



# RUNJumpThrowWheel

## NCCP Run Jump Throw Wheel Online Instructor Course *First (of the four) sessions is Tuesday, January 25, 2022*

Located at: **Zoom Online Platform**

**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 for the course.

**When:** This online RJTW Instructor course is divided into **four sessions**. The **first session is Tuesday, January 25, 2022 @ 7:00 pm – 9:00 pm** \*\*There is a **total of FOUR** sessions to complete this course. **The following RJTW instructor course sessions will be held on February 1, 8, and 15 at 7:00 pm – 9:00 pm.**  
**All sessions will be held via Zoom.**

We will send out the zoom registration (along with further information/instructions) once each person has registered for the course. \*You must attend ALL sessions to obtain a complete "trained" status.

**Fees:** \$60.00 Members of Saskatchewan Athletics  
\$90.00 Non-Members\* (includes a 2022 RJTW instructor membership with fee)  
**\*Non-members must be fully vaccinated against COVID-19 in order to receive a membership**  
Price includes all workshop materials including lesson plan manual

**Registration Deadline: Friday January 21, 2022 by 5:00 PM**

### **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>