



NCCP FOUNDATIONS OF COACHING

Theory for Sport & Club Coach
 Sept 18 and 25; 6-9:15 pm, Online
DISCOUNTED FOR COACHES WEEK!

Complete the theory courses common to both Sport Coach and Club Coach online and complete the technical portions in-person (can be completed in any order)!

Course Info	Schedule
<p>The modules will be delivered on Zoom with a live learning facilitator, interactive opportunities with other participants, and electronic manuals. You will need a computer or tablet with a microphone and webcam.</p> <p>*Manuals (Sport Coach Workbook) are provided free online or coaches can purchase hard copies here.</p> <p>Learning Facilitator: Amber Gilbert</p>	<p>Pre-Requirements* must be completed prior to the first session</p> <ol style="list-style-type: none"> Emergency Action Plan (EAP) e-learning (15 min, free) Long Term Athlete Development e-learning (60 min, \$25) <p>Live Modules (Wednesdays March 30 and April 6, 6:00 – 9:15pm)</p> <ol style="list-style-type: none"> Session 1- Coaches Role, Safety, Teaching and Learning* Session 2 -Energy Systems, Strength, Planning a Practice* <p>*Both of sessions have about 30 min of pre-assignments to complete prior to attending. Info will be sent with registration.</p>

REGISTRATION (DEADLINE SEPT 16)

Registration Fees (+GST)

For BCA **COACH** Members: ~~\$60.00~~ **Discounted for coach members for coaches week! \$45.00.** #ThanksCoach!

For non-BCA *coach* Members: \$100.00

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; i.e., the cost will be the difference of your current membership and the coach.
- **There are no refunds for registering as a coach member after the course.**
- 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/>

Register Here: www.trackiereg.com/FoCSept2022



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





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Course Descriptions

The Foundations of Coaching Course is the pre-requisite to Sport and Club Coach

Sport Coach Track and Field	
<p>An introduction to Track and Field. This course teaches the basic skills of all events in track and field as well as how to plan a practice and a month.</p> <p>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.</p>	<p>In person portion - 1.5 days</p> <ul style="list-style-type: none"> • Technical: Sprints, Endurance, Jumps, Throws • Strength (practical)
Club Coach Track and Field	
<p>This is an event/specific that teaches a more in-depth technical analysis for one event group and how to plan a season. Coaches can sign-up for either sprints, endurance, jumps, and throws (including para-throws).</p> <p>It is ideal for the school coach/educator, club coach or parent coaching intermediate level athletes at the high school level and would like to learn more about a specific event group rather than all events.</p>	<p>In person portion - 2 days</p> <ul style="list-style-type: none"> • Technical Event • Strength (practical) • Seasonal Planning

Certification Status

To be fully NCCP TRAINED in Sport or Club Coach, coaches must complete all of the following.

- Foundations of Coaching (This course) & pre-requirements (Emergency Action Plan and Long Term Athlete Development)
- The in person practical portion of Sport or Club Course
- Make Ethical Decisions: a 4 hour multi-sport module offer online. To be completed before or after the course
- [Click here for more information and how to access the course](#)

To be NCCP Certified in Sport or Club Coach, coaches must complete their evaluation consisting of submitting a coaching portfolio online and having an evaluator observe their practice ([Click here for more information.](#)) as well as their evaluation for Make Ethical Decisions (which is free after you have taken the course)



For more information for on coach education
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