



Coaching Course NCCP Sport Coach

Athletics New Brunswick, and the Fredericton Legion Track Club is proud to offer the introductory course NCCP in Track and Field, called Sport Coach. This course introduces the coach to the essence of most events in athletics.

WHEN: February 28th (evening) to March 2nd, 2014

WHERE: Centre Communautaire St-Anne et École des Bâtisseurs

Cost: \$ 100

Registration includes course materials, including a workbook, a reference guide and DVD that covers all events of athletics. The course uses a combination of classroom learning and interactive sessions, hands-on activity designed to give coaches the experience with the techniques and training methods used in all areas of athletics.

Coaches must be prepared to participate actively in the learning of skills of running, jumping and throwing.

This course will be given in English but course material is available in French

To register please visit www.trackiereg.ca

For more info contact anb@anb.ca or call (506) 855-5003

This course is designed to prepare coaches to coach Track and Field in an introductory competitive environment. The athletes coaches at this level will be working with will range in age from 12-15 years old; the modules are designed to meet the needs of coaches who are working with athletes in a school program or coaches who are new to the club system. In the Sport Coach workshop participants will be introduced to sprints, hurdles, relays, long jump, triple jump, high jump, shot put and discus.