



NCCP Course Descriptions

Sport Coach Description

Sport Coach is targeted at coaches who work with athletes 4 to 10 weeks a year and/or 2-3 sessions a week. This course is for coaches who are introducing athletes to Athletics and Athletics competitions (regional and provincial). Planning a practice is a key skill that is introduced in this workshop and coaches are exposed to all event groups through their training.

At Sport Coach, coaches are introduced to the events usually contested in the Junior High environment. At this time there is no para specific course being offered at the Sport Coach level, however coaches currently working with an athlete with a disability in this age/ability range are to attend the Sport Coach workshop as the coaching and technical concepts carry over regardless of whether the coach works within the Olympic or Paralympic context.

Athletes ages: Girls 8 to 11 years, Boys 9 to 12 years

LTAD Stage: Train to train

Prepare coaches to coach: Athletics in an introductory competitive environment

Status upon successful completion: In-Training Sport Coach

Description: The modules are designed to meet the needs of coaches who are working with athletes in a school program or coaches who are new to the club system. The Sport Coach Workshop participants will be introduced to sprints, hurdles, relays, long jump, triple jump, high jump, shot put and discus. Some Branches may choose to offer additional events based on the junior high and high school track and field programs in their province.