



SASKATCHEWAN ATHLETICS NCCP – RUN JUMP THROW INSTRUCTOR COURSE

Upon completion of the course, participants will be entered into the National Coaching Certification Programme (NCCP) database as “trained” Run Jump Throw (RJT) Instructor.

WHAT: Run, Jump, Throw Instructor Course
DATE: March 24 – 25, 2012
WHERE: Saskatoon Field House – Meeting Room #3, 2020 College Drive, Saskatoon
WHEN: 8:30am – 4:30pm
COST: \$70.00 for Members
\$100.00 for Non-members
\$40.00 for Teachers that are members of Sask Athletics*
\$70.00 for Teachers that are Non-members of Sask Athletics*

*Teachers prices are reduced as they are only required to attend the first day of the course

REGISTRATION DEADLINE: March 19, 2012

Pre-registration is required, as numbers are limited. Complete the attached form and mail, e-mail, or fax along with payment to guarantee your spot in the course.

The **NCCP RJT Instructor Course** will train coaches to develop fundamental motor skills such as running, jumping and throwing in children ages 7 through 12. Following the course instructors will be able to:

- Plan a practice
- Use progressions to teach fundamental motor track and field skills to children including those with various disability (i.e. adapted progressions)
- Understand and apply the progressions used to teach basic track and field skills
- Apply RJT activities to other land-based sport programs (soccer, basketball, etc.)
- Coach grassroots track and field athletes in a track club or school program
- Work as a RJT Instructor
- Look to become a certified RJT Instructor

RJT is Athletics Canada’s official grassroots program of physical activity for children and youth. It is designed to introduce children to fundamental motor skills and build a strong background in sport skills that will not only serve them well in the sport of track and field, but also build an effective skill set that will serve them well in other sports and throughout their lives.

Run, Jump, Throw learning activities and progressions can be implemented as a stand alone program in grassroots and junior development programs in track clubs and elementary schools or used as supplementary activities in any sport development program.

Questions regarding RJT and the Instructor training course can be directed to Sarah Junkin at 664-6744 or email sjunkin@sasktel.net

****All participants receive a teacher resource with structured lesson plans, all course workbooks and a demonstration DVD****



SASKATCHEWAN ATHLETICS

2020 College Drive
Saskatoon, SK S7N 2W4
Phone: (306) 664-6744 Fax: (306) 664-6761
E-mail: athletics@sasktel.net
Website: <http://www.saskathletics.ca>
Twitter : @SaskAthletics

SUBJECT: **NCCP - RUN JUMP THROW INSTRUCTOR COURSE**

WHEN: March 24 & 25, 2012
8:30 a.m. - 4:30 p.m, both days

WHERE: Saskatoon Field House, 2020 College Drive, Saskatoon,
Saskatchewan; Meeting Room # 3

COST: \$70.00 for Members
\$100.00 for Non-members
\$40.00 for Teachers that are members of Sask Athletics
\$70.00 for Teachers that are Non-members of Sask Athletics

*Teachers prices are reduced as they are only required to attend the first day of the course

FACILITATOR: Sarah Junkin

Further information can be acquired by calling Sarah Junkin at 306-664-6744 or email sjunkin@sasktel.net

PLEASE Return this form below with fees payable to Sask Athletics no later than **March 19, 2012**

Run, Jump, Throw Instructor Course - Saturday, March 24 – Sunday, March 25, 2012:

PRINT NAME: _____

ADDRESS: _____ POSTAL CODE: _____

PHONE: _____ CELL PHONE: _____

PRINT EMAIL (CLEARLY): _____

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

RECEIPT (circle): YES NO

Credit Card Number _____ Expiry Date: ____/____ (MM/YY)

Cardholder Name: (please print) _____