



COACHING COURSES FOR ATHLETICS

Information contained in this booklet is accurate at time of printing, however all information is subject to change. Athletics Manitoba will make every effort to post informational changes on the website and inform the membership. Please make sure you provide the office with contact information changes as soon as possible.

COACHING CLINICS & PROFESSIONAL DEVELOPMENT

Dates TBA

NCCP Run Jump Throw Instructor Clinics

These clinics are available on request and are certified by the NCCP. If you would like to host a clinic a minimum of 5 weeks notice is needed for Athletics Manitoba to register a course with appropriate sport partners. A minimum of seven participants are needed to host a clinic. Those with a Bachelor of Physical Education or Education degree it is a 6 hour (one day) clinic, those without, it is a 14 hour (2 day) clinic. Cost per participant is \$65.00.

NCCP Introduction to Competition A

Hosted by Coaching Manitoba (www.coachingmanitoba.ca) This course replaces the former Level 1 Theory and is a 12 hour course. Unless otherwise noted course runs Saturday 8:30am – 4:30pm and Sunday 8:30am – 2:30pm.
Course Dates: September 12-13; September 26-27; October 17-18; November 7-8; November 28-29; December 12-13

NCCP Introduction to Competition B

Hosted by Coaching Manitoba (www.coachingmanitoba.ca) . This course replaces the former Level II Theory and is a 14 hour course. Unless otherwise noted course runs Saturday 8:30 am – 4:30 pm and Sunday 8:30 am – 4:30 pm
Course Dates: September 19-20; October 3-4; November 14-15; December 5-6

NCCP OVERVIEW

Athletics Canada has developed a series of new courses as part of the New NCCP program. The course that replaces the old Level 1 is called Sport Coach. The Sport Coach workshop introduces coaches to all of the events that are generally contested in a junior high/high school environment. Pole Vault, Steeplechase, Hammer and Javelin are not introduced, but the rest of the events are.

I already have level one, why should I take this?

Sport Coach will teach you current information about track and field, practice planning and long term athlete development. All the information presented is targeted at the coach who is working with athletes under that age of 17. Everything you are introduced to in Sport Coach is linked to overall athlete development, from a maturity, skill development and chronological standpoint. Sport Coach is integrated, that is, you will receive credit for theory and technical elements at the same time. All the theoretical concepts are taught with an Athletics specific focus, making the ideas presented immediately applicable to your practice setting. The course will be taught by local event group experts who have been trained by Athletics Canada to deliver the course. The Sport Coach workshop is being implemented nationwide and a standardized curriculum is taught.

Part of the course materials for Sport Coach includes the Introduction to Competition Technical Manual which outlines the technical models, drills and common errors and corrections for all events. Also included in this manual is a book of med ball exercises, workout examples for each event in each phase of training and a section that provides an overview of pool workouts. A manual like this has never been associated with the Athletics Canada NCCP program and is currently only available to those who enrol in the Sport Coach workshop.

The Sport Coach workshop is new, current and includes great resources for coaches. The workshop is great for beginning coaches with no experience but will also serve as a good refresher for coaches who completed their technical training some time ago.