



Sport Coach NCCP Course + **Bonus Make Ethical Decisions Course for Free!**

Friday February 26th – Sunday February 28th, 2016

McLeod Athletic Park, 214A Street and 58 Avenue, Langley, BC V2Y 2N1

Hosted by BC Athletics & Langley Mustangs Track and Field Club

An Introduction to Coaching Track & Field: Ideal for the school educator/coach, club coach, or parent. This weekend workshop is for those who are **coaching all event groups seasonally** (4-10 weeks a year and/or 2-3 sessions a week) and includes planning a practice, and an introduction to competition at the school, regional, or provincial level. This course will provide you with the material, knowledge and confidence to help you coach all event groups at an introductory level.

Learning Facilitator = Master LF and Level 4 Certified Coach Barb Vida

Agenda:

Friday Feb 26th, 2016 – McLeod Athletic Park (Stadium Meeting Room)

6pm – 9:30pm – Athletics 101 (Welcome, Role of Coach, LTAD, Anatomy and Movement Principles)

Saturday Feb 27th, 2016 – McLeod Athletic Park (Stadium Meeting Room)

8:30am-9:30am – Emergency Action Plan and Injury Management

9:30am – 4:30pm – **McLeod Track** – Endurance, Throws, and Sprints/Hurdles Technical Modules

12:30pm to 1:30pm - Lunch Break – please bring your own lunch

5:30pm-9:00pm - NCCP Multi-Sport Make Ethical Decisions Course – OPTIONAL – for FREE! (usually \$65)

Sunday Feb 28th, 2016 – McLeod Athletic Park (Stadium Meeting Room) (dress for physical activity and the weather)

8:30am – 12:30pm – Program Planning (Energy Systems, Teaching and Learning, and Planning a Practice)

12:30 to 1:30pm - Lunch Break – please bring your own lunch

1:30pm -4:30pm – **McLeod Track** - Jumps Technical Module

Registration Fees:

- BCA Coach Members – Early (until Feb 18)=\$141.75, Regular=\$157.50, Late = \$173.25 (after Feb 24) (includes GST)
- Non-BCA Coach Members = Early (until Feb 18) = \$210, Reg = \$225.75, Late = \$241.15 (after Feb 24) (includes GST & Coach Membership**)

** After attending the course, coaches will be designated as a trained coach with Coaches Association of Canada's NCCP. This is a professional coaching designation and therefore all of our course participants need to be Coach Members with BC Athletics. If coaches are not currently registered as coach members with BC Athletics (through Trackie) their coach membership fees (\$68.25) will be added to the cost of the course.

3 Steps to Register Online:

1. Ensure you have a current Coach Membership with BC Athletics
 - Not sure? - use the [Membership Lookup](#). Not a member yet? [Sign up online](#)
 - Current member but not a Coach member? Contact Sam to add coach to your existing membership (sam.collier@bcathletics.org or 604-333-3556). It can be easily done with a credit card over the phone.
2. Register/Update your profile with the Coaching Association of Canada
 - First NCCP Course? - Register here <https://thelocker.coach.ca/Account/Register>
 - Look up your NCCP # here <https://nccp.coach.ca/Account/Login>
3. Register Online for this course at <http://www.trackie.com/online-registration/register.php?id=2392>
 - Click on Register to register online. You will need a credit card for payment.
 - Clubs can register multiple coaches at one time.
 - Please note that BCA Membership refers to a Coach Membership with BC Athletics