



Athletics – Club Coach Theory modules

Athletics New Brunswick is offering the Athletics Club Coach theory modules as an NCCP workshop. This workshop will cover the general theory modules of Club Coach, and coaches will be able to take the technical event group specific modules at future workshops. Club Coach training allows the coach to develop specialization in one of the event areas in track & field (sprints/hurdles, endurance, jumps, throws, wheelchair racing). Facilitator Yvan Pelletier will help the coach to develop further knowledge on athlete development, training program design, strength training, nutrition, sport psychology and many other topics.

- WHEN:** May 9-10 2015
WHERE: Centre communautaire Sainte-Anne
715 Priestman Rd, Fredericton NB
COST: FREE to ANB members / all others \$50

The registration includes the course materials; a course workbook, a reference guide, and a DVD full of videos and resources for all areas of track & field. The course uses a combination of interactive classroom learning and hands-on activity sessions to give coaches first-hand experience with the techniques and training methods used in all areas of athletics. Coaches should come prepared to actively take part in learning activities.

Tentative Weekend Schedule

Saturday (May 9)	Sunday (May 10)
13:30 Introduction 13:45 LTAD Review 15:00 Mental Prep 17:45 Nutrition 19:00 END DAY 1	08:00 Strength 09:00 Seasonal Planning 11:45 Wrap Up 12:00 END DAY 2

Register online at www.TrackieReg.ca

For further information, please contact Steve LeBlanc at teamatlantic@yahoo.ca
or Yvan Pelletier at yvanrun@nb.symaptico.ca