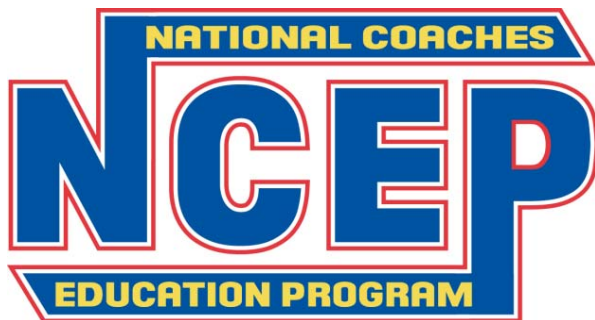


# National Coaches Education Program

## Coaches Certification Booklet



**USA** **wrestling**



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**USA** **wrestling**

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## Coaches Certification Booklet

The USA Wrestling Coaches Certification Booklet allows you to easily track and log the requirements as well as your progress throughout your USA Wrestling National Coaches Education Program certifications.

This PDF file allows you to type and save the clinic/event dates, locations and names of your instructors for all certification clinics and/or events you attend as well as tasks you submit.

Thank you for your commitment to our athletes and our sport by continuing your coaching certifications through USA Wrestling's National Coaches Education Program (NCEP).



US Women's Freestyle Team with their 2014 World Bronze Team Trophy – Tashkent, Uzbekistan

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### USA Wrestling Coaches Code of Ethics:

1. Acquire and implement the most current knowledge of rules, strategies and teaching methods.
2. Structure a safe environment at all times.
3. Work closely with parents, administrators, and community members to promote athletics as a positive experience.
4. Have the welfare of the athlete as the primary concern at all times.
5. Promote effective communication.
6. Serve as a leader and model in the development of appropriate conduct for the athlete in and out of the sport setting.
7. Use strategies in practice and competition reflecting fairness within the spirit of the rules.
8. Keep the concepts of winning and losing in proper perspective.
9. Enforce team policies with fairness, consistency and appreciation for individual differences.
10. Be knowledgeable of the association's policies and ensure regulations are upheld.



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Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Membership ID: \_\_\_\_\_ Best Phone (\_\_\_\_\_) \_\_\_\_\_

### Certification History:

#### Copper

Date: \_\_\_\_\_ Location: \_\_\_\_\_ Instructor: \_\_\_\_\_

#### Bronze (required for Silver)

Date: \_\_\_\_\_ Location: \_\_\_\_\_ Instructor: \_\_\_\_\_

#### Silver (required for Gold)

Date: \_\_\_\_\_ Location: \_\_\_\_\_ Instructor: \_\_\_\_\_

#### Gold

Date: \_\_\_\_\_ Location: \_\_\_\_\_ Instructor: \_\_\_\_\_

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## Coaches Certification Booklet

### **Silver Level Certification Requirements:**

All certifications require current USA Wrestling background check and coach membership.

### **Attendance at a USA Wrestling Silver Coaches College or USA Wrestling Fall Clinic:**

Date: \_\_\_\_\_ Location: \_\_\_\_\_ NCEP Manager: \_\_\_\_\_

### **Bronze Clinic instruction (or co-instruction) with a minimum of 10 participants:**

Date: \_\_\_\_\_ Location: \_\_\_\_\_ Approved by: \_\_\_\_\_

### **Silver Level Technical Certification: (Via a USA Wrestling Camp/Clinic, a pre-approved video submission topic or qualification as a USA Wrestling Sr Level Top 3 ladder holder)**

Date: \_\_\_\_\_ Location: \_\_\_\_\_ Approved by: \_\_\_\_\_

## **Required Submission of 8 Written Tasks**

Submit one task from each of the 8 Bronze Level modules.

Tasks must be between 4-7 typed pages and in most cases will include references for any sources you use in your research. Please submit all tasks in PDF or word processing format.

### **Module 1 – Philosophy and Ethics**

Standard 1: Develop and implement an athlete-centered coaching philosophy

Standard 2: Identify, model and teach positive values learned through sport participation

Standard 3: Teach and reinforce responsible personal, social, and ethical behavior of all people involved in the sport program.

Standard 4: Demonstrate ethical conduct in all facets of the sport program.

### **Module 2 – Safety and Injury Prevention**

Standard 5: Prevent injuries by providing safe facilities

Standard 6: Ensure that all necessary protective equipment is available, properly fitted, and used appropriately.

Standard 7: Monitor environmental conditions and modify participation as needed to ensure the health and safety of participants.

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Standard 8: Identify physical conditions that predispose athletes to injuries.

Standard 9: Recognize injuries and provide immediate and appropriate care.

Standard 10: Facilitate a coordinated sport health care program that includes prevention, care, and management of injuries.

Standard 11: Identify and address the psychological implications of injury.

### Module 3 – Physical Conditioning

Standard 12: Design programs of training, conditioning, and recovery that properly utilize exercise physiology and biomechanical principles.

Standard 13: Teach and encourage proper nutrition for optimal physical and mental performance and overall good health.

Standard 14: Be an advocate for drug-free sport participation and provide accurate information about drugs and supplements.

Standard 15: Plan conditioning programs to help athletes return to full participation following injury.

### Module 4 – Growth and Development

Standard 16: Apply knowledge of how developmental change influences the learning and performance of sport skills.

