



# NCCP SPORT COACH Technical

Saturday-Sunday, Sept 24-25th  
Minoru Centre - Richmond

**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: Barb Vida*

NCCP Certification Requirements	Registration									
<p><b><u>In-Training VS Trained VS Certified</u></b></p> <ul style="list-style-type: none"> <li>After taking this course you will be <b>NCCP Sport Coach “In-Training”</b></li> <li>To be <b>Sport Coach “Trained”</b> you also need to take Make Ethical Decisions (MED), Foundations of Coaching (Theory), Long Term Athlete Development. (offered separately in any order <a href="#">click here for details</a>).</li> <li><b>Foundations of coaching: Sept 18 and 25 6-9:30pm online. Register at <a href="http://www.trackiereg.com/FOCsept2022">www.trackiereg.com/FOCsept2022</a></b></li> <li>To be <b>Sport Coach “Certified”</b> you will need to complete your Sport Coach and MED Evaluations</li> </ul> <p>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></p>	<p><b><u>Registration Fees (+GST)</u></b></p> <p><b>Coaches week discount for members! #ThanksCoach!</b></p> <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th></th> <th style="background-color: #4a7ebb; color: white;">BCA Coach Members*</th> <th style="background-color: #4a7ebb; color: white;">Non-members</th> </tr> </thead> <tbody> <tr> <td>Regular</td> <td><del>\$90.00</del> \$70.00</td> <td>\$125.00</td> </tr> <tr> <td>Late (after sept 20)</td> <td>\$110.00</td> <td>\$145.00</td> </tr> </tbody> </table> <p><a href="#">Click here</a> for coaching financial assistance</p> <p><b>*Optional- sign up for a BCA <u>Coach</u> Membership you’re your course registration (65.00+GST*).</b></p> <ul style="list-style-type: none"> <li>If you are already a BCA member but not a coach member, upgrade by contacting <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> <li>Visit <a href="http://www.bcathletics.org/Membership/">www.bcathletics.org/Membership/</a> to learn more.</li> </ul>		BCA Coach Members*	Non-members	Regular	<del>\$90.00</del> \$70.00	\$125.00	Late (after sept 20)	\$110.00	\$145.00
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Register Here: [www.trackiereg.com/SCrichmond2022](http://www.trackiereg.com/SCrichmond2022)

Full Schedule on the following page



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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## 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 – must be purchased at least 1 week before course date.
- [More information on how to download and/or purchase manuals can be found here](#)



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

