

Track & Field Coaching Courses Technical Coaching Courses @ The Dome March 28-29-30, 2008

Hosted at Ottawa's New Incredible Indoor Super Dome of Track & Field.

Level One Technical – The Sport Beginning

Functional teaching skills targeting critical "need to know" applications for new coaches or teachers. How to introduce the sport and events of running, jumping and throwing to youth at elementary & high school levels. Perfect for elementary teachers, youth coaches and university physical education students. Prerequisites – enthusiasm / no experience / no exam

Saturday & Sunday, March 29-30 (8:30am – 4:30pm)

The Club Coach / New NCCP – Choose 1 from 4 options

(Sprints / Hurdles / Relays) (Middle Distance / Endurance)

(The Jumps) (The Throws)

Explore your true interests in focused event areas and take your athletes to new levels. Great for coaches at all levels who want more information to be effective. Level two courses in all disciplines are perfect for high school, club and college level coaches and athletes wanting to know more to reach for the top. 100% attendance / 80% written test that you will be prepared for!

Friday, March 28 (6:30 – 9pm), Sat – Sun, March 29-30 (8:30 – 4:30pm)

See our Web Site for Course Conductors

Registration Deadline for all courses is Monday, March 24

Contact: Andy McInnis (613) 830-1993 ext. #4

Email = ottl@bellnet.ca or go to www.ottawalions.com

Check our website for course updates.

Fax your registration form to:

Ottawa Lions @ 613 830-6093

Email the form - Select and then open the **Registration Form in the MS Word Format** – complete it and resave it to your computer. Send it to us as an email attachment to: ottl@bellnet.ca

REGISTRATION FORM

Coaches Technical Course Registration Form

Name: _____

Address: _____

City / Postal Code: _____

Email(s): _____

Telephones: H _____ W _____ Cell _____

Current Coaching Environment / Event Areas / Ages of Athletes:

Prior Certification Levels and / or Coaching History:

NCCP # _____ if you have not or you do not know it ... no worries!

Courses & Fees

For all Level II Courses – Please indicate 2 Choices in case of lack of sufficient reg. numbers, you will then have a back-up certification / event interest area. Check priority choices (1 or 2).

Technical Level One: ____	Reg. Fee: \$90 + (Optional) Course Books of Value + IAAF Rule Book. Ottawa Lions Members = \$75 Fee
Level Two: (Indicate Choice Pref.)	Reg. Fees: \$110 + (Optional) Course Books of Value.
Sprints / Hurdles / Relays	1 ____ 2 ____ (1 = First Choice / 2 = Alternate Choice)
Distance / Cross Country	1 ____ 2 ____
Jumps	1 ____ 2 ____
Throws	1 ____ 2 ____

Course Payment: Due on the 1st session of the course.

Fees payable to the **Ottawa Lions Track & Field Club**. Cheque / Cash / VISA / MasterCard / Amex. Receipts will be made available to all participants.