



Club Coach Endurance Course

Course Description: Please see below

Dates: December 4th – 6:00-9:30pm

December 5th – 9:00-6:00pm

Location: Yarmouth

Cost: \$120

Minimum # of Participants: 5

Facilitator: Jonathan Doucette/Rich Lehman

Registration: [TrackieReg](#)

For More information please contact Jonathan Doucette coach@athleticsnovascotia.ca or 902 220 3108

Course Description

Club Coach is for coaches who are coaching 12-24 weeks a year and/or 3-5 sessions a week. The athletes Club Coaches work with have a foundation in Athletics or come from a multisport environment. The focus of this course is to prepare the coach to develop an athlete's skills in one event group area. Seasonal planning is a key skill that is introduced in this course.

In Club Coach, coaches select an event group to specialize in and are introduced to all facets of that event group. Coaches are able to complete as many event group specializations as they like.

Coaches wanting to specialize in either wheelchair racing or throws are first required to attend a Club Coach workshop in either the throws, sprints or endurance event groups. Upon completion, they may then attend the one and a half day wheelchair specialization workshop.

Athletes ages: Girls 11 to 15 years, Boys 12 to 16 years

LTAD Stage: Train to train

Prepare coaches to coach: A specific event group in a club environment or coaches who are coaching in a school environment and wish to gain more knowledge in a specific event group.

Status upon successful completion: In-Training Club Coach

Description: The modules are designed to meet the needs of coaches who are working with athletes in a specific event group, in a club setting. In the Club Coach workshop, participants will select an event group to specialize in: Sprints/Relays/Hurdles; Throws, Jumps, Endurance or Wheelchair Racing.