



Basic Technical Aspects of Track and Field

(½ of the Sport Coach NCCP Course)

Friday April 22nd, 2016

Smithers Secondary School, 4408 3rd Avenue, Smithers, BC V0J 2N0

Hosted by BC Athletics & Bulkley Valley Athletics Club

An Introduction to the Technical Aspects of Coaching Track & Field: Ideal for the school educator/coach, club coach, or parent. This workshop is for those who are **coaching all event groups seasonally** (4-10 weeks a year and/or 2-3 sessions a week). This day will provide you with the basics of running, jumping, and throwing to help you teach and coach all track and field event groups at an introductory level.

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

Teacher Track and Field Workshop Schedule (7 hours)

Friday April 22nd, 2016 – Smithers Secondary School – Gym and Track and Field Facility

8:30am - 3:30pm – Smithers Secondary School

2.5 hours – Running Modules (endurance and sprints/hurdles technical modules)

1.5 hours - Throwing Technical Module (shot put, discus, javelin)

2.5 hours - Jumping Technical Module (long jump, triple jump, high jump)

Course Logistics:

- 30min lunch break (please bring your own lunch)
- Please dress for physical activity and the weather
- **Special Teacher Discount = \$40 + GST**
- Please note that the above is a small group timeline. If the group is larger than 8 participants, the workshop may need to be extended by 1 hour.
- All coaches will receive credit for the Technical Modules for the NCCP Sport Coach course.
- After completing another day (8 hrs) of classroom modules the coach will be Sport Coach Trained in Athletics.

2 Steps to Register Online:

1. 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>
2. Register Online for this course at <http://www.trackie.com/online-registration/register.php?id=3754>
 - Click on Register to register online. You will need a credit card for payment.
 - Schools or clubs can register multiple coaches at one time.

For more information on this or other courses, please follow this link
<http://www.bcathletics.org/Education/Sub/upcoming-courses-pro-d-sessions/250/>
or contact Jennifer Schutz at jennifer.schutz@bcathletics.org or 604-333-3558.