



Triathlon
ONTARIO



NCCP YOUTH DEVELOPMENT COACHING COURSE

Saturday, April 25 and Sunday, April 26, 2015
at
Milton Sport Centre
605 Santa Maria Blvd., Milton, Ontario, L9T 6J5

Start: 8:00 am – Finish: 4:00 pm

Cost: \$300.00

This is a two day workshop for The NCCP Youth Development Coaching program which follows principles of LTAD (Long Term Athlete Development) emphasizing participation, skill learning, developmentally appropriate training, and FUN as integral components of multisport experiences for young people. LTAD ensures that young athletes are engaging in the most efficient safe, and enjoyable practice activities for their stage of growth and athletic ability.

This workshop provides an excellent introduction for coaches to: youth focused coaching concepts, youth specific coaching information, and the principles of triathlon training for youth in an inspiring, comfortable, discussion encouraged environment. There is an active component where coaches will work alongside youth athletes in running and transition activities. The course is presented by an experienced instructor with applied exercises that provide opportunities for both learning and applying concepts of training and racing.

Note: This course involves activities: in a classroom setting, on an indoor pool deck, and outside with youth athletes. Please dress accordingly.

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

Last Name: _____ First Name: _____ Gender: M F
Date of Birth: (dd/mm/yyyy) _____
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: _____

