



NCCP SPORT COACH YUKON JUNE 1/2

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

[HTTPS://WWW.TRACKIE.COM/EVENT/NCCP-SPORT-COACH/1010479/](https://www.trackie.com/event/nccp-sport-coach/1010479/)

Registration Fees + GST

Free for Yukon Athletics Members and Teachers Email president@athleticsyukon.ca

Non members \$175 + GST

- 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 crisi.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



NCCP SPORT COACH TECHNICAL

WHITEHORSE, YUKON

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	

LOCATION: SPORT YUKON BOARD ROOM & FHC TRACK FACILITY

Please bring pen, paper and dress to participate in activity



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