

# NCCP ONLINE

## FOUNDATIONS OF COACHING



Course Info	January Session
<p>The Foundations of Coaching Course is offered online during this physical distancing period. It consists of 4 theory modules that are required for NCCP Sport Coach &amp; Club Coach. Once coaches complete these modules, they can take the technical components in-person once it is safe to do so.</p> <p>The modules will be delivered on Zoom with a live learning facilitator, interactive opportunities with other participants, and electronic manuals. You will need a computer or tablet with a mic and webcam. ALL four online modules MUST be attended.</p>	<p><b>January 20th</b> —Coaches Role and Safety</p> <p><b>January 21st</b>—Teaching and Learning</p> <p><b>January 27th</b>—Energy Systems and Strength</p> <p><b>January 28th</b> —Planning a Practice</p> <p>All Courses <u>start at 7:30 PM</u> and will <u>run until 9:00 PM</u></p>
Registration	January Session
<p>This is an NCCP Course and requires an NCCP #. You can register for one for free here: <a href="https://thelocker.coach.ca/">https://thelocker.coach.ca/</a></p> <p><b>Course Fee:</b> \$80.00 + GST</p> <p><b>Non-Member Fee:</b> \$105 + GST (\$80 + \$25 Non-Member Fee).</p>	<p><b><u><a href="#">Register</a></u></b></p>

Register Here: [January Session](#)



For more information on the Sport Coach/Club Coach pathway visit <http://athleticsmanitoba.com/athletics-canada-coaching-pathway/>

or contact Noelle Merkel at [programs@athleticsmanitoba.com](mailto:programs@athleticsmanitoba.com)



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### Sport Coach/Club Coach Technical Component Course Descriptions

The Foundations of Coaching Course is the pre-requisite to each of the following courses:

<b>Sport Coach Track and Field - \$50 + GST (\$75 + GST for Non-Member Coaches)</b>	
<p>An Introduction to Track and Field. This course teaches the basic skills of all events in track and field as well as how to plan a practice.</p> <p>This course is ideal for the generalist coach that may be coaching introductory –intermediate level athletes in a multiple events, often in a school or club, at a junior high-high school level.</p>	<p>In Person—1.5 Days</p> <ul style="list-style-type: none"> <li>• Technical: Sprints, Endurance, Jumps, Throws</li> <li>• Strength (practical)</li> <li>• Planning Review</li> </ul>
<b>Club Coach Track and Field—\$50 + GST (\$75 + GST for Non-Member Coaches)</b>	
<p>This is an event specific portion that teaches a more in-depth technical analysis for one event group and how to plan a season. Coaches can sign-up for either sprints/hurdles, endurance, jumps, and throws (including para-throws).</p> <p>This course is ideal for the school coach/educator, club coach, or parent coaching intermediate level athletes at a high school level and would like to learn more about a specific event group rather than all events.</p>	<p>In Person—2 Days</p> <ul style="list-style-type: none"> <li>• Technical Event</li> <li>• Strength (Practical)</li> <li>• Seasonal Planning</li> </ul>

NOTE: Both Sport Coach and Club Coach also require the NCCP multi-sport module called **Making Ethical Decisions** (4hrs) to be fully TRAINED in their course. Without it, coaches remain In-Training. Click here to find the courses being offered online.



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