

## Details and Schedule

### NCCP Club Coach – Jumps and Endurance

November 19-20, 2016

Moncton, New Brunswick

**Location:** Université de Moncton – CEPS Track

**Learning Facilitator:** Steve LeBlanc on Nov 19. On November 20 Steve LeBlanc (Jumps) and Jason Reindl (Endurance).

**Registration Costs:** \$50.00 to cover learning materials, facilities, and facilitator costs.

**Minimum # of Registrants:** A minimum number of 10 registrants (total) will be required. This does not have to be an even split

**Registration Link:** [TrackieReg.com/anbclubcoachnov2016](http://TrackieReg.com/anbclubcoachnov2016)

#### Modules to be covered:

- 1 – Long Term Athlete Development
- 2 – Mental Preparation
- 3 – Nutrition
- 4 – Technical Modules
- 5 – Analyze Performance
- 6 – Strength
- 7 – Seasonal Planning

\*Saturday sessions will be classroom based

\*Sunday sessions will be on the track. Participants should be dressed for active participation.

| Saturday November 19 | Length |   |
|----------------------|--------|---|
| 8:30 AM              | 0:20   | Welcome                                       |
| 8:50 AM              | 0:40   | Module 1: Long term Athlete Development       |
| 9:30 AM              | 1:30   | Module 2: Mental preparation                  |
| 11:00 AM             | 0:20   | Break   |
| 11:20 AM             | 1:00   | Module 5: Analyze Performance                 |
| 12:20 PM             | 0:45   | Lunch   |
| 1:05 PM              | 1:00   | Module 5: Analyze performance                 |
| 2:15 PM              | 1:15   | Module 3: Nutrition                           |
| 4:05 PM              | 0:20   | Break   |
| 4:25 PM              | 1:30   | Module 6: Strength                            |
| 6:00 PM              |        |   |
|                      |        |   |
| Sunday November 20   |        |   |
| 8:30 AM              | 1:30   | Module 4: Technical Modules -Horizontal/END   |
| 10:00 AM             | 1:30   | Module 4: Technical Modules –Verical/END      |
| 11:30 AM             | 0:45   | Lunch   |
| 12:15 PM             | 1:30   | Module 4: Technical Modules; writing Workouts |
| 1:45 PM              | 3:00   | Module 7: Seasonal Planning                   |
| 4:45 PM              |        |   |