

**CANADIAN AMATEUR WRESTLING ASSOCIATION
NATIONAL COACHES CERTIFICATION PROGRAM**

LEVEL 4/5 PROGRAM

FEBRUARY 10, 1992

PREAMBLE

The Level 4 Certification program is directed at the professional development of University coaches and/or the CAWA Developmental Center coaches. Coaches in consultation with the national office, will select and complete 12 advanced coaching tasks from the list of 20. Upon completion of this program, the certified Level 4 coach will have developed the skills necessary to produce international calibre athletes. Ideally, the coach, who completes the level 4 program, will then progress onto the Level 5 program.

The Level 5 program is focused on national team/national training center coaches. These coaches will complete the remaining 8 tasks from the Level 4 program. Level 5 coaches will be expected to assume leadership positions with the national team at international competitions.

AIMS

- To promote greater coaching skills through an advanced educational and practical training program.
- To encourage the interaction between Level 4 coaches and sport science professionals.
- To create an environment where the coach will gain the knowledge and experience required to develop world-class athletes.
- To develop coaches to assume leadership roles at international competitions.

CORE ASSUMPTIONS

- Coaches will be asked to complete the program in a two-year period.
- The coach will develop his/her own program by selecting 12 of the 20 tasks. The CAWA should be consulted to assist in the design of the program.
- Careful selection of tasks will ensure the acquisition of new skills.
- Each task must meet the evaluation standards identified by the CAWA.
- As techniques, training methods and sport science evolves, the Level 4 program will change to accommodate these developments.
- The focus of each task will be toward the skills required to develop high performance athletes.

GOALS

- To create a learning environment which will help the coach in the organization of his/her own personally designed development program. This program will assist the coaches in nurturing talented wrestlers to an internationally competitive status.
- To maintain a continual learning resource for high performance coaches.

ADMISSION REQUIREMENTS

- i. Full Level 3 Certification
- ii. Application with resume
- iii. A signed contract highlighting the tasks to be accomplished and the time line associated with the completion of these tasks.
- iv. Must have coached at an international competition in the past two years.
- v. Must be working with national Espoir and Senior medalists

TARGET GROUP

The university and developmental/national training center coach who is working to produce international competitors.

PROGRAM COMPONENTS

The CAWA NCCP Level 4/5 program has been adapted from the generic model produced by the Coaching Association of Canada. The twenty tasks have been divided into four sections: 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. The coach must complete at least one task from each of these sections. Tasks may be completed through the following options;

- National Coaching Seminar courses
- National Coaching Institutes and graduate university equivalent courses.
 - Seminar series (ie. Olympic Solidarity)
 - Approved Provincial/Territorial coaching seminars

-Apprenticeship Program

- CAC special education programs
- CAWA coaching seminar courses

In a situation where a coach is accomplishing a task outside of the CAWA program, documentation must be forwarded to the certification Committee indicating completion of the course work/assignments.

The evaluation methods utilized (ie. written reports, training diaries, case studies, videotaped practices, etc.) should be forwarded to the CAWA Technical Director. This documentation will then be submitted to the Certification Committee member/s responsible for the evaluation of that task. The individual/s responsible for the evaluation will provide feedback to the coach on each of the projects. If a task is incomplete, the evaluator/s will identify what is lacking and will provide the coach with the direction necessary to complete the task.

EQUIVALENCY

Coaches can apply for equivalency for certain tasks previously accomplished. This application must contain supporting documentation of task criteria. Evaluation of the application for equivalency will be conducted by the CAWA Certification Committee.

TASK #1: Plan, conduct and evaluate a training program to meet the energy demands of wrestling.

