



Sport Coach NCCP Course

Friday September 18th – Sunday September 20th, 2015

Maple Ridge Secondary School, 21911 122nd Ave Maple Ridge, BC V2X 3X2

Hosted by BC Athletics & Golden Ears Athletics

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 Level 4 Certified Coach Barb Vida

Agenda:

Friday Sept 18th, 2015 – Maple Ridge Secondary School (Library)

6pm – 9:30pm – Introductory Modules (Role of Coach, LTAD, Anatomy and Movement Principles)

Saturday Sept 19th, 2015 – Maple Ridge Secondary School (Library)

8:30am – 12noon – Energy Systems, Strength Training, Emergency Action Plan and Injury Management

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

1pm – 5:30pm – **Track and Field Facility** - Sprints/Hurdles and Endurance Technical Modules

Sunday Sept 20th, 2015 – Maple Ridge Secondary School (dress for physical activity and the weather)

8:30am – 12:30pm – Jumps and Throws Technical Modules

12:30 to 1:30pm - Lunch Break – please bring your own lunch

1:30pm -5:30pm – **Library** - Teaching and Learning, Planning a Practice, & Wrap-Up

Registration Fees:

- BCA Coach Members – Early (until Sept 4)=\$141.75, Regular=\$157.50, Late =\$173.25 (after Sept 11) (includes GST)
- Non-BCA Coach Members = Early (until Sept 4)= \$210, Reg = \$225.75, Late = \$241.15 (after Sept 11) (includes GST & Coach Membership**)

** After attending the course, coaches will be designated as a trained coach with Coaches Association of Canada's NCCP. 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.

3 Steps to Register Online:

1. Ensure you have a current Coach Membership with BC Athletics
 - Not sure? - use the [Membership Lookup](#). Not a member yet? [Sign up online](#)
 - Current member but not a Coach member? Contact Sam to add coach to your existing membership (sam.collier@bcathletics.org or 604-333-3556). It can be easily done with a credit card over the phone.
2. 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>
3. Register Online for this course at <http://www.trackie.com/online-registration/register.php?id=2069>
 - 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