength	
3:45pm – 5:15pm	90 min	Injury Management	Track
5:15pm – 6:30 pm	75 min	LTAD	

Sunday (8:00am – 12:15pm) – 3.5hrs

9:00am – 11:00am	2hrs	Planning a Practice	Class
11:00 – 1:00pm	2hrs	Design a Clinic (Seasonal Planning)	

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