NEEDS TO KNOW

How to apply the principles of optimum physiological preparation of elite wrestlers to training programs with particular emphasis on:

1. Training periodization

- a) interaction between intensity, volume and general and specific training in relation to the training year
- b) differences with different age groups

2. Special training principles

- a) systematization
- b) repetition
- c) specificity and progressive overload
- d) maintenance of training effect
- e) non-linear increases in training effect

3. Training sequencing

- a) balancing training sessions
- b) interaction between quantity and quality of training over short periods

4. High volume training and recovery

- a) interaction between aerobic, strength and power training
- b) over stress
- c) monitoring for training readiness

5. Tapering for peak performance

- a) loading and unloading in relation to competition

6. Aerobic power and capacity

- a) VO_2 max.
- b) aerobic capacity
- c) the lactate threshold
- d) specificity of testing mode
- e) field test for aerobic power and capacity
- f) interpreting tests for aerobic power re individual needs

- g) program prescription based on test results re individual needs
- h) training methods for endurance

7. Anaerobic power and capacity

- a) lactic vs. alactic anaerobic power and capacity
- b) factors affecting anaerobic power
- c) effects of muscle strength and power on anaerobic tests
- d) specificity of testing mode
- e) field tests for anaerobic power and capacity
- f) interpreting anaerobic tests
- g) program prescription based on test results
- h) training methods for speed

Note: Additional "need-to-know" material may be assigned by the CAWA and evaluated accordingly.

PREPARATION/DELIVERY

Date

1. Delivery of the content as a course at a National Coaching Institute (NCI) (ie. University of Victoria, Lakehead University and University of Western Ontario).
2. Alternate delivery of the content by pre-reading material followed by a review seminar at:
 - a) the National Coaches Seminar
 - b) CAWA **approved** provincial coaching seminars
3. Delivery of course content of a Technical/Theory course by the CAWA.
4. Attendance by individual coaches at **approved** equivalent university courses, utilizing the course content.
5. Implement as one task of the apprenticeship program.

EVALUATION

What (1) An assessment of knowledge assimilated from the "need-to-know" content.

What (2) An assessment of the application of knowledge gained.

How (1) A written or oral knowledge test conducted by the sport science presenter or a member of the CAWA Education committee.

How (2) Plan, submit and present a detailed annual periodized training program incorporating the principles and content delivered under "need-to-know" (feedback will be provided to reinforce learning).

How (3) Practical evaluation of a training session and submission of the coach training diary outlining training sessions.

When evaluation sequencing (to be determined).

REFERENCES

1. NCI Coaching Science Content "Understand Principles of Optimum Preparation", D.J. Smith, NCCP 1986.
2. NCI Coaching Science Content "Interpretation of Laboratory and Field Test", J.D. MacDougall, NCCP 1986.
3. "Continuous vs. Interval Training for the Endurance Athlete", J.D. MacDougall, SPORTS, W-1, December 1980.
4. "Blood Lactate and the Evaluation of Endurance Fitness", I. Jacobs, SPORTS, W-2, September 1983.
5. "Aerobic and Anaerobic Testing: A User's Guide", P. Jurbala, SPORTS, GN-1, October 1985.
6. "Physiological, Medical and Psychological Testing for the Coach", H.A. Wenger, SPORTS, GN-1, January 1982.
8. "Physiological Responses to Endurance Training and Retraining", R. Hughson, SPORTS, W-2, November 1986.
9. "Designing a Fitness Testing Program", G. Adams, SPORTS, W-1, March 1987.
10. "Lactate Production During Exercise", G.A. Brooks, SPORTS, W-2, January 1988.
11. "Neuromuscular Aspects of Fatigue", SPORTS, GN-1, March 1988.
12. "Glycogen Depletion and Lactate Responses in Freestyle Wrestling" Sharratt, M., Houston, M.E., Canadian Journal of Applied Sport Science; June 1983, 79-82.
13. "Effects of Continuous Running as Compared to Interval Running on Cardio-respiratory Efficiency of Conditioned Wrestlers at South Dakota State University", Linamder, T.J., M.Sc. Thesis, 1967.

TASK #2: Plan, conduct and evaluate a strength training program for elite wrestlers.

