



Road Running Instructor Course (Pilot)

Friday June 12th – Sunday June 14th, 2015

Fortius Athlete Development Centre, 3713 Kensington Ave, Burnaby, BC V5B 0A7

Hosted by BC Athletics and SportMed BC

An introduction to Road Running Instruction: Ideal for the walk/run clinic leader, community volunteer, personal trainer, or school educator/coach. This weekend workshop will provide you with the material, knowledge and confidence to help you with your Road Running Clinics and start you on your way to becoming a Certified Athletics Instructor with the National Coaching Certification Program (NCCP).

Learning Facilitators = Master LF's and Certified Coaches Lynn Kanuka (Level 3) and Barb Vida (Level 4)

Schedule (19 hours)

Friday June 12th, 2015 – Fortius Centre

5pm-9:30pm

90min - #1 Long Term Athlete Development – From Sport Coach – Lead by Barb

90min - #2 Mental Prep – From Club Coach – Lead by Barb

75min – #3 Nutrition – From Club Coach – Lead by Barb

Saturday June 13th, 2015 – Fortius Centre and Burnaby Lake Park

8:30am-12noon

75min - #4 Energy Systems – From Sport Coach – Lead by Barb

75min – #5 Strength – From Sport Coach – Lead by Barb

60min - #6 Teaching and Learning – From Sport Coach – Lead by Barb

12:30am-5pm (Burnaby Lake Park)

60min – #7 Safety and Risk Management – From Sport Coach – Lead by Barb/Team with Lynn

2 hrs - #8 Technical and Skill Analysis (including practical run) – written by Lynn - Lead by Lynn

90min - #9 Injury Management – Sport Coach/SportMed BC materials – Lead by Barb/Team with Lynn

Sunday June 14th, 2015 – Fortius Centre

9am – 12noon

90min - #10 Planning a Practice – Sport Coach/SportMed BC materials – Lead by Barb/Team with Lynn

90min - #11 Design a Clinic (Seasonal Planning) – Club Coach/SportMed BC materials - Barb/Lynn Team

12:30pm-2:30pm

2 hrs – #12 Make Ethical Decisions – From RJT – Lead by Lynn

2:30pm – 6pm – Optional CPR Training (SportMed BC to handle registrations and conduct the course)

For more information on this or other courses, please follow this link

<http://www.bcathletics.org/Education/Sub/upcoming-courses-pro-d-sessions/250/>

or contact Jennifer Schutz at jennifer.schutz@bcathletics.org or 604-333-3558.