

The New National Coaching Certification Program for Wrestling Coaches

During the past several years the Coaching Association of Canada has been working on revisions to the National Coaching Certification Program. The focus of the revisions has been to develop a competency based program. The new program is outcomes-based and it requires evidence-based evaluation that assumes that: (1) the coach can demonstrate certain criteria, and (2) sufficient evidence has been gathered to pass judgement on the attainment of these criteria.

The new NCCP will establish a clear distinction between ‘coach training’, that is, taking part in a workshop: and ‘coach certification’, that is, completing an evaluation process based on demonstrating specific outcomes.

The new program is based on coaches working in three different types of situations or streams. The first stream is ‘Community Sport’. This type of coach is working primarily with young children, in programs that last only a few weeks, teaching basic sport skills, and the emphasis is on participation and fun. The second stream is ‘Competition’. This type of coach is usually working with participants from 12-16 years of age or older, in programs that last from 6-12 weeks, athletes are seeking to achieve performance, and they provide support to athletes in both training and competition. The third stream is ‘Instruction’. This type of coach is typically teaching sport specific skills in a non-competitive environment, often on a fee-for-service basis.

The Canadian Amateur Wrestling Association has determined that the Competition stream is the most appropriate for the majority of wrestling coaches in Canada. The Competition stream has three different ‘coaching contexts’. The ‘Competition – Introduction’ context is designed for coaches working with 12-16 year olds, involves teaching basic skills and prepares athletes for low-level competitions. The ‘Competition – Development’ context is designed for coaches working with 17-20 year olds, involves teaching more advanced skills and tactics, prepares athletes for competition at the provincial and national level including the Canada Games. The ‘Competition – High Performance’ context is designed for coaches working with athletes over the age of 20, and who are preparing for national and international competitions, including multi-sport Games (Commonwealth, Pan-American and Olympic Games).

The CAWA is one of a group of sports that have developed their new program in an integrated format. The Competition-Introduction context is now available to wrestling coaches in Canada. The Competition-Introduction context is offered in two complementary parts, *Part A* and *Part B*. In relation to the old NCCP program the integrated format means that Wrestling (Integrated) Part A content includes material that was formerly Level 1 – Theory and Level 1 – Technical. Wrestling (Integrated) Part B content includes content that was formerly Level 2 – Theory and Level 2 – Technical.

The NCCP Wrestling (Integrated) Part A is a 16 hour workshop and includes modules dealing with: Introduction to Coaching; Planning A Practice; Nutritional Advice; and Ethical Coaching. The CanCoach Level 1 Technical content is integrated into the workshop. The NCCP Wrestling (Integrated) Part B is a 20 hour workshop and includes modules dealing with: Designing A Basic Sport Program; Teaching and Learning; and Teaching Basic Mental Skills. The CanCoach Level 2 Technical content is integrated into the workshop. Upon completion of a module the coach is considered “trained” for that given module.

The CAWA has trained Master Learning Facilitators for the Competition-Introduction context to work with Learning Facilitators in each province to deliver the new NCCP program.

The CAWA has developed “Evaluation Standards and Process” necessary for the coach to move from “Trained” status to “Certified” status. The CAWA evaluation standards include evaluation in: *Making Ethical Decisions* and *Providing Support To Athletes In Training* (as required by the Coaching Association of Canada); and *Planning A Practice* and *Designing A Basic Sport Program* (as selected by CAWA). Evaluation in the *Providing Support To Athletes In Training* requires observation of the coach in a practice environment.

The CAWA has selected and trained a core of Master Evaluators to work with Evaluators on a regional basis to ensure coaches in all provinces have an opportunity to move from *trained* to *certified* status by completing the evaluation process.

The new NCCP recognizes competency gained by prior learning and experience. Coaches may move directly to the certification phase provided they go through the evaluation process and demonstrate their ability to adequately achieve the outcomes for each context.

Maintenance of *certification* in the new program will include a professional development component. Your original certification is in effect for a five-year period. The Canadian Amateur Wrestling Association and the Coaching Association of Canada are in the process of finalizing appropriate activities to be considered as professional development.

**Summary of Training Requirements
Competition – Introduction: Part A and B**

Part A

Module	Wrestling Integrated (hours)
Introduction	1
Planning A Practice	11*
Nutrition	1
Ethical Coaching	3
Total	16

* Includes 6 hours Wrestling CanCoach L-1

Part B

Module	Wrestling Integrated (hours)
Designing A Basic Sport Program	4
Teaching and Learning	13*
Basic Mental Skills	3
Total	20

* Includes 7 hours Wrestling CanCoach L-2