NEEDS TO KNOW

How to apply the principles of strength and power training with particular emphasis on:

1. Skeletal muscle structure
2. Strength
3. Adaptations with strength and power training
4. Practical demonstrations of how to train most effectively – training methods:
 - a) plyometric training
 - b) eccentric training
5. Additional topics
 - a) periodization of strength training (or planning the annual strength program)
 - b) nutrition and strength training: dietary protein
 - c) strength training and the child athlete
 - d) strength training and the female athlete
 - e) anabolic-androgenic steroids
 - f) injuries and strength training: muscle soreness
 - g) athlete testing: transferability of test results
6. Tests for strength and power
 - a) definition of muscular strength, power, endurance
 - b) measurement of strength, power and endurance
 - c) the Cybex Dynamometer
 - d) reproducibility of strength tests
 - e) specificity of testing mode
 - f) interpreting strength and power tests: strength vs. strength to mass ratio and the learning factor
 - g) program prescription based on test results

Note: Additional "need-to-know" material may be assigned by the CAWA and evaluated accordingly.

PREPARATION/DELIVERY

Date

1. Delivery of the content as a course at an NCI.
2. Alternate delivery of the content by pre-reading material followed by a review seminar at:
 - a) the National Coaches Seminar
 - b) an **approved** provincial coaching seminar
3. Delivery of course content of a Technical/Theory course by the CAWA.
4. Attendance by individual coaches at **approved** equivalent university courses, utilizing the course content.
5. Implement as one task of the apprenticeship program.

EVALUATION

What (1) An assessment of knowledge assimilated from the "need-to-know" content.

What (2) An assessment of the application of knowledge gained.

How (1) A written or oral knowledge test conducted by the sport science presenter or a member of the CAWA Education committee.

How (2) Plan, submit and present a detailed annual periodized training program incorporating the principles and content delivered under "need-to-know" (feedback will be provided to reinforce learning).

How (3) Practical evaluation of a training session and submission of the coach training diary outlining training sessions.

When: Evaluation sequencing (to be determined).

REFERENCES

1. "Understand the Principles of Strength and Power Training", NCI Coaching Science Content, D. MacDougall, NCCP 1986.
2. "Specificity in Strength Training: A review for the Coach and Athlete", SPORTS, W-4, March 1981.
3. "Strength Training - Part 1 and 2", D. Schmidtbleicher, SPORTS, W-4, August/September 1985.
4. "Variety in Strength Training", C. Poliquin, SPORTS, W-4, August 1988.
5. "Potentially Dangerous Exercises", A. Lubell, SPORTS, O-1, March 1989.
6. "Strength Training - Practical Guidelines", D. Docherty, C.A.C. 1989.
7. "Weight Training and More Efficient Conditioning Procedures", Wrestling U.S.A. 18 (7); March 1983.
8. "Strength and Conditioning for Wrestling", National Strength and Conditioning Journal (Lincoln, Nebraska) 7 (5); October/November 1985, 40-42.

TASK #3: Plan, conduct and evaluate an assistant coach training for wrestling.

NEEDS TO KNOW

1. Selection procedure for assistant coaches
2. Development of an assistant coach job description
3. A progressive yearly training plan for an assistant coach
4. Evaluation criteria and feedback mechanism

Note: Additional "need-to-know" material may be assigned by the CAWA and evaluated accordingly.

PREPARATION/DELIVERY

Date

1. Delivery of the content as a course at the NCI. _____
2. Alternate delivery of the content by pre-reading material followed by a review seminar at:
 - a) the National Coaches Seminar
 - b) provincial coaching seminars
3. Delivery of course content of a Technical/Theory course on a sport-specific basis.
4. Attendance by individual coaches at **approved** equivalent university courses, utilizing the course content.
5. Implement as one task of the apprenticeship program.

EVALUATION

What (1) Knowledge assessment of prescribed content.

What (2) Application assessment of prescribed content.

How (1) Written report detailing the yearly training plan and an evaluation of the development of an assistant coach.

When: Evaluation sequencing (to be determined).

REFERENCES

TASK #4: Plan, nutritional requirements for wrestling.

