

TRACK AND FIELD – SHOT PUT



The Ontario Physical Education Safety Guideline for Track & Field – Shot Put – Secondary Interschool

<http://safety.ophea.net/safety-plan/165/1415>

Supervision Coaching Qualifications effective September 1, 2016:

Head coach must demonstrate knowledge of event to principal or designate.

At least one track & field coach for Shot Put must possess **one of the following** coaching qualifications:

- **NCCP Competition Coach – Sport Coach Course**
- **NCCP Competition Coach – Club Coach Course**
- Accreditation as a NCCP Track and Field Learning Facilitator
- Completion of athletics NCCP level 1 and/or level 2 certification in the past
- Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and progressions), and where safety is addressed as outlined in the Ontario Physical Education Safety Guidelines.
- Past experience within the last 3 years as a coach in track and field – shot put, having knowledge of the activity (e.g., appropriate skills and progressions) and current safety practices as outlined in the Ontario Physical Education Safety Guidelines.

How to access the NCCP Courses for Track & Field – Shot Put:

NCCP Competition Coach – Sport Coach Course Register here: http://athleticsontario.ca/coaching-courses/ Cost: ~\$125 Contact: office@athleticsontario.ca	This workshop introduces coaches to all of the events generally contested in a junior high environment and so is designed for coaches of athletes who are just beginning to compete. The technical models for all events (except pole vault, javelin, hammer throw, and steeple chase) will be covered including basic error detection and correction. Coaches will leave this 2.5 day workshop with the practical skills to plan their own practices and to link them into a monthly plan for their athletes.
OR	
NCCP Competition Coach – Club Coach Course Register here : http://athleticsontario.ca/coaching-courses/ Cost: ~\$185 Contact: office@athleticsontario.ca	Take your coaching to the next level in this workshop designed for coaches of athletes who are beginning to specialize in one event group. How to create a seasonal plan will be covered, as well as in-depth technical knowledge of the event group. Event groups include: sprints and hurdles, endurance, throws, jumps, and wheelchair racing.
OR	
NCCP Competition Coach – Club or Sport Coach Course Host a course for you school or board here: http://athleticsontario.ca/wp-content/uploads/2016/03/CoachingCertificationProgram_AthleticsOntario_17MAR16.pdf Cost: varies	

FUNDING OPPORTUNITIES

- Grants are available to pay a portion of NCCP courses through the Quest for Gold Coach Bursary program.
<https://www.coachesontario.ca/q4g/bursary-program/> or email q4g@coachesontario.ca
- Host your own course - Apply for Investors Group Coaching Grants to pay for a NCCP workshop at your school or board.
<http://www.coach.ca/investors-group-community-coaching-conferences-s12763>

Useful Links:

Need more information? Email guidelines@coachesontario.ca to help navigate the NCCP coaching qualifications, as well as find additional ways to achieve the coaching qualifications (e.g.- direct to evaluation option, etc.).

- Athletics Ontario <http://athleticsontario.ca/coaching-courses/>
- Athletics Canada <http://athletics.ca/programs/coaching/>
- Coaches Association of Ontario <https://www.coachesontario.ca/>
- OFSAA <http://www.ofsaa.on.ca/>
- Coaching Association of Canada <http://coach.ca/>
- Ontario Physical Education Safety Guidelines <http://safety.ophea.net>