

# USA Wrestling's National Coaches Education Program

The following information is an overview of USA Wrestling's (USAW) National Coaches Education Program (NCEP). The NCEP is a four-tiered instructional program that serves as an educational and certifying agent for USA Wrestling. In order to coach at USA Wrestling sanctioned events coaches must be certified. The NCEP, in conjunction with USA Wrestling's National Teams Department, develops instructional material and curriculum for coaches nationally.

The goals of the National Governing Body are to possess the most powerful and comprehensive wrestling program in the world. To achieve this, we must have the world's best coaches to develop our athletes. This can only be attained by one method - The continued improvement and development of our coaches at every level, through the implementation of an educational program that is second to none.

## USA WRESTLING'S NATIONAL COACHES EDUCATION PROGRAM

The National Coaches Education Program is a four-tiered process for wrestling coaches to follow. The first level aimed at coaches who are just learning the sport of wrestling is the Copper Level. The second step is the Bronze Course; a detailed study of the sport of wrestling best suited for experienced wrestlers and coaches. The Silver Level aims to dramatically increase the knowledge of coaches about the three styles of wrestling in the U.S. The Gold Level recognizes a high-level of achievement for coaches.

### THE COPPER LEVEL

When a club, community or coach wishes to host a Copper Level Clinic, they may either contact their respective USAW State Chairperson or USAW's NCEP Coordinator. This instructional package includes the Copper Coaches Instructor Guide and video; Coaching Youth Wrestling second edition, participant's workbook. All State Chairpersons must be notified of any clinics being held in their state.

Attending a four-hour clinic and completing the thirty-question multiple-choice test can certify coaches at the Copper Level. The classroom instruction will consist of an overview of the course content based on THE COACHING YOUTH WRESTLING GUIDE. The instructor is provided a step-by-step instructional guide that he/she can run the course with.

The participants of a Copper Level Clinic are required to purchase THE COACHING YOUTH WRESTLING GUIDE. The cost of this book is \$8.95 and is not included in the Copper level instructional package. The expense of this text is built into the cost of the clinic's admission fee. This fee is variable and decided upon by the host club but is recommended that it stay between \$10.00-\$25.00 per coach.

Upon completion of the clinic, the participants are required to take a self-test based on THE COACHING YOUTH WRESTLING GUIDE. The test must then be mailed to USA Wrestling, along with a \$10.00 processing fee. If a coach receives a score of 80% or better, he/she is then officially certified as an USA Wrestling Copper Level coach. A Copper Level Certificate and Copper identification card is then sent to the certified coach.

If a coach does not receive a score of 80% or better, the test along with an explanatory letter is sent back to the return address for re-testing. A coach may take the Copper Level Test as many times as necessary to pass. States must require coaches to be Copper Certified at a minimum in order to coach at USA Wrestling sanctioned events.

The simplicity of this course is designed so that any club leader, coach, or administrator can successfully conduct a Copper Level Clinic without the necessity of a specialized teacher. As our most basic level of coaching education, we want this level to be accessible to the largest majority of our country's wrestling constituents.

### THE BRONZE LEVEL

The Bronze Level is the second tier in the NCEP. The Bronze Level certification process will be comprised of three components. Coaches must complete all three parts for certification to be awarded. Copper certification is not a required prerequisite for admission into the Bronze level; however, it is recommended for those coaches lacking a strong wrestling background and little or no coaching experience. The two components of the Bronze level are as follows:

1. Bronze level certification course. A four to six hour course with a self-study test that must be returned to the National Office for certification.
2. Bronze level wrestling technique and tactics course. States may offer a four-hour technical certification to examine wrestling technique relating to freestyle and Greco-Roman wrestling. Technical Certification is not required for coaches to receive Bronze Certification but it is recommended.

\*NOTE: Both components may be taken separately or all at once. There may be circumstances whereas a Bronze level clinic provides both sections. We have instituted this flexibility to better meet the time constraints and needs voiced by many coaches.

After participation in a Bronze level clinic, or by separate purchase of the USAW Coaching education text, coaches will be required to take a self-study test and return it to USA Wrestling for grading. A score of 80% or better must be attained to successfully pass this test. If a passing grade is not achieved, the test will be returned and may be resubmitted as many times as necessary to pass.

State organizations will have the option of including the 4-hour technique and tactics portion of the clinic with their Bronze level courses. This portion must be taught by a USAW certified instructor. States will be required to offer a minimum 4 hours of technique and tactics instruction per year. USAW will provide no less than six full-four-hour technique and tactics courses per year nationwide. These will be in conjunction with major national events. At the conclusion of each course, coaches will be required to demonstrate a basic level of competency of the learned skills or we will certify attendance.

USA Wrestling will provide training for state delegates to be certified as Bronze level certified instructors. This training will take place as is necessitated by the demand. Silver and Gold level coaches will be certified to instruct a Bronze level clinic.

States will set clinic dates and report them to USAW. USAW will set a master schedule to be sent out and published in selected publications. All Bronze level hosts for both clinical and technical course-work must report their intentions to hold a clinic no later than 2 months prior to clinic date. This is to insure proper record keeping, promotion and planning of all clinics to provide to our coaches every opportunity to attend.

The National Coaches Education Program is open to all people interested in advancing their understanding of coaching and the sport of wrestling. Please help alert people to coaches education clinics in their area by announcing future NCEP clinics in a timely manner.

(Please get the information to the NCEP Manager at least two weeks in advance of the clinic.)

Date of Clinic:

Start Time and approximate time of completion:

Location of Clinic:

Address of Clinic:

City:

State:

Directions to clinic site:

Cost:

Local Contact Information:

(Include phone and email)

The cost per coach is \$60.00 for complete Bronze level certification.

