



NATIONAL COACHING INSTITUTE - SK

In conjunction with

Canadian Sport Centre - Saskatchewan

Announce

NCCP L-4/5 Tasks Workshop

Where

University of Regina, Centre for Kinesiology, Health, and Sport **Room 164.16**

When

Wednesdays – 6:30 – 10:30 pm, January 19, February 9, March 2, and March 16

What

A workshop offering the following NCCP L-4/5 tasks:

Task 1 – Energy Systems and Training

Task 2 – Strength Training for Elite Athletes

Task 6 – Recovery and Regeneration for Elite Athletes

Course Conductor

Dr. Don Clark, NCCP Master Course Conductor

Outline of Courses

January 19 - Workshop Overview/Coaching Context/Intro to Task's Content

February 9 - Task Content and Relationship/Evaluation Requirements

March 2 - Complete Content/Evaluation Progress/Presentation Template

March 16 - Coaches Presentations/Open Forum

Cost

\$ 750.00, includes manuals and reference materials by **January 12, 2005**

Payable to: Canadian Sport Centre - Saskatchewan

Information/Registration

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