

# NCCP COACH TRAINING

## COMMUNITY- Ongoing Stream

Saturday, March 15 and Sunday, March 16, 2014

at

Wilmot Recreation Complex  
1291 Nafziger Road, Baden, Ontario

Start: 8:30 am – Finish: 4:00 pm

Triathlon Ontario Member:	<b>Cost: \$175.00</b>
Non Member:	<b>Cost: \$200.00</b>

This course is tailored to Adult Triathletes and (potential) Coaches of age group athletes! This is a two day workshop encompassing sprint to long distance training. The course includes three primary areas: safety, ethics, and liability; technical introduction to all four sports; program planning.

This workshop provides an excellent introduction for both athletes and (potential) coaches to: key coaching concepts, general coaching information, and the principles of triathlon training for adults in an inspiring, comfortable, discussion encouraged environment. You will also have the opportunity to network with other participants, in the sport. The course is presented by an experienced instructor with applied exercises that provide opportunities for both learning and applying concepts of training and racing. The course also includes a comprehensive manual that is tailored to it.

### CONTACT INFORMATION: (make sure form is complete before payment is sent)

Last Name:

First Name:

Date of Birth: (dd/mm/yyyy)

Tri Ont Number:

Address:

City:

Postal Code:

Home Phone #:

Email:

### PAYMENT INFORMATION:

CHOOS ONE:

CHEQUE

VISA

M/C

NAME AS IT APPEARS ON CREDIT CARD: \_\_\_\_\_

NUMBER: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

EXPIRY: \_\_\_\_\_