

NCCP Triathlon Competition Introduction Coaching Program

Part 2: Planning

Dates: March 23-25, 2007

Location: National Coaching Institute, University of Victoria, Victoria, BC

Facilitators: Craig Taylor, Jay Johnson, Kate Timms

Cost: \$125.00 (current TriBC member) or \$175.00 (non-member)

Registration is limited. Please complete and return the Registration Form for Part 2 as soon as possible to reserve your space, and ensure the course proceeds.

Details

Dates/Times:

- Friday March 23: 7:00pm – 9:30 pm
- Saturday March 24: 9:00am – 6:00 pm
- Sunday March 25: 9:00am – 5:00 pm

Total: ~20 hours, includes several hours of active “hands-on” coaching opportunities with real triathletes, pool time (TBA), classroom time, small group and individual work, a wide variety of activities and breaks both indoors and outdoors.

Location:

National Coaching Institute, University of Victoria, “S” Hut, near artificial turf fields and tennis courts, northwest corner of campus, Area “C1” on map following this link: <http://www.uvic.ca/maps/2dmap.html> - look for building “S”

Pre-requisites:

- NCCP Triathlon Competition Coaching Course – Part 1 (see FAQ #5 below)
- Case 1 submitted at least three (3) weeks prior to course (see FAQ #1 below)
- Making Ethical Decisions – Online Evaluation (see FAQ #2 below)

What to Bring:

- Comp Intro Binder (handed out in Part 1) and a pen & paper
- Bring your training gear only if you normally coach in your training gear (ie. if you get in the water to coach swims, coach cycling workouts on your bike, or run with the athletes you coach)
- Props you use in coaching (equipment, books, video, toys, anything....)
- Lunch (or money to buy lunch on campus), water bottle, snacks (optional).

*people from out of town for whom it is a challenge to bring bikes can possibly get away with just bringing their helmet and we will see if we can accommodate you – please note this on your registration, so we can plan ahead!

Frequently Asked Questions:

1: How do I submit the pre-requisite Case 1?

Case 1 is to be submitted directly to the marker, Tracey Shelley:

- Mail to: 205 - 66A Street, Delta, BC V4L 1M6
- Email: traceysh@telus.net
- Phone: 604-943-2848

Case 1 Marking Fee:

- Include a cheque for \$25, made out to the marker ("Tracey Shelley").
- Also include an oversize self-addressed return envelope WITH CORRECT POSTAGE so that your assignment, comments and marks can be returned to you.

Submission Deadline:

- Case 1 to be received by the marker at least 3 weeks prior to Part 2 course so that it can be reviewed.

2: How do I complete the pre-requisite Making Ethical Decisions – Online Evaluation?

The link for the online ethical decision making evaluation is here:

http://www.triathloncanada.com/switch.php?action=displayNoticeItem§ion_name=notices&id=498&lang=en

To login you will need your CC#, which you should have received in the mail after completing Part 1 or another coaching course. Apparently, there can be up to a 3-month backlog in processing registration info from courses, so your number may not have been sent out yet. They say on their website: "If you have not been assigned a CC number, and it has been more than four weeks from the time of your workshop, please contact the NCCP Database via e-mail at coach@coach.ca." Or contact your course facilitator, who may have your number on file.

3: Why do I need to be a Triathlon BC Member?

For insurance purposes, everyone registered in the course needs to be a TriBC member or pay a day-of-event TriBC insurance/membership fee. As well, all athletes that come out to be coached during our sessions will need to be TriBC members or pay a day-of-event TriBC insurance/membership fee.

#4 When is the "Part 3: Practicing" Evaluation?

The Part 3 evaluation is *tentatively* scheduled for May 9th to May 13th. Evaluations will take place in the evenings of Wed May 9th, Thurs May 10th, Fri May 11th, and all day Sat May 12th and Sun May 13th. This is a very tight schedule, and not typical timing for the Comp Intro workshop, however the lead evaluator (Craig Taylor) will be unavailable for evaluation after this date. There is the possibility of scheduling an addition Part 3 evaluation with another evaluator if there is enough demand.

5: I missed Part 1 – When will the next Part 1 be offered?

There are three parts to the NCCP Triathlon Competition Coaching Courses: Part 1 (Positioning), Part 2 (Planning), and Part 3 (Practicing: Evaluation at a Triathlon Camp). These are held in a number of cities across the country, each typically offered once a year in any particular location. The Vancouver schedule is roughly: Part 1 (Fall), Part 2 (Spring), Part 3 (Summer/Fall). For schedules of when courses are offered in other provinces, see the province's triathlon organizing body website (e.g. Ontario, Manitoba, Alberta, Quebec).

6: What if I don't take this course now - When will the next Part 2 be offered?

The next Part 2 to be held in Vancouver may not be until Spring 2008. However, there are other Part 2 courses being scheduled across the country, if you are willing to travel. It is recommended that, wherever possible, you take the Part 2 from the same facilitators as Part 1, if only because there may be slight

variations about which weekend covers certain material and this will avoid duplication or omission of content in your training.

These courses depend on achieving minimum registration – if there is enough interest, extra courses can be arranged. The best thing to do is notify TriBC (info@tribc.org) that you want to be on the waitlist for the next course offering – when we see that there is demand, we may be able to offer it sooner. The same applies to all the courses (Part 1, 2 and 3).

7: Help! I have questions about how to complete Case 1

The description of Case 1 was handed out during Part 1. If you are missing your copy, send a request to info@tribc.org and specify that you need a copy of the NCCP Triathlon Competition Case 1 description, and it will be emailed to you. The facilitators and the marker may also be able to answer specific questions you have about completing the case if you contact them directly. (TriBC will forward any messages you want to pass on to them).