



## SASKATCHEWAN ATHLETICS

2020 College Drive  
Saskatoon, SK S7N 2W4  
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<http://www.saskathletics.ca>

### NCCP SPORT COACH COURSE

**SUBJECT:** **Introductory Track & Field Coaching Course (Theory/Technical)**

This National Coaching Certification Programme (NCCP) course within the competition stream targets coaches who wish to work or currently work with young or older athletes in a club or school team setting. Each coach will be introduced to the basics of most of the disciplines of the sport (training and teaching progressions); taught specific theory and practice planning for athletes, warm-up/cool-down exercises, safety precautions, and conditioning. Participating coaches will receive workbooks/CD, additional resources, and will be entered into the NCCP database as a “trained” Sport Coach when they complete the course.

**WHEN:** Friday, March 2, 6:00 p.m. – 9:30 pm (Meeting Room #3)  
Saturday, March 3, 9:00 a.m. – 5:00 p.m. (Meeting Room #3)  
Sunday, March 4, 9:00 a.m. - 5:00 p.m. (Indoor Track/Sask Athletics Office; Bring clothing/footwear for movement)

**WHERE:** Saskatoon Fieldhouse @ 2020 College Drive, Saskatoon, SK

**COST:** \$160.00 for Sask Athletics members  
\$190.00 for non-members (2012 coach membership included)

**FACILITATORS:** Jim Holmstrom (Classroom Theory Sessions - Friday & Saturday)  
Sarah Junkin (Technical Sessions including Sprints/Hurdles, Jumps, Distance, Throws - Sunday)

Further information can be acquired by calling Sarah Junkin at 306-664-6744 or email [sjunkin@sasktel.net](mailto:sjunkin@sasktel.net)

**PLEASE Return this form below with fees payable to Sask Athletics no later than February 27**

**Sport Coach Clinic Friday, March 2 – Sunday, March 4, 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) \_\_\_\_\_