



## NCCP Competition: Introduction Part A

### Instructor Beginner Rifle Technical (replaces Level-1 Technical) & Level I Technical Pistol”

February 10<sup>th</sup> 11<sup>th</sup> & 12<sup>th</sup>, 2012

#### **COACHING CERTIFICATION OPPORTUNITY FOR BEGINNER COACHES**

This course is offered to those candidates who wish to gain knowledge and experience as a Coach in the sport of Competitive shooting.

- 1) Competition: Introduction Part A (replaces Level I Theory). Modules include: Make Ethical Decisions, Planning a Practice, Nutrition.

NCCP Introduction to Competition Part A teaches important principles of coaching such as ethical decision-making, practice planning and nutrition. The new NCCP format replacing Level 1 Multi-Sport Module, helps coaches understand why athletes participate in sport, and prepares them to teach skills and to design a safe, enjoyable and challenging practice.

This is the first module and is mandatory for candidates to complete this before taking part in the “Technical” module. (If able to attend a Theory session prior to the start date or have already attended the Theory session, please complete designated area on registration form).

- 2) This course will continue with the second of three required modules to become fully certified as an NCCP (Level-1) Beginner Coach Rifle / Level I Coach Pistol. The course will cover the following topics:
  - The new NCCP
  - The Shooting Organization
  - Principals of Coaching
  - Safety
  - Physical Fitness and Shooting
  - Mental Skills
  - Equipment
  - LTAD (Long Term Athletic Development)
  - Basic Marksmanship Techniques for Prone, Standing and Kneeling positions
  - Coach Evaluation criteria

(2)



This Course is open for all interested candidates looking to gain certification for Beginner Coach in Target Sports. Course Fees have been reduced in support of the Province of BC, and provincial funding through the British Columbia Target Sports Association.

\*In support of Aboriginal coaching development in BC and thanks to the support of the Province of BC, the Aboriginal Sport, Recreation & Physical Activity Partners Council is pleased to sponsor the course registration fee for individuals of Aboriginal ancestry (First Nations, Métis, Inuit) who wish to participate in this course\*\*.

### Aboriginal Sport, Recreation & Physical Activity Partners Council



**This course will be held** at the Travelodge Hotel Chilliwack located at: 45466 Yale Road West in Chilliwack BC, V2R 3Z8. Toll Free: 1-800-566-2511. Twenty rooms have also been blocked for this course. Room rate is \$90/night, there are 8 rooms available with kitchenettes. Please call and reserve your room under the group block "BC Target Sports".

**The course is open to everyone;** however, there will be a limited amount of seating. If you already have your NCCP Competition Introduction Part A (Theory), and would like to participate only in the Technical portion, please see the registration form and complete the area designated.

**Deadline for registration is February 8<sup>th</sup>, 2012.** Please send registration forms to:

BCTSA/Chantel Spicer: 292 Perimeter Place, Victoria, BC V9C 4J6

Or if you require more information, please contact: Chantel Spicer: [chantelspicer@shaw.ca](mailto:chantelspicer@shaw.ca), Pat Landals: [plandals@yahoo.ca](mailto:plandals@yahoo.ca), or Lara Mussell Savage (Aboriginal Sport, Recreation & Physical Activity Partners Council): [teambc@bcaafc.com](mailto:teambc@bcaafc.com).

\*\*Proof of Aboriginal ancestry is required to qualify for sponsorship of registration fee. Accepted forms of proof are a Status Card, Treaty Card, Métis Card, Inuit Card or if you do not possess any of the above proof of ancestry, please complete an Aboriginal Ancestry Declaration Form. You may request a copy of the form at [teambc@bcaafc.com](mailto:teambc@bcaafc.com) or call 604-799-1456.