

## COACHING EDUCATION WEEKEND IN ST JOHN'S NL

Learning Facilitator **Steve LeBlanc**, MSc ChPC  
 Director of High Performance for ANB / Directeur de l'haute performance pour ANB  
 Entraîneur-chef pour athlétisme et cross-country à l'Université de Moncton  
 Coach for Aetos Athletica

### PROFESSIONAL DEVELOPMENT SESSION

Friday, June 7, 2019

Time(s) and Topic(s) TBD

### RUN-JUMP-THROW-WHEEL

Saturday, June 8, 2019

	Description	Class	Gym	Equipment
9:00	Introduction (15min)	✓		
9:15	What is Run-Jump-Throw? (15min)	✓		Projector
9:30	NCCP Overview (15min)	✓		Projector
9:45	Module 1 – Setting the Scene (45min)	✓		Projector
10:30	Module 2 – Developing Fundamental Movement Skills (90min)		✓	RJT equipment
12:00	Module 3 – Theory of Planning a Lesson (30min)	✓		Projector
12:30	LUNCH			
13:15	Module 4 – Safety and Risk Management (15min)	✓		Projector
13:30	The Instructor Manual (30min)	✓		Projector
14:00	Module 5 – Delivering a Lesson (105min)	✓		Projector
15:45	Wrap Up (15min)	✓		

### SPORT COACH

Sunday, June 9, 2019

	Description	Class	Gym	Equipment
8:45	Introductions (15min)	✓		
9:00	Module 1 – Role of the Coach (30min)	✓		Projector
9:30	Module 2 – Long Term Athlete Development (90min)	✓		Projector
11:00	Module 3 – Applied Anatomy and Movement Principles (60min)	✓		Projector
12:00	LUNCH			
12:45	Module 4 – Energy Systems (75min)	✓		Projector
14:00	Module 5 – Strength (75min)		✓	Barbell and/or dowels, med balls
15:15	Module 8 – Teaching and Learning (60min)	✓		Projector
16:15	Module 9 – Plan a Practice (120min)	✓		Projector
18:15	Wrap Up (15min)	✓		