



# RUN, Jump, Throw, Wheel

## NCCP Run Jump Throw Wheel Instructor Course

**Saturday, March 23, 2019**

Lakewood Civic centre, 1635 McKercher Drive, Saskatoon SK S7H 5J9

**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 14 years of age to attend the course and 16 years of age to receive NCCP credit for the course.

**Agenda:** **Saturday, March 23, 2019**

9:30 AM – 5:00 PM (includes break - *\*please bring a Lunch\**)

Modules (Setting the Scene for Run, Jump, Throw; Analyzing Performance; Practical Teaching Demonstration; Safety, Risk Management/Emergency Action Plan; Teaching and Learning; Practical Teaching & Debrief; and Ethical Decision Making; and Planning a Run, Jump, Throw Lesson)

***\*\*\*Please come prepared to actively participate\*\*\****

**Fees:** \$60.00 Members of Saskatchewan Athletics  
\$90.00 Non-Members (includes a 2018 RJTW instructor membership with fee)

\*Price includes all workshop materials including lesson plan manual

**Registration Deadline:** **March 18, 2019 by 5:00 PM**

**Course Contact:**

Tanika Hutchinson, Run Jump Throw Wheel Coordinator  
[ritww@saskathletics.ca](mailto:ritww@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  
<https://thelocker.coach.ca/account/login?ReturnUrl=%2f>
- Look up your NCCP # here (click on create account button)  
<https://thelocker.coach.ca/account/login?ReturnUrl=%2f>

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NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PAYMENT INFO (circle): VISA MC Cheque Money Order Cash

RECEIPT (circle): YES NO

CURRENT MEMBER OF SASK ATHLETICS: YES \_\_\_\_\_ NO \_\_\_\_\_

NCCP #: \_\_\_\_\_

If paying by Credit Card:

Credit Card Number \_\_\_\_\_ Expiry Date: \_\_\_\_/\_\_\_\_  
(MM/YY)

Cardholder

Name: (please print) \_\_\_\_\_