

Guidelines for Multi-Sport

NCCP WORKSHOP	Hosting Hours <i>(including min. required break time)</i>	Learning Facilitator Fee	Content Hours	Break Times	Resources	Pre-Course Assignment	Post-Course Evaluation	Ideal Minimum Participants	Maximum Participants
Fundamental Movement Skills (FMS)	5	\$225	4h 20m	40m	CWK			8	24
Competition-Introduction Making Ethical Decisions (MED)	3.75	\$168.75	3h 30m	15m	CWK		✓ April 1 2020	8	24
Competition-Introduction Planning a Practice (PAP)	5.5	\$247.50	5h 05m	25m	REF+CWK	EAP	EAP	8	24
Competition-Introduction Nutrition (NUT)	eLearning Only - \$20								
Competition-Introduction Teaching and Learning (T&L)	5	\$225	4h 40m	20m	CWK			8	24
Competition-Introduction Design a Basic Sport Program (DSP)	5	\$225	4h 45m	15m	REF+CWK+Excel			8	24
Competition-Introduction Mental Skills (BMS)	4.25	\$191.25	4h	15m	CWK			8	24
Competition-Introduction Teacher Accelerated	8	\$360	-	-	REF+CWK			8	24
Competition-Development Developing Athletic Abilities (DAA)	8.5	\$425	7h 30m	60m	REF+CWK+Excel			8	20
Competition-Development Prevention and Recovery (PRI)	8	\$400	7h 20m	40m	REF+CWK			8	20
Competition-Development Leading Drug Free Sport (LDFS)	eLearning Only - \$50								
Competition-Development Managing Conflict (MC)	5	\$250	4h 30m	30m	REF+CWK		✓	8	20
Competition-Development Coaching and Leading Effectively (CLE)	10	\$500	9h20m	40m	REF+CWK			8	20
Competition-Development Psychology of Performance (PSY)	8.5	\$425	7h 3-m	60m	CWK			8	20
Competition-Development Advanced Practice Planning (APP)	5	\$250	4h 40m	20m	REF+CWK Season Plan Excel			8	20
Competition-Development Manage a Sport Program (MSP)	4.5	\$225	4h	30m	REF+CWK			8	20
Competition-Development Performance Planning (PPLAN)	13.5	\$875 (2 LFs)	12h 30m	1h	REF+CWK	✓		8	20
Resistance Training (RT)	4	\$180	3h 30m	30m	REF+CWK Video Link			8	24
Mentorship (MEN)	7.25	\$326.25	6h 40m	35m	REF+WKB			8	24
Empower + (EMP+)	3.75	\$168.75	3h 20m	25m	REF+CWK			8	24
Core Training for Learning Facilitators	6.5	302.50	6h	30m	WKB			5	20
Core Training for Coach Evaluators	5.5	357.50	5h	30m	WKB			5	20
Core Training for Master Coach Evaluators	8.5	467.50	8h	30m	WKB			5	20

LF Fees are based on \$45/hour for FMS, MED, PaP, NUT, T&L, DSP, BMS, RT, E+ and \$50/hour for APP, DAA, CLE, PPLAN, PRI, PP, LDFS, MSP, MC and \$55/hour for CORE.