NEEDS TO KNOW

1. Application of nutritional requirements to endurance training and to interval training (including pre vs. post training diet).
2. Nutrition before, during and after competition.
3. The influence of time, stress, activity, volume of water, temperature and **nature_of the fluid** (sugar, sodium, potassium percentage), which affects hydration.
4. Methods of monitoring an athlete's diet - advantages and disadvantages of:
 - a) hair analysis
 - b) blood analysis
 - c) computer analysis
 - d) foodstyle analysis.
5. The potential negative effect of ingesting large amounts of the various major nutrients (zinc, iron, vitamin C, protein, niacin).
6. Biological effects of travel across time zones: adaptation of diet and hydration to lessen these effects.
7. Adaption of menus/snacks during trips in foreign countries.
8. Develop and evaluate a weight loss dietary regime.

Note: Additional "need-to-know" material may be assigned by the CAWA and evaluated accordingly.

PREPARATION/DELIVERY

Date

1. Delivery of the content as a course at the NCI.
2. Pre-reading material followed by a review/presentation at the National Coaches Seminar.
3. Level 4/5 course.

EVALUATION

What (1) Knowledge assessment of prescribed content.

What (2) Fulfil any other CAWA requirements.

REFERENCES

1. "Timing Travel and Athletic Performance", C.M. Wingate, SPORTS, W-1, October 1984.
2. NCI - "Influence of Environment on Training and Performance", H. Wenger, U. of Victoria. (Available at CAC.)
3. M. Houston - material presented at TD Council Seminar, December 1986. (Available at CAC.)
4. "Fluid Loss, Electrolytes and Physical Performance", Parts 1 & 2, J. Jerome, SPORTS, 0-2, April, May 1987.
5. "Nutrition and Sports Performance", J. Wootton et al, SPORTS, 0-2, April 1986.
6. "You are what you eat: Energy Metabolism and Nutrition for the coach and athletes", W.R. Lemon, SPORTS, 0-2, April 1983.
7. "Nutrition", M. Ledoux, University of Montreal, 1988. (Available at CAC.)
8. "Eating Disorders", SPORTS, O-2, February 1989.
9. "Travel and Nutrition", SPORTS, O-2, May 1988
10. "Diuretics in Sport, What price to be paid", P.Patterson, SPORTS, O-2, February 1981.
12. "Anabolic Steroids, Health Facts for Coaches and Athletes", S. Haunam and G. Goodine, SPORTS, O-1, September 1987.
13. "Sports Medicine: Pre-Competition Meal", Wrestling U.S.A., Bozeman, Montana, 23 (8), March, 1988, pg. 5-7-9.
14. "What you Need to Know About Water", Wrestling U.S.A., Bozeman, Montana, 22 (6), January 1987, pg. 13-14.
15. "Nutrition Assessment of College Wrestlers", Steen, S.N., Physician and Sports

Medicine, Minneapolis, 14 (1); November 1986, pg. 100-105, 108-109, 112, 115-116.

16. "The Effects of Dehydration and Rehydration in Wrestling", Mnalzakanian, P.A., Vaccaro, P., American Corrective Therapy Journal, San Diego, California, 40 (1), Jan.-Feb. 1986, pg. 17-22.
17. "Nutrition and the Wrestling Coach: How Important is It?", Overmyer, M.E., Ohio High School Athlete, January 1980, 199-200.

TASK #5: Adapt wrestling training programs according to the influence environment has on training and performance.

NEEDS TO KNOW

1. The effect of acute changes in altitude on the quality and quantity of training and performance.
2. The effect of acclimation to altitude on physiological function and performance at altitude and at sea level.
3. The effect of sea level training on training and performance at altitude.
4. Recommendations for training, acclimatizing and performing at different altitudes.
5. The effect of thermal stress on the quality and quantity of training.
6. The effect of acclimation to thermal stress on physiological function and performance at elevated and reduced temperatures.
7. The effect of training on the ability to tolerate and perform under thermal loads.
8. Recommendations for training, acclimating, and performing under thermal loads.
9. The effect of travel of differing patterns, distances and time zones on physiological function and performance.
10. Strategies for offsetting the detrimental effects of travel.
11. Air pollution.
12. Facility factors.

