



NATIONAL COACHING ACCREDITATION PROGRAMME

NCAP THEORY LEVEL THREE COURSE SCHEDULE 2011

Venue: To be confirmed - Course Fee: \$330.70

IMPORTANT:

1. All participants must be able to read, write and understand English. Lessons and written assessments will only be conducted in English.
2. **For participants who intend to register for NCAP Theory Level 3.1 and 3.2, you are to register and make payment via ICanBook system.**
3. **Please register online at www.icanbook.com.sg.**
4. **Please only register for courses when the online registration is as indicated in the schedule.**
5. For any further enquiries, please e-mail to ssc_coaching@ssc.gov.sg.

			Course 3.1 9 May – 1 Jun 2011	Course 3.2 6 Sep – 11 Oct 2011
Online registration opens from:			1 Apr 2011 (9am)	6 Jul 2011 (9am)
Closing date will be as stated OR when a total of 20 participants have registered for the course.			6 May 2011 (9am) Once registered you have till 6 May, 3pm to make payment via online OR in person	5 Aug 2011 (9am)
	Time	Module	Date	Date
1	7pm – 10pm	Training to Develop Speed	Mon, 9 May	Tue, 6 Sep
2	7pm – 10pm	Training to Develop Endurance	Wed, 11 May	Thu, 8 Sep
3	7pm – 10pm	Training to Develop Strength	Fri, 13 May	Tue, 13 Sep
4	7pm – 10pm	Training to Develop Power	Mon, 16 May	Thu, 15 Sep
5	7pm – 10pm	Advanced Recovery Training	Wed, 18 May	Tue, 20 Sep
6	7pm – 10pm	Mentor Coaching	Fri, 20 May	Thu, 22 Sep
7	7pm – 10pm	Testing Athletes	Mon, 23 May	Tue, 27 Sep
8	7pm – 10pm	Coach as Resource Manager	Wed, 25 May	Thu, 29 Sep
9	7pm – 10pm	Advanced Mental Skills Training	Fri, 27 May	Tue, 4 Oct
10	7pm – 10pm	Advanced Skill Analysis	Mon, 30 May	Thu, 6 Oct
11	7pm – 10pm	Advanced Planning	Wed, 1 Jun	Tue, 11 Oct