



Club Coach Track & Field NCCP Courses

Friday April 10th – Sunday April 12th, 2015

Nanaimo District Secondary School and Seraxuman Stadium

355 Wakesiah Ave, Nanaimo, BC V9R 3K6

Hosted by BC Athletics & Nanaimo Track and Field Club

An Event Specific Course: Ideal for the school educator/coach, club coach, or parent who is coaching 4-6 months a year and wants to learn about a specific event group in further detail. **Participants can sign up in two ways:**

- For the **Full Weekend Course** - receive training in 1 of 4 event groups (Endurance, Jumps, Throws (including Para Throws), or Sprints/Hurdles)
- **Or just for 1 of the Technical Events** (All Day Sat plus Sunday morning) if you have already done a different Full Weekend Club Coach course

Learning Facilitator = Master LF and Certified Coach Al Johnson (Level 3)

Agenda: Friday April 4th, 2014 – Nanaimo District Secondary School

6:00pm to 9:30pm - Package Pickup, LTAD, Mental Prep, Nutrition

Saturday April 5th, 2014 – Seraxuman Stadium (please dress for physical activity and the weather)

8:30am to 5:30pm – Event Specific Technical Modules (Choose either Endurance, Jumps, Throws (including Para Throws), Sprints/Hurdles, or Wheelchair Racing)

12noon to 1:00 pm - Lunch Break – please bring your own lunch

Sunday April 6th, 2014 – Nanaimo District Secondary School

8:30am to 12noon – Event Specific Skill Analysis and Strength

12noon to 1:00pm - Lunch Break – please bring your own lunch

1:00-pm to 5:30pm – Strength and Seasonal Planning

Registration Fees:

- **Full Course** - BCA Coach Members – Early = \$141.75, Regular = \$157.50, Late = \$173.25 (including GST)
- **Full Course** - Non-Members = Early = \$210, Reg = \$225.75, Late = \$241.15 (includes GST & Coach Membership**)
- **Just Technical** – BCA Coach Members – Early = \$78.33, Regular = \$87.03, Late = \$95.74 (all including GST)
- **Just Technical** - Non-Members = Early = \$146.58, Reg = \$155.28, Late = \$163.99 (incl. GST & Coach Membership)

** After attending all of the above sessions, coaches will be designated as a Coach “In Training” with Coaches Association of Canada’s National Coaching Certification Program. This is a professional coaching designation and therefore all of our course participants need to be Coach Members with BC Athletics. If coaches are not currently registered as coach members with BC Athletics (through Trackie) their coach membership fees (\$68.25) will be added to the cost of the course.

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 for the **Full Course** at <http://www.trackie.com/online-registration/register.php?id=1439>
Register Online for **Just 1 of the Technical Events** at <http://www.trackie.com/online-registration/register.php?id=2065>
 - Click on Register to register online. You will need a credit card for payment.
 - Clubs can register multiple coaches at one time.
 - Please note that BCA Membership refers to a Coach Membership with BC Athletics

For more information on this or other courses, please follow this link

<http://www.bcathletics.org/Education/Sub/upcoming-courses-pro-d-sessions/250/>

or contact Jennifer Schutz at jennifer.schutz@bcathletics.org or 604-333-3558.