Upon completion and successful passing of all criteria, a Bronze Level Certificate, Bronze identification card and embroidered polo shirt will be issued to the Bronze Level Certified coach.

### **THE SILVER LEVEL**

Silver Level certification will begin the second of a three part advanced coaching education program. Entrance into the Silver level program will require Bronze Certification. The level will consist of attendance at a Coaches College, additional research in the field of wrestling, and the hosting of a Bronze Level Clinic to at least ten participants.

The Coaches College will consist of 5 days of advanced wrestling specific instruction to be taught by specialists in areas such as The Psychology of Wrestling, Weight Management, Championship Coaching Philosophy, Strength Training for Wrestling, Risk Management, Wrestling Injuries and Treatment and other important areas in the development of athletes and clubs.

Technical Certification will also be accomplished by participation in the Coaches College. This will be done by participation in the developmental camp associated with the college.

The date and site of the College will be negotiated and set by USA Wrestling. Bronze Certified Coaches will be notified of fees, dates, and locations via USAW publications and Internet web sites. Coaches College participation will have a limited enrollment; therefore, coaches will be accepted on a first come first serve basis.

The cost per coach participating in the Coaches College will be transportation, room and board, and administrative fee. This fee will help to defer the cost of our award structure, instructor travel and any incidental cost (administrative fee \$225).

The required research in the field of wrestling will be done by the completion of 8 different task criteria to be completed from 4 wrestling related areas. These areas are as follows:

- 1) Planning the development of the athlete
- 2) Physiological development of the athlete
- 3) Psychological development of the athlete
- 4) Technical development of the athlete

There will be 5 different tasks related to each specific area. A coach will have the option of choosing 8 out of the 20, however; at least one must be chosen from each of the 4 areas. An outline of all 8 chosen task criteria must be submitted and approved before

beginning this portion of Silver level certification. Once they are completed, a report of each completed task must be submitted to USAW's NCEP Manager for verification and final approval.

The final requirement for Silver Level Certification will be coaches' instruction of a Bronze Level Clinic. All Bronze Level Clinics will be reported to USAW's NCEP Manager and respective State Chairperson.

Upon successful completion of all requirements for Silver Level certification, a coach will be presented with a certificate of Silver certification, Silver Level identification card, and a USAW Silver certified special edition watch. The National office will also provide news releases for appropriate local and national publications.

### THE GOLD LEVEL

This is the fourth and highest level of USA Wrestling's National Coaches Education Program. It represents years of experience, education, and a sincere commitment to excellence in the coaching profession. Silver Certification through USAW's NCEP is a prerequisite for admission into the Gold Level. A coach who wishes to become Gold certified must contact USA Wrestling's NCEP Manager for formal application into the program.

The Gold Level will consist of requirements to be fulfilled in 4 areas for completion of this program. These areas are as follows:

1. Coaches will be required to complete the remaining 12 task criteria as outlined in the Silver Level Certification Program.
2. A coach will also be required to present, as an instructor, an area of specialization at the Coaches College. USA Wrestling will approve this area prior to instruction at the Coaches College. USA Wrestling will cover the cost of the Coaches College.
3. A coach will be required to have no less than 5 years coaching experience.
4. Upon completion of the aforementioned criteria, as a reward, a Gold Level Certified Coach will be offered the opportunity to participate as a team leader on a USAW approved international tour. (All expenses will be covered by USA Wrestling.)

Upon approval of a formal application, a coach will be notified of all criteria that must be met for certification. In collaboration with the NCEP Manager, a plan of study for Gold Level certification will be coordinated. This plan will include event and Coaches College participation dates, an outline of the remaining task criteria to be completed, targeted completion dates, and a budget of all fees either expressly covered by USAW or the direct responsibility of the participating coach.

Upon successful completion of all course requirements, a coach will be presented with a Gold Level Certificate; and a credit towards a special edition Gold Certified Coach's ring or Gold Certified warm-up. This achievement will also be noted on a special plaque of coaching achievement to be displayed at USA Wrestling headquarters in Colorado Springs, Colorado. A story of the Gold certified coach will be published in selected USAW publications and press releases will be issued to all appropriate local and national publications and media.



## Coaches Certification Program

### Summary Sheet

	COPPER	BRONZE	SILVER	GOLD
Approximate time commitment	4 Hours	4-8 Hours	8 Research Tasks Teach Bronze 5 Day Annual Coaches College	12 Research Tasks Teach 1 Day in Coaches College & 5 Day Training Camp
Fees	\$25 (set by state)	\$80 (set by state)	\$150 - 500	No Fee
Who can teach?	Anyone	NCEP Office Approval	NCEP Director, USAW Approved Clinician, Gold Coach	NCEP Director USAW Approved Coach National Coach
Materials issued	Coaching Youth Coaches Guide to Wrestling and 2nd edition	Coaches Guide to Excellence (Copper not required)	Coaches College instruction handouts, Course Syllabus	None issued
Prerequisite	None	USAW membership	Bronze Level and USAW Membership	Silver Level and USAW Membership
This course is needed for:	Minimum Certification for Floor Pass to State Events	To take Silver Level, Coaches Pool, International Team Coach or Leader, Junior/Cadet Nat'l's, Junior & Cadet Duals	To take Gold Level, National and World Training Camps	Self fulfillment, standing invitation to National and World Training Camps
Award	Certificate, Copper Coaches Card	Coach's Shirt, Certificate, Bronze Coaches Card	Certificate, Silver Coaches Card, Special Edition Watch	Certificate, Card, credit towards special edition ring or jacket and name on office plaque