



Learning Facilitator: Mike Van Tighem

LOCATION Sapperton Pensioners Hall, 318 Keary St, New Westminster BC V3L 3L3

Course Info	Schedule
<p>ABOUT: This training is a practical, theoretical, and technical training for community run coaches and run group leaders. Leaders and coaches will walk away with tools to better support recreational runners to achieve their goals.</p> <p>WORKBOOK: The Road Running Leader Workbook is provided for free online at www.athletics.ca/coach under the documents tab. Sign up for with your BCA coach member #, look up here.</p> <ul style="list-style-type: none"> Please bring a laptop or tablet and download this before the course. 	<p>9:00 – 12:15pm</p> <ul style="list-style-type: none"> Role of a run leader Safety and risk management Training Plans <p>1:00 – 6:00pm</p> <ul style="list-style-type: none"> Warm-up and technical analysis Injury Prevention Mental Approaches to Running Support All Runners

REGISTER BEFORE JAN 6TH

REGISTRATION FEES (+GST)

- For BCA *COACH* Members: \$75.00
- For non-BCA *COACH* Members: \$125 .00
- Late fee chare: \$25.00

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

OPTIONAL: Purchase a BCA Coach Membership with registration

- *If you are already a BCA member but not a coach member, contact Sam.Collier@bcathletics.org to add a coach membership. You will not pay more than your highest membership fee.
- Visit www.bcathletics.org/Membership/ for more information

Register Here: www.trackie.com/event/RRSapperton23

