

# NCCP SPORT COACH TRACK & FIELD



National Coaching  
Certification Program

Nanaimo, BC  
Nov 14-15<sup>th</sup>, 2020

## LOCATIONS

Rotary Bowl, Wakesiah Avenue

Learning Facilitator: Sean Steele

Course Description	Registration		
<b><u>An Introduction To Track &amp; Field</u></b>	<b><u>Registration Fees (+GST)</u></b>		
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.		<b>BCA Coach Members*</b>	<b>Non-members</b>
This course will start you on your way to becoming a Certified Athletics Competition Introduction Coach with the National Coaching Certification Program (NCCP).	Regular	\$150.00	\$225
	Late (After Nov 10 <sup>th</sup> )	\$165.00	\$240
<ul style="list-style-type: none"><li>• Please come prepared to be active</li><li>• Coaches are responsible for their own water and lunch</li></ul>	<b>*Optional BCA Coach Membership (65.00+GST*).</b>		
	<ul style="list-style-type: none"><li>• You can sign up for a BCA Coach Membership with your course registration (optional)</li><li>• If you are already a BCA member but not a coach member, contact <a href="mailto:Sam.Collier@bcathletics.org">Sam.Collier@bcathletics.org</a>. You will not pay more than your highest membership fee; the cost will be the difference of your current membership and the coach membership</li></ul>		
	Visit <a href="http://www.bcathletics.org/Membership/">www.bcathletics.org/Membership/</a> for more information		
	This is an <b>NCCP course and requires an NCCP #</b> . You can register for one for free here: <a href="https://thelocker.coach.ca/">https://thelocker.coach.ca/</a>		

## SAFETY REGULATIONS

All participants must read our [Return to In-Person Safety Guidelines](#) and sign the appropriate waives upon registration

Register Here: [www.trackiereg.com/SCnanaimo2020](http://www.trackiereg.com/SCnanaimo2020)



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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Online Pre Requisites (required for full training status):

- 15 min [Emergency Action Plan \(EAP\) e-learning](#) and complete an EAP to bring to the course for review.
- 60 min [Long Term Athlete Development](#)
- 7 min [Watch the AO Safety Video](#) – 7min

## FULL SCHEDULE

Saturday (9:00am – 5:30pm) 8hrs			
9:00am – 9:45am	45 min	Introduction and Role of Coach	Classroom
9:45am – 10:30am:	45 min	Safety and EAP	
10:30am – 12:00am	90 min	Teaching and Learning	
12:00 – 12:30	30 min	Energy Systems	
Lunch (please bring your own)			
1:00pm – 4:00pm	3hrs	Sprints Technical Module	Track
4:00pm – 5:30pm	90 min	Endurance Technical Module	

Sunday (9:00am – 5:30pm) – 8.5hrs			
9:00am – 10:30am	90 min	Strength	Classroom
10:30am – 12:30pm	2 hrs	Throws Technical Module	Track
Lunch (please bring your own)			
1:00pm – 3:30pm	2.5 hrs	Jumps Technical Module	Gym
3:30pm – 5:30pm	2 hrs	Planning a Practice	



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)

