



# Want your athletes to run faster??

BC Athletics can help!

## Try our 1 day Coaching Course in Kamloops just for Sprinting, Speed, and Power!

### 9 hour NCCP Technical Coaching Course

Thursday Aug 7<sup>th</sup>, 2014

Tournament Capital Centre, 910 McGill Road, Kamloops, BC V2C 6N6

**An Event Specific Course:** Ideal for the school educator/coach, club coach, or parent who is coaching at least 4-6 months a year and wants to learn about sprinting technique, drills, strength training and skill analysis.

#### Content (9 hours):

- Dynamic Warm Up Drills and Skill Building Drills
- Starts and Acceleration Patterns
- Stride Analysis and Biomechanics
- Hurdle Technique
- Planning Sprinting Practices
- Video Analysis and Sprinting Specific Strength Training

#### Agenda: **Thurs Aug 7<sup>th</sup>, 2014 – TCC Stadium** (please dress for physical activity and the weather)

9am to 5pm – Sprinting Specific Technical Modules

12noon-1pm - Lunch Break – please bring your own lunch

5pm – 6pm – Dinner Break

6pm-8pm – Sprinting Specific Skill Analysis and Strength

**Fees:** \$78.75 (including GST). Fees include all workshop materials.  
Registration/payment must be done online. GST Reg. # 127293264

#### 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:
  - Click on [Sprints](#) to register online. You will need a credit card for payment.
  - You can register multiple coaches at one time.

#### **Not into Speed? Try our other 1 day course on Endurance!**

- Click on [Endurance Flyer](#) for more information
- Click on [Endurance](#) to register online.

For more information on this or other courses, please contact  
Jennifer Schutz at [jennifer.schutz@bcathletics.org](mailto:jennifer.schutz@bcathletics.org) or 604-333-3558.