

# NLAA Coaching Weekend - 2023

## REGISTRATION

RJTW: \$50.00 (DEADLINE 4:00 PM, APRIL 21)

Sport Coach: \$70.00 (DEADLINE 4:00 PM, APRIL 18)

**Learning Facilitator: Steve LeBlanc, MSc ChPC**

- All participants must have NLAA 2023 COACH membership. Not yet a member? Please visit the NLAA website for membership information <https://www.nlaa.ca/membership.php> or to **sign up for a membership** at <https://www.trackie.com/members/UN-NL.php>. **Please select COACH type.**
- Non-NLAA Coach members must complete their membership PRIOR to course registration.
- This course requires an NCCP #. Register for one for free PRIOR to course registration: <https://thelocker.coach.ca/account/login?ReturnUrl=%2fonlinelearning>
- Electronic Manuals will be provided once participants register.

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## SPORT COACH

Sport Coach register here:

<https://www.trackie.com/online-registration/register/nlaa-sport-coach-2023/489115/>

This course teaches the basic skills of all events in track and field and how to plan a practice and a month. It is ideal for the generalist coach that may be coaching introductory-level athletes in multiple events, often in a school or club, at a junior high or high school level. The course covers: Sprints, Endurance, Jumps, Throws, Strength (practical).

1. Prerequisite, EAP must be completed before the first session:
  - a. Emergency Action Plan\* (EAP) e-learning (15 min, free) (<https://thelocker.coach.ca/onlinelearning#EAP-E>)
  - b. Long-Term Athlete Development e-learning (60 min, \$25) (<https://thelocker.coach.ca/onlinelearning#ATH-ILTD-E>)
2. Pre-workshop reading and assignments from Sport Coach Workbook.

3. Live Modules - The modules will be delivered on Zoom with a live learning facilitator, interactive opportunities with other participants, and electronic manuals. Participants will need a computer or tablet with a microphone and webcam.
  - a. 6:30 pm NL (6 pm Atl), April 18 - SC Module 1 & 2 (Intro and Role of the Coach & Safety/EAP) + Module 3 (Teaching & Learning) [2h50']
  - b. 6:30 pm NL (6 pm Atl), April 19 - Foundations Energy Systems + SC Module 6 (Strength & Movement) [3h]
  
4. In-person sessions - Participants should be prepared to be active in rain or shine and bring a water bottle and food:
  - a. 2:00 pm, Saturday, April 22 - SC Module 4 (Planning a Practice) [2h]
    - i. Location: Newfoundland and Labrador Sports Centre (PowerPlex), 90 Crosbie Rd, St. John's
  - b. 4:15 pm, Saturday, April 22 - SC Module 6 (Strength demonstrations) [1h30']
    - i. Location: - Noel Browne High-Performance Centre - Riley's Room  
Strength & Conditioning
  - c. 8:30 am, Sunday, April 23 - SC Module 7 (Spr/Hur/Relays 3h + End 1h30' + Jumps 2h30' + Throws 1h30') [8h30']
    - i. **Location: TBD**

### **Certification Status**

1. Coaches must complete the following to be fully NCCP TRAINED in Sport Coach.
    - a. Foundations of Coaching (This course) & pre-requirements (Emergency Action Plan and Long Term Athlete Development)
    - b. The in-person technical portion of Sport Course
    - c. Make Ethical Decisions: a 4-hour multi-sport module offered online. To be completed before or after the course
  2. To be **NCCP Certified in Sport Coach**, coaches must complete their evaluation consisting of submitting a coaching portfolio online and having an evaluator observe their practice as well as their evaluation for Make Ethical Decisions (which is free after you have taken the course)
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# RUN JUMP THROW WHEEL

## (RJTW Athletics Leader)

RJTW register here: <https://www.trackie.com/online-registration/register/nlaa-rjtw-2023/489116/>

Run Jump Throw Wheel (RJTW) is a national program developed by Athletics Canada that teaches fundamental movement skills and develops physical literacy. Children are introduced to track-and-field-inspired games, activities and skill challenges designed to teach the fundamentals of running, jumping, throwing and wheeling.

Run Jump Throw Wheel assists children in learning to move efficiently so that they grow into adults who are active, productive and healthy citizens. Any teacher, sport club coach or community recreation leader can deliver the basic Run Jump Throw Wheel program!

1. Prerequisite, EAP must be completed before the first session:
  - a. Emergency Action Plan\* (EAP) e-learning (15 min, free)  
(<https://thelocker.coach.ca/onlinelearning#EAP-E>)
2. In-person sessions:
  - a. 6 pm to 9:00 pm, Friday, April 21; Location: NLAA Boardroom, 1296 Kenmount Rd, Paradise:
    - i. Module 1 Introduction to RJTW [1h]
    - ii. Module 3 Safety and EAP [30' with EAP module done online]
    - iii. Module 4 Resource Manual / Planning a Lesson [1h15']
  - b. 8:00 am to 11:00 am, Saturday, April 22, Location: Newfoundland and Labrador Sports Centre (PowerPlex), 90 Crosbie Rd, St. John's
    - i. Module 2 Analyze Movement [1h45']
    - ii. Module 5 RJTW IN Action [1h15']

NOTE: To complete TRAINING (STATUS), participants must take Making Ethical Decisions, a 4-hour multi-sport module offered online through CAC multi-sport equivalents.