

NCCP SPORT COACH TRACK & FIELD



National Coaching
Certification Program

Victoria, BC

Jan 18-19th, 2019

LOCATIONS

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

Registration Fees (+GST)

Regular - \$150.00

This course requires a **BCA Coach Membership (65.00+GST*)**.

- If you do not have one you can sign up with your course registration.
- *If you are already a BCA member but not a coach member, contact Sam.Collier@bcathletics.org . You will not pay more than your highest membership fee; the cost will be the difference of your current membership and the coach membership

Visit www.bcathletics.org/Membership/ for more information

This is an **NCCP course and requires an NCCP #**. You can register for one for free here: <https://thelocker.coach.ca/>

Brief Schedule

SATURDAY

- **8:00am – 11:30am (Classroom):** Welcome; Safety and EAP; Long Term Athlete Development, Energy Systems
- **11:30am – 12:00pm: Lunch**
- **12:00pm – 5:00pm (Gym):** Sprint/Hurdles, Endurance, Strength

SUNDAY

- **9:00am – 11:30 am (Classroom):** Teaching and Learning, Planning a Practice Part 1
- **11:30 – 12:00 Lunch**
- **12:00 – 5:30 (Gym):** Jumps, Throws, Strength, Planning a Practice Part 2

Coaches are responsible for their own lunch.

Please come prepared to be active.

More information will be sent to participants in the week leading up to the course.

Register Here: www.trackiereg.com/SCvictoria2020



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



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Online Pre course: 15 min Emergency Action Plan (EAP) e-learning . Please complete an EAP and bring to the course to review.

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

FULL SCHEDULE

Saturday (8:00am – 5:00pm) 8hrs			
8:00am – 8:30am	30 min	Introduction and Role of Coach	Classroom
8:30am – 10:00am	90 min	LTAD	
10:00am – 10:30am	30min	Energy Systems	
10:45am – 11:30pm	45 min	Safety and EAP	
Lunch (please bring your own)			
12:00pm – 3:00pm	3hrs	Sprints Technical Module	Gym
3:00pm – 4:30pm	90 min	Endurance Technical Module	
4:30pm – 5:00pm	30 min	Strength Part 1	

Sunday (9:00am – 5:30pm) – 8.5hrs			
9:00am – 10:30am	90 min	Teaching and Learning	Classroom
10:30am – 11:30pm	60 min	Planning a Practice Part 1: Sprints and Endurance	
Lunch (please bring your own)			
12:00pm – 2:30pm	2.5 hrs	Jumps Technical Module and Strength	Gym
2:30pm – 4:30pm	2 hrs	Throws Technical Module and Strength	
4:30 – 5:30pm	60 min	Planning a Practice Part 2: Jumps and Throws	

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



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