



## **Sport Coach NCCP Course**

**Saturday October 4<sup>th</sup> – Sunday October 5<sup>th</sup>, 2014**

***Venue Change – Church of St. Mary the Virgin, Oak Bay, 1701 Elgin Road, Victoria BC V8R 5L7***

**Hosted by BC Athletics & Victoria Track and Field Club**

**An Introduction to Coaching Track & Field:** Ideal for the school educator/coach, club coach, or parent. This weekend workshop is for those who are **coaching seasonally** (4-10 weeks a year and/or 2-3 sessions a week) and includes physical literacy skills, planning a practice, and an introduction to competition at the school, regional, or provincial level. This course will provide you with the material, knowledge and confidence to help you with your coaching and start you on your way to becoming a Certified Coach with the National Coaching Certification Program (NCCP).

**Learning Facilitator** = Master LF and Certified Level 4 Coach Allen Johnston (Level 4)

### **Agenda:**

**Sat Oct 4<sup>th</sup>, 2014 – Church of St. Mary the Virgin (Loft Room)** (dress for physical activity/weather)

9am – 12:30pm – Introductory Modules (Role of Coach, LTAD, Anatomy and Movement Principles)

**12:30 – 1:30pm - Lunch Break – please bring a packed lunch in case the lunch hour is shortened**

1:30 – 2:15pm - Energy Systems

2:30-5:30pm - **Oak Bay Track**– Sprints, Hurdles, & Relay Technical Modules

5:30 – 6:30 pm – Dinner Break

6:30– 8pm – Strength Training, Emergency Action Plan and Injury Management

**Sunday Oct 5<sup>th</sup>, 2014 – Oak Bay Track**

9am – 10am – Endurance Technical Module and Energy Systems

10 – 12noon – Throws Technical Module

**12pm - 1pm - Lunch Break – please bring a packed lunch in case the lunch hour is shortened**

1pm – 4pm - Jumps Technical Module

4pm – 5pm – **Church of St. Mary the Virgin (Loft Room)** -Teaching & Learning

5pm – 6pm – Dinner Break

6pm – 8pm - Planning a Practice, Wrap-Up

### **Fees:**

- BCA Coach Members – Early (until Sept 19)= \$141.75, Regular = \$157.50, Late (After Sept 26)= \$173.25 (with GST)
- Non-BCA Coach Members = Early (until Sept 19)= \$199.50, Reg = \$215.25, Late (After Sept 26)= \$231 (includes GST & Coach Membership)
- 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:
  - Go to: <http://www.trackie.com/online-registration/register.php?id=1421>
  - Click on Register to register online. You will need a credit card for payment.
  - Clubs can register multiple coaches at one time (the coach's NCCP number, BCA number, address, phone, and email are required).
  - Current BC Athletics members who are not a Coach Member, should contact [Sam Collier](#) at BC Athletics to upgrade their membership to receive the Coach Membership discount.
  - Non-BC Athletics members can register online as an Unattached Coach member through the following website <https://www.trackie.com/members/UN-BC.php>