



SASKATCHEWAN ATHLETICS

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SPORT COACH NCCP COURSE

SUBJECT: Introductory Track & Field Coaching Course (Theory/Technical)

This National Coaching Certification Programme (NCCP) course within the competition stream targets coaches who wish to work or currently work with young or older athletes in a club or school team setting. Each coach will be introduced to the basics of most of the disciplines of the sport (training and teaching progressions); taught specific theory and practice planning for athletes, warm-up/cool-down exercises, safety precautions, and conditioning. Participating coaches will receive workbooks/CD, additional resources, and will be entered in the NCCP database as a “trained” Sport Coach when the course is completed.

WHEN: Friday, May 12, 2017: 6:30 pm - 9:00 pm
Saturday, May 13, 2017: 9:00 am - 5:00 pm
Sunday, May 14, 2017: 9:00 am - 5:00 pm

WHERE: Canada Games Athletics Complex (Douglas Park Track)
3025 McDonald Street, Regina, SK

COST: \$200.00 (coach membership included)

FACILITATOR: Terry Mountjoy: Theory & Technical Sessions
Technical Sessions include: Sprints/Hurdles/Relays, Jumps, Throws, & Endurance
Note: Bring clothing/footwear for light movement for technical course instruction

Contact Jill George for further information by email, programs@saskathletics.ca or phone, (306) 664-6744.

PLEASE Return this form below with fees payable to Sask Athletics no later than **May 5, 2017.**

NAME: _____ **D.O.B (D/M/Y):** _____

ADDRESS: _____ **POSTAL CODE:** _____

PHONE: _____ **CELL PHONE:** _____

PRINT EMAIL (CLEARLY): _____

CURRENT MEMBER OF SASK ATHLETICS: YES NO **NCCP #:** _____

PAYMENT INFO (circle): VISA MC CHQ MO CASH ACOP

RECEIPT (circle): YES NO

Credit Card Number _____ **Expiry Date:** ____/____ (MM/YY)

Cardholder Name: (please print) _____