

NCCP SPORT COACH TRACK & FIELD



National Coaching
Certification Program

Kamloops, BC
Nov 27-29th, 2020

LOCATIONS

Tournament Capital Centre

Learning Facilitator: Amber Gilbert

Course Description

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.

NCCP Certification

This course will start you on your way to becoming a Certified Athletics Sport Coach with the National Coaching Certification Program (NCCP).

- After taking this course you will be **Sport Coach “In-Training”**
- To be **Sport Coach “Trained”** you will need to also take [Make Ethical Decisions](#) (offered separately)
- To be **Sport Coach “Certified”** you will need to complete your Sport Coach Evaluation

Registration

Registration Fees (+GST)

	BCA Coach Members*	Non-members
Regular	\$150.00	\$225
Late (After Nov 19 th)	\$165.00	\$240
Pre Req online LTAD	\$25.00	\$25

***Optional BCA Coach Membership (65.00+GST*).**

- You can sign up for a BCA Coach Membership with your course registration (optional)
- 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/>

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/SCkamloops2020



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 Requisites (required for full NCCP Sport Coach "In-Training" status):

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

FULL SCHEDULE

Friday 4:30 – 7:30 (3hrs)			
4:30pm – 5:00pm	30 min	Introduction and Role of Coach	Classroom or Online via Zoom (TBD)
5:00pm-5:30pm	30 min	Safety and EAP	
5:30pm – 7:00 pm	90 min	Teaching and Learning	
7:00pm – 7:30 pm	30 min	Energy Systems	

Saturday (9:30am – 4:00pm 7.5hrs)			
9:30am - 12:30pm	3 hrs	Sprints Technical Module	Track
Lunch (please bring your own)			
1:00 – 2:30	90 min	Endurance Technical Module	Track
2:30 – 4:00	90 min	Strength	

Sunday (9:30am – 4:00pm 7.5hrs)			
9:30am – 11:30am	2 hrs	Throws Technical Module	Classroom
Lunch (please bring your own)			
12:00pm – 2:00pm	2 hrs	Jumps Technical Module and Strength	Track
2:00pm – 4:00pm	2 hrs	Planning a Practice	

Please come prepare to be active.

For more information on shoes for the gym and track, a water bottle, and lunch bring clean indoor shoes for the gym and visit <https://www.bcathletics.org/Coaches/Education/> or contact jennifer.brown@bcathletics.org

