



# NCCP SPORT COACH

## BC ATHLETICS



### CERTIFICATION REQUIREMENTS

Sport Coach Trained Requirements: (Can be taken any order)

#### FOUNDATIONS OF COACHING (FOC)

- theory of Sport and Club Coach
- online over 2x 3hr live sessions
- [Find courses here](#)
- Pre-reqs e-learnings to FoC
  - [Long Term Athlete Development \(75 min\)](#)
  - [Emergency Action Plan \(20 min\)](#)

#### SPORT COACH TECHNICAL (THIS COURSE)

#### MAKE ETHICAL DECISIONS (MED)

- Online or in Person through [viaSport](#)
- Discounted online with [BCA](#)

Requirements to be Sport Coach "Certified": complete both Sport Coach and MED Evaluations ([info here](#)).

### REGISTRATION

## Register Here

Registration Fees (+GST)

For BCA COACH Members: \$150.00

For non-BCA coach Members: \$175.00

Late Fees (after DATE): \$25

- You will NOT need a coach membership through BCA - a coach membership WILL give you a discount on this and future NCCP courses if you complete your membership PRIOR to registration.
- Already have a BCA COMPETITIVE or ASSOCIATE member? Contact [cristi.lundman@bcathletics.org](mailto:cristi.lundman@bcathletics.org) to upgrade your membership BEFORE REGISTERING.
- Not yet a member?: [Sign up for a membership!](#)

This course requires an NCCP #. [Register for one for free here.](#)



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





# NCCP RJTW SPORT COACH BC ATHLETICS

Apple Bowl Stadium, Kelowna

## Schedule

Day 1 (9:00am – 5:00pm) 8 hrs			
9:00am-9:15am	15 min	Introduction	Track
9:15am-10:00am	45 min	Review Physical Literacy and LTAD	
10:00am-12:00pm	2 hours	Technical: Run (sprints, hurdles, endurance) + Wheel	
Lunch (please bring your own)			
12:45pm – 3:00pm	2 hr 15 min	Technical: Run (sprints, hurdles, endurance) + Wheel	Track
3:00pm – 5:00pm	2 hrs	Technical: Jumps (Long jump and Triple Jump)	
Day 2 (9:00am – 5:00pm) 8 hrs			
9:00am – 9:15am	15 min	Check in	Track
9:15am – 11:30 am	1hr 15	Technical: Jumps (high jump)	
Lunch (please bring your own)			
12:15pm – 3:30pm	3hr 15	Technical: Throws (shot put, discus and javelin_	Track
3:30pm – 4:30pm	1 hr	Strength (Intro to body weight circuit medicine ball and plyometrics)	
4:30pm – 5:00pm	30 min	Wrap up	

Please bring pen, paper and dress to participate in activity



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