

RaceRunning COACHING COURSE

July 4th – 8th 2020



John Clarke Russ / John Clarke Photography U.S.A - 2019



RaceRunning Coaching Course 2020

RaceRunning Denmark is facilitating a course for new RaceRunning coaches in connection with the RaceRunning Development Camp & CPISRA International Cup 2020. The instructors of the course are the experienced coaches from the Danish National RaceRunning Team. They will be sharing their training methods and guide the participants through theoretical and practical exercises. The coaching course is taught entirely in English.

Please note that athletes and national team staff members participating in the event will not have the opportunity to participate in the coaching course.

Overview

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| Dates: July 4 th – 8 th 2020 |
| Location: Frederiksberg Stadium Sønderjyllands Allé 6 2000 Frederiksberg Denmark |



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Preliminary Schedule

| Day/Date | Saturday July 4 th | Sunday July 5 th | Monday July 6 th | Tuesday July 7 th | Wednesday July 8 th | Thursday July 9 th | Friday July 10 th | Saturday July 11 th | Sunday July 12 th |
|----------------------------------|----------------------------------|--------------------------------|--------------------------------|---------------------------------|-----------------------------------|----------------------------------|---------------------------------|-----------------------------------|---------------------------------|
| Coaching course | Arrival | Theory | Practice | Practice | Exam | Departure | | | |
| Coaching course & Cup | Arrival | Theory | Practice | Practice | Exam | Cup | Cup | Cup | Departure |

Tentative Agenda:

| | |
|---------------------------------|---|
| Saturday, July 4 th | Arrival |
| Sunday, July 5 th | 10.00 – 12.00 Theory 13.00 – 16.00 Practical exercises |
| Monday, July 6 th | The coaching course participants will be training the Camp athletes |
| Tuesday, July 7 th | The coaching course participants will be training the Camp athletes |
| Wednesday, July 8 th | The coaching course participants will be training the Camp athletes Oral Examination Feedback and evaluation of the coaching course |
| Thursday, July 9 th | Departure |

Monday through Wednesday the participants will be coaching the same group of athletes. They will be working together in groups of four: two of them are coaching, while the other two are observing. Each group will have a supervisor from the instructor team.



Course curriculum

The RaceRunning Coaches' manual will be the theoretical work of reference during the entire coaching course.

The manual can be downloaded at:

<http://www.racerunning.org/document/default.asp?documentID=559&id=971>

Travel Visa

Remember to inquire whether you will need a visa to enter Denmark and to start the visa application procedures in appropriate time.

Follow this link for the official visa rules of Denmark: <https://um.dk/en/travel-and-residence/how-to-apply-for-a-visa/>

Visa invitation letters and other documentation will be provided by the Danish Camp Committee on request.

Signing up, participation fee & payment

Daily lunch and dinner at the event venue are included in all options below.

Option 1 - Coaching course:

Course participation, including accommodation from Saturday, July 4th – Thursday, July 9th
= DKK 7.500

Option 1b - Coaching course:

Course participation, excluding accommodation from Saturday, July 4th – Thursday, July 9th
= DKK 2.300

Option 2 - Coaching course & Cup:

Course & Cup participation, including accommodation from Saturday, July 4th – Sunday, July 12th
= DKK 11.500

Option 2b - Coaching course & Cup:

Course & Cup participation, excluding accommodation from Saturday, July 4th – Sunday, July 12th
= DKK 3.000

[Link to online registration](#)

Entry deadlines

| Deadline | Milestone | Payment |
|----------------------------|----------------------------|------------------------|
| May 15 th 2020 | Final Entry and payment | Participation fee |
| June 1 st 2020 | Late Entry and Payment | Participation fee +50% |
| June 15 th 2020 | Transportation information | |

Cancellation procedure (option 1b & 2b)

50% of the full payment will be refunded if cancellations are made before June 1st, 2020. None of the payment will be refunded in case of cancellations after May 31st, 2020.

Cancellation procedure (option 1 & 2)

50% of the full payment will be refunded if cancellations are made before May 2nd, 2020. None of the payment will be refunded in case of cancellations after May 1st, 2020 and no changes to bookings will be accepted either.