Standard 17: Facilitate the social and emotional growth of athletes by supporting a positive sport experience and lifelong participation in physical activity.

Standard 18: Provide athletes with responsibility and leadership opportunities as they mature.

### Module 5 – Teaching and Communication

Standard 19: Provide a positive learning environment that is appropriate to the characteristics of the athletes and goals of the program.

Standard 20: Develop and monitor goals for the athletes and program.

Standard 21: Organize practice based on a seasonal or annual practice plan to maintain motivation, manage fatigue, and allow for peak performance at the appropriate time.

Standard 22: Plan and implement daily practice activities that maximize time on task and available resources.

Standard 23: Utilize appropriate instructional strategies to facilitate athlete development and performance

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Standard 24: Teach and incorporate mental skills to enhance performance and reduce sport anxiety.

Standard 25: Use effective communication skills to enhance individual learning, group success, and enjoyment in the sport experience.

Standard 26: Demonstrate and utilize appropriate and effective motivational techniques to enhance athlete performance and satisfaction.

### Module 6 – Sport Skills and Tactics

Standard 27: Know the skills, elements of skill combinations, and techniques associated with the sport being coached.

Standard 28: Identify, develop, and apply competitive sport strategies and specific tactics appropriate for the age and skill levels of the participating athletes.

Standard 29: Use scouting methods for planning practices, game preparation, and game analysis.

### Module 7 – Organization and Administration

Standard 30: Demonstrate efficiency in contest management.

Standard 31: Be involved in public relation activities for the sport program.

Standard 32: Manage human resources for the program.

Standard 33: Manage fiscal resources for the program.

Standard 34: Facilitate planning, implementation, and documentation of the emergency action plan.

Standard 35: Manage all information, documents, and records for the program.

Standard 36: Fulfill all legal responsibilities and risk management procedures associated with coaching.

### Module 8 – Evaluation

Standard 37: Implement effective evaluation techniques for team performance in relation to established goals.

Standard 38: Use a variety of strategies to evaluate athlete motivation and individual performance as they relate to season objectives and goals.

Standard 39: Utilize an effective and objective process for evaluation of athletes in order to assign roles or positions and establish individual goals.

Standard 40: Utilize and objective and effective process for evaluation of self and staff.



# National Coaches Education Program

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## Coaches Certification Booklet

### Gold Level Certification Requirements:

All certifications require current USA Wrestling background check and coach membership.

### Silver College or USA Wrestling Fall Coaches Clinic instruction:

(Pre-approved with the USA Wrestling NCEP Manager)

Date: \_\_\_\_\_ Location: \_\_\_\_\_ Approved by: \_\_\_\_\_

**Gold Level Technical Certification: (Via the Apprentice Coaches Program, top 3 national team ladder or staff selection from the coaches pool for international competition at any age level.)**

Date: \_\_\_\_\_ Location: \_\_\_\_\_ Approved by: \_\_\_\_\_

### Required Submission of 12 Written Tasks

Please submit tasks from any of the 8 Bronze Level modules or miscellaneous tasks of your choice (pre-approved by the USA Wrestling NCEP Manager). Tasks must be between 4-7 typed pages and in most cases will include references for any sources you use in your research. Please submit all tasks in PDF or word processing format.

#### Gold Task 1 of 12

Task Name/Subject: \_\_\_\_\_

Date Submitted \_\_\_\_\_ Date Approved \_\_\_\_\_

#### Gold Task 2 of 12

Task Name/Subject: \_\_\_\_\_

Date Submitted \_\_\_\_\_ Date Approved \_\_\_\_\_

#### Gold Task 3 of 12

Task Name/Subject: \_\_\_\_\_

Date Submitted \_\_\_\_\_ Date Approved \_\_\_\_\_



# National Coaches Education Program

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## Coaches Certification Booklet

### Gold Task 4 of 12

Task Name/Subject: \_\_\_\_\_

Date Submitted \_\_\_\_\_ Date Approved \_\_\_\_\_

### Gold Task 5 of 12

Task Name/Subject: \_\_\_\_\_

Date Submitted \_\_\_\_\_ Date Approved \_\_\_\_\_

### Gold Task 6 of 12

Task Name/Subject: \_\_\_\_\_

Date Submitted \_\_\_\_\_ Date Approved \_\_\_\_\_

### Gold Task 7 of 12

Task Name/Subject: \_\_\_\_\_

Date Submitted \_\_\_\_\_ Date Approved \_\_\_\_\_

### Gold Task 8 of 12

Task Name/Subject: \_\_\_\_\_

Date Submitted \_\_\_\_\_ Date Approved \_\_\_\_\_

### Gold Task 9 of 12

Task Name/Subject: \_\_\_\_\_

Date Submitted \_\_\_\_\_ Date Approved \_\_\_\_\_

### Gold Task 10 of 12

Task Name/Subject: \_\_\_\_\_

Date Submitted \_\_\_\_\_ Date Approved \_\_\_\_\_

# National Coaches Education Program

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## Coaches Certification Booklet

### Gold Task 11 of 12

Task Name/Subject: \_\_\_\_\_

Date Submitted \_\_\_\_\_ Date Approved \_\_\_\_\_

### Gold Task 12 of 12

Task Name/Subject: \_\_\_\_\_

Date Submitted \_\_\_\_\_ Date Approved \_\_\_\_\_







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