



Triathlon
ONTARIO



NCCP COACH TRAINING

COMMUNITY- Ongoing Stream

Saturday, January 17 and Sunday, January 18, 2015
at
University of Ottawa
120 University Private, Ottawa, Ontario, K1N 6N5
(Faculty of Social Sciences Building)

Start: 8:00 am – Finish: 4:00 pm

Triathlon Ontario Member: Cost: \$175.00
Non Member: Cost: \$200.00

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: _____ Gender: M F
Date of Birth: (dd/mm/yyyy) _____ Tri Ont Number: _____
Address: _____ NCCP#: _____
City: _____ Postal Code: _____
Home Phone #: _____ Cell#: _____ Email: _____

PAYMENT INFORMATION:

CHOOS ONE: CHEQUE VISA M/C

NAME AS IT APPEARS ON CREDIT CARD: _____

NUMBER: _____

SIGNATURE: _____

EXPIRY: _____



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