



NCCP Athletics Sport Coach Workshop April 21-23, 2017

Athletics New Brunswick is offering the introductory NCCP course in athletics, called Sport Coach. This course introduces the coach to the basics of all of the event areas in track & field as well as covering principles of athlete development, training design, and many other topics, with a specific focus on the “Learning to Train” and “Training to Train” stages of the Long-Term Athlete Development model.

Sport Coach is targeted at coaches who work with athletes 4 to 10 weeks a year and/or 2-3 sessions a week. This course is for coaches who are introducing athletes to Athletics and Athletics competitions (regional and provincial). Planning a practice is a key skill that is introduced in this workshop and coaches are exposed to all event groups through their training. Coaches should come prepared to actively take part in learning skills and drills in running, jumping and throwing events.

Prerequisites: There are no prerequisites for this course. Current and former athletes, parents, board members, teachers, and coaches of other sports are encouraged to attend and learn from this introductory course.

Location: Moncton, New Brunswick at the University de Moncton (CEPS) facility 40 Antonine-Maillet Ave, Moncton, NB E1A 3E9 and a Classroom 252 in the building. Participants should dress appropriately for active participation in the course.

When: April 21-23, 2017

Language: The course will be conducted in English

Times: April 21 - 16:30 to 21:45pm; April 22 - 8:00 to 21:00; April 23 - 8:00 to 12:30
Health breaks will be scheduled as needed with lunch and dinner breaks provided on Saturday. Participants will be given enough time to go out for meals but should bring snacks as they require.

Cost: \$35.00.

How to Register: Participants must register and pay for the workshop online through trackiereg at <http://www.trackiereg.com/anbsportcoach2017> by **Wednesday April 19th, 2017 at 11:59pm (AST)**.

Schedule Overview

Friday April 21st - 18:30– 21:45pm

- Introduction
- Role of the Coach
- Long Term Athlete Development
- Applied Anatomy

Saturday April 22nd – 8:00-21:00

- Sprints/Hurdles/Relays
- Throws
- Jumps
- Strength
- Energy Systems
- Endurance

Sunday April 23rd – 8:00am – 12:30

- Teaching and Learning
- Safety and Emergency Action Plan
- Planning a Practice
- Wrap Up

Learning Facilitator: Steve LeBlanc is the Director of High Performance for Athletics New Brunswick. He is also the Head Track and Field Coach at Universite de Moncton and a speed/power coach with the ASEA club in Moncton, NB. He has been a NCCP course conductor and learning facilitator for close to twenty years, delivering courses at the Sport, Club, and Performance Coach contexts. He has been an active coach for over 27 years, and has been a coach many provincial and multiple national teams.

Questions can be sent either to Jason Reindl at jasonreindl@me.com or (506) 343-2149 or the weekends learning facilitator Steve LeBlanc at teamatlantic@yahoo.ca or (506) 852-0325.

