



Vancouver Island Athletics Association  
**Comox Valley Cougars Track and Field Club**  
**Fall and Winter Clinic Series**

## Costs

### Clinics

\$15 per athlete, per clinic

### Coaching Education

\$175.00 full package  
 - or -  
 \$70.00 1<sup>st</sup> session  
 and  
 \$25.00 for each subsequent  
 individual session.

### Dates

Saturdays  
 October 23<sup>rd</sup> & 30<sup>th</sup>  
 November 20<sup>th</sup> & 27<sup>th</sup>  
 December 4<sup>th</sup>

New year tentative dates  
 depending upon indoor track  
 season schedule...

January (8<sup>th</sup>)  
 February (12<sup>th</sup> & 26<sup>th</sup>)  
 March (12<sup>th</sup> & 26<sup>th</sup>)

### Time

10:30 am – 4:00pm

### Where

Vanier Sports Centre  
 Vanier Dr., Courtenay B.C.

Come through town and turn  
 left onto Headquarters Rd.  
 follow it past Vanier High  
 School and take the next right.

### Register by

October 16<sup>th</sup>

The Comox Valley Cougars are again offering the Fall and Winter clinic series. The purpose behind this series is to support the local clubs and athletes from around Vancouver Island and Powell River through providing some technical and practical training guidance. We intentionally aim this series at midget aged athletes, their coaches, and their parents. It is our hope to build camaraderie among athletes and coaches through sharing information in a technically guided social setting. For those of you who attended this series last year the format is much the same in that you arrive at the venue, participate in a technical session, sit together to eat the provided lunch, view some technical video and partake in an informational session on some aspect of training. Often there will be a technical package for detecting and correcting the specific events covered in the clinic and an open discussion on training methods.

We are pleased to expand this service this year to include the NCCP theory modules and a Track and Field Technical Level One course for those interested parents, and coaches who feel they would like the brush up. These courses would take place during the clinic after the morning technical session. A person who attends each clinic will come away trained in the new NCCP Competency based system for Competition Levels A and B. The materials covered are similar to those presented in the older NCCP levels one and two; however, these are not replacing the older courses, they are a completely new system of coach education. Upon completion of each module presented in the course you will be tracked as having been trained in that module by the Coaches Association of BC (CABC). If you combine this theory component with a level one or two technical course you will be regarded as a trained level one or two coach in the old system until the new program is fully integrated.

It is my sincere hope that through these clinics we will be able to provide a training atmosphere that inspires our athletes and coaches while providing them with the support they need in order to support each other in their own little neck of the woods.

<u>Date</u>	<u>Technical Events</u>	<u>Coaching Education</u>
<b>October 23<sup>rd</sup></b>	LJ, TJ, Jav., Disc.	The Role of a Coach & Ethics 1
<b>October 30<sup>th</sup></b>	Sprints/Hurdles, Shot, Hammer	Ethics 2
<b>November 20<sup>th</sup></b>	HJ, Jav., Disc.	Planning a Practice 1
<b>November 27<sup>th</sup></b>	LJ, TJ, Jav., Disc.	Planning a Practice 2 & Nutrition
<b>December 4<sup>th</sup></b>	Sprints/Hurdles, Shot, Hammer	Teaching and Learning Issues 1
<b>January (8<sup>th</sup>)</b>	HJ, Jav., Disc.	Teaching and Learning Issues 2
<b>February (12<sup>th</sup>)</b>	LJ, TJ, Jav., Disc.	Designing a Sport Program
<b>February (26<sup>th</sup>)</b>	Sprints/Hurdles, Shot, Hammer	Mental Preparation
<b>March (12<sup>th</sup>)</b>	Track and Field Level One Technical (Full Weekend Course —Location?)	
<b>March (26<sup>th</sup>)</b>	Make up date for missed or postponed sessions.	



## Comox Valley Cougars Track and Field Club Fall and Winter Clinic Series



The main coaches for this clinic series will be Graham Morfitt Throws, John May Throws and Sprints/Hurdles, John Root Throws, and Tony Dickson Jumps and Sprints/Hurdles. Other coaches and clinicians from around the island and mainland will be invited to lead technical and informational sessions throughout the series. Coaching Education will be delivered by Learning Facilitator Tony Dickson who is currently working on his Level 4 NCCP.

All of these coaches are highly accomplished and dedicated individuals with a burning desire to collaborate their expertise in supporting Track and Field programs around the province.

In order to enjoy the sessions through the adverse weather conditions that often visit us during the winter months it is advisable that athletes come prepared for rain, wind, or sun. Long sleeves and training pants are always in good order as are fleece and water resistant jackets. It is also a good idea to bring hats and gloves for rest intervals. We strongly suggest that athletes bring a change of clothing, a water bottle, with water, and running shoes as well as training spikes or event specific shoes.

### **Basic Clinic Schedule:**

10:30 am Confirmation of Attendance and Warm-up  
11:00 am Technical Session for Event Areas  
12:30 pm Cool Down  
1:00 pm Lunch (Provided in the cost of the clinic)  
1:30 pm Video Session  
2:15 pm Information Session Short Periodic Breaks  
2:30 pm Warm -up  
2:50 pm Specialized Strength Session  
3:40 pm Cool Down  
4:00 Completion 4:00 Session End

### **Coaching Education Seminar:**

1:00 Lunch & Session Start

Upon completion of this clinic series, athletes will have a sound understanding and feel for their chosen event areas. Coaches and parents will have the knowledge, expertise and the confidence to build their own training programs, as well as detect and correct the technical performances of their athletes. What is even more promising is that all of us will have a broader base of support for our endeavors in Track and Field.

