

NCCP SPORT COACH Technical

Saturday-Sunday, Sept 24-25th Rotary Bowl Club House - Nanaimo DISCOUNTED FOR COACHES WEEK!

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.

Learning Facilitator: Sean Steele

NCCP Certification Requirements

In-Training VS Trained VS Certified

- After taking this course you will be NCCP Sport Coach "In-Training"
- To be Sport Coach "Trained" you also need to take Make Ethical Decisions (MED), Foundations of Coaching (Theory), Long Term Athlete Development. (offered separately in any order click here for details).
- Foundations of coaching: Sept 18 and 25 6-9:30pm online. Register at www.trackiereg.com/FOCsept2022
- To be Sport Coach "Certified" you will need to complete your Sport Coach and MED Evaluations

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

Registration

Registration Fees (+GST)

Coaches week discount for members! #ThanksCoach!

 BCA Coach Members*
 Non-members

 Regular
 \$90.00 \$70.00
 \$125.00

 Late (after sept 20)
 \$110.00
 \$145.00

Click here for coaching financial assistance

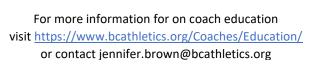
Optional- sign up for a BCA <u>Coach</u> Membership you're your course registration (65.00+GST).

- If you are already a BCA member but not a coach member, upgrade by contacting <u>Sam.Collier@bcathletics.org</u>. 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/ to learn more.

Register Here: www.trackiereg.com/SCnanaimo2022



Full Schedule on the following page







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FULL SCHEDULE

| Saturday (9:00am – 5:00pm) 8hrs | | | | | |
|---------------------------------|---------|--------------|-------|--|--|
| 9:00am -9:15am | 15 min | Introduction | Track | | |
| 9:15am – 12:15pm | 3 hours | Sprints | | | |
| Lunch (please bring your own) | | | | | |
| 1:00pm – 3:30pm | 2.5hrs | Jumps | Track | | |
| 3:30pm – 5:00pm | 90 min | Endurance | | | |

| Sunday (9:00am – 12:30pm) – 3.5hrs | | | | | |
|------------------------------------|--------|----------|-------|--|--|
| 9:00am – 9:15am | 15 min | Check-In | Track | | |
| 9:15am – 11:15pm | 2 hrs | Throws | | | |
| 11:15 – 12:15 | 1 hr | Strength | | | |
| 12:15 – 12:30 | 15 min | Wrap-up | | | |

NOTES: Be prepared to be active in rain or shine and bring a water bottle, lunch and mask

Manuals

Manuals are provided for free online at https://athletics.ca/coach/ under the documents tab.

- This course refers to the Sport Coach technical manual. You don't have to write in it.
- You can purchase the hard copy manuals if you wish.
- More information on how to download and/or purchase manuals can be found here



