



# RUNJumpThrowWheel

## NCCP Run Jump Throw Wheel Instructor Course *In-person course on September 30, 2023*

**Located at:** Regina Field House, 1717 Elphinstone Street, Regina, SK

**Run Jump Throw Wheel:** This coaching context and course is ideal for coaches/teachers/instructors/parents who have little to no sport experience or wish to teach the basics of fundamental movement skills with games to reinforce skills with young athletes generally between the ages of 6 to 12 years of age (i.e. FUNdamentals & Learn to Train stages in Long Term Athlete Development Model - LTAD). The workshop is for those who are coaching short range events such as 1-day fun days, day camp or afterschool programs, to once a week club or community programs offered over a few months. The focus at this level of coaching is on FUN, skill development and not on competition.

**Who:** All are welcome! \*Must be at least 14 years of age to receive NCCP credit.

**Agenda: Saturday, September 30, 2023**

9:00 AM – 5:00 PM (includes break - \*please bring a Lunch\*)

Modules (Setting the Scene for Run, Jump, Throw; Analyzing Performance; Practical Teaching Demonstration; Safety, Risk Management/Emergency Action Plan; Teaching and Learning; Practical Teaching & Debrief; and Ethical Decision Making; and Planning a Run, Jump, Throw Lesson)

\*\*\*Please come prepared to actively participate\*\*\*

**Fees:** \$60.00 Members of Saskatchewan Athletics  
\$90.00 Non-Members\* (includes a 2023 RJTW instructor membership with fee)  
Price includes all workshop materials including lesson plan manual

**Registration Deadline: Monday September 11, 2023**

**Course Contact:**

Jared Welsh, Program Coordinator  
programs@saskathletics.ca (306) 664-6744

**Prior to the course, you must register to get or create your NCCP #:**

Register with the Coaching Association of Canada

- First NCCP Course? – [Register here](#)
- Look up your NCCP # here (click on create account button)  
<https://thelocker.coach.ca/account/login?ReturnUrl=%2f>