



NCCP FOUNDATIONS OF COACHING

BC ATHLETICS

COURSE INFO

The modules will be delivered on Zoom with a live learning facilitator, interactive opportunities with other participants, and electronic manuals. You will need a computer or tablet with a microphone and webcam.

*The Sport Coach Workbook for this course is provided free online [here](#) for BCA members

SCHEDULE

Pre-Requirements* must be completed prior to the first session

1. Emergency Action Plan (EAP) e-learning (15 min, free)
2. Long Term Athlete Development e-learning (60 min, \$25)

Live Modules (Sunday, April 21st and April 28th, 6:00 – 9:15pm)

3. Session 1- Coaches Role, Safety, Teaching and Learning*
4. Session 2 -Energy Systems, Strength, Planning a Practice*

*Both of sessions have about 30 min of pre-assignments to complete prior to attending. Info will be sent with registration

REGISTRATION

Registration Fees (+GST)

For BCA COACH Members: \$75.00

For non-BCA coach Members: \$125.00

Late Fees: \$25.00

- 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 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.](#)

Sunday April 21st and
28th, 2024



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





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COURSE DESCRIPTION

The Foundations of Coaching Course is the theory course common to Sport and Club Coach.

SPORT COACH

An introduction to Track and Field. This course teaches the basic skills of all events in track and field as well as how to plan a practice and a month.

It is ideal for the generalist coach that may be coaching introductory-intermediate level athletes in a multiple events, often in a school or club, at a junior high –high school level. The in-person portion is 1.5 days covering Sprints, Endurance, Jumps, Throws, and Strength.

CLUB COACH

This is an event/specific that teaches a more in-depth technical analysis for one event group and how to plan a season. Coaches can sign-up for either sprints, endurance, jumps, and throws (including para-throws).

It is ideal for the school coach/educator, club coach or parent coaching intermediate level athletes at the high school level and would like to learn more about a specific event group rather than all events. The in-person portion is 2 days covering a Technical Event, Strength, and Seasonal Planning.

CERTIFICATION STATUS

To be fully NCCP TRAINED in Sport or Club Coach, coaches must complete all of the following:

- Foundations of Coaching (This course) & pre-requirements (Emergency Action Plan and Long Term Athlete Development)
- The in person technical portion of Sport or Club Course
- Make Ethical Decisions: a 4 hour multi-sport module offer online. To be completed before or after the course
- [Click here for more information and how to access the course](#)

To be NCCP Certified in Sport or Club Coach, coaches must complete their evaluation consisting of submitting a coaching portfolio online and having an evaluator observe their practice (Click here for more information.) as well as their evaluation for Make Ethical Decisions (which is free after you have taken the course)



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