



Programme
national de
certification des
entraîneurs



National
Coaching
Certification
Program



Athletics Canada Performance Coach November 3-5, 2023 Saint John, NB

Performance Coach Event Groups Being Offered:

- Endurance
- Jumps
- Throws

IMPORTANT: ONLY APPLY IF YOU ARE CLUB COACH CERTIFIED OR HAVE CONFIRMED WITH YOUR PROVINCIAL/TERRITORIAL BRANCH AND ATHLETICS CANADA THAT YOU HAVE PERMISSION TO REGISTER.

Please take a moment and read the entire document before registering.

The Athletics Canada Performance Coach Certification, offered through the National Coaching Certification Program, is an opportunity for high-achieving, motivated coaches to take their coaching career to the next level. The Performance Coach Certification will expand your knowledge, give you fresh perspectives, and help you realize your personal and professional potential. The Performance Coach Certification is designed for those coaches working with U20 and Senior Level athletes competing or aspiring to national and/or international competition. The training for this course is event group focused and will help coaches to develop and enhance their skills and knowledge in biomechanics, physiology, technical models, nutrition, annual planning, strength, mental performance, safe sport, and coach self-care.

Performance Coach is:

- Required for a coach to be selected to a national team
- Required to be a coach at Canada Games
- May be a requirement for provincial funding in some provinces (check with your Branch)

Cost: \$550.00.

Registration: Click [HERE](https://trackie.com/event/nbpc) to register for the Athletics Performance Coach In-Class Workshops. (<https://trackie.com/event/nbpc>)

What Else Do I Need To Do?

Note the following requirements BEFORE THE COURSE. Failure to do so will result in removal from the course

- You must be Club Coach certified or have permission of your provincial/territorial branch and Athletics Canada.

- 4 weeks before the course you must submit to the LF:
 - Yearly Training Plan (YTP) draft
 - Athletics Performance Coach: Planning eLearning can be helpful in getting started on this if you have no experience (see below)
 - So can this video from Jason Reindl: [SA - Planning and Periodization w Excel Presentation // 03.06.21](#)
 - Pre-course assignments (page 13-14 of workbook) Event Audit and Physiological Model
- 2 weeks before the course: coaches must have completed the Performance Coach eLearning courses:
 - Planning: <https://thelocker.coach.ca/onlinelearning#ATH-PCPL-E>
 - Strength: <https://thelocker.coach.ca/onlinelearning#ATH-PCST-E>
 - Physiology and Biomechanics: <https://thelocker.coach.ca/onlinelearning#ATH-PCPAB-E>
 - Nutrition, Recovery and Planning: <https://thelocker.coach.ca/onlinelearning#ATH-PCNRAP-E>