Note: Additional "need-to-know" material may be assigned by the CAWA and evaluated accordingly.

PREPARATION/DELIVERY

Date

1. Delivery of the content as a course at an NCI.
2. Alternate delivery of the content by pre-reading material followed by a review seminar at:
 - a) the National Coaches Seminar
 - b) an **approved** provincial coaching seminar
3. Delivery of course content of a Technical/Theory course by the CAWA.
4. Attendance by individual coaches at **approved** equivalent university courses, utilizing the course content. _____
5. Implement as one task of the apprenticeship program.

EVALUATION

What (1) An assessment of knowledge assimilated from the "need-to-know" content.

What (2) An assessment of the application of knowledge gained.

How (1) A written or oral knowledge test conducted by the sport science presenter or a member of the CAWA Education committee.

When: Evaluation sequencing (to be determined).

REFERENCES

1. "Influence of Environment on Training and Performance", NCI Coaching Science Content, H.A. Wenger, NCCP 1986.
2. "Timing, Travel and Athletic Performance", C.M. Winget, SPORTS, W-1, October 1984.
3. "Managing and Monitoring Cold Stress in Sport", L.A. Kuehn, SPORTS, O-1, December 1985.
4. "Managing and Monitoring Heat Stress in Sport", L.A. Kuehn, SPORTS, O-1, June, 1983.
5. "Travel and Nutrition", SPORTS, O-2, May 1988.
6. "Air Pollution and Exercise Performance", P.B. Raven, SPORTS, B-1, November 1987.

TASK #6: Plan, conduct and evaluate a recovery and injury rehabilitation program.

NEEDS TO KNOW

1. Regeneration menu (i.e. environment, nutrition, planned regeneration, sauna, showers, pools, hydrotherapy, massage).
2. How to apply the "principle of variety" effectively, e.g. in massage:
 - reflexology
 - Swedish stroking
 - accupressure
 - rolfing
 - shaking-Traegar, etc.
3. How to periodize regeneration vs. training stimulus.
4. What personnel/facility support is required for wrestling training/training camps/competitions.
5. How to monitor fatigue/recovery, i.e., heart rates, blood pressure, sleep, etc.
6. Design an individualized flexibility training program.
7. Be aware of trauma procedures and treatment when dealing with athletic injuries. Encompassed within this are the following need to knows;
 - identify common training and competition injuries
 - set a specific procedure to be followed in case of injury.
 - monitor rehabilitation program
 - design warm-up/warm-down routine to assist in the prevention of injuries.

Note: Additional "need-to-know" material may be assigned by the CAWA and evaluated accordingly.

PREPARATION/DELIVERY

Date

1. Delivery of the content as a course at the NCI.
2. Alternate delivery of the content by pre-reading material followed by a review seminar at:
 - a) the National Coaches Seminar
 - b) provincial coaching seminars

3. Delivery of course content of a Technical/Theory course by the CAWA.
4. Attendance by individual coaches at **approved** equivalent university courses, utilizing the course content.
5. Implement as one task of the apprenticeship program.

EVALUATION

What (1) An assessment of knowledge assimilated from the "need-to-know" content.

What (2) Coach Diary (coach's) or written report on the injury prevention and recovery program in use with your team.

What (3) A test segment (microcycle) of a fictitious diary.

How (1) Examining board for coach's diary.

How (2) Written and/or verbal critique of test segment.

When: Evaluation sequencing (to be determined).

REFERENCES

1. "Peaking for Major Competitions - Parts 1 and 2", T. Bompa, SPORTS,,April/May 1984.
2. "Rehabilitative Regeneration in Sport", W. Matuszewski, SPORTS, W-1, January 1985.
3. "Rehabilitative Regeneration in Sport - Part 2", W. Matuszewski, SPORTS, W-1, June 1985.
4. "Regeneration Alternatives in High Performance Sport", et al, SPORTS, W-1, February 1986.
5. "Recovery - Parts 1 and 2", (reprinted), SPORTS, W-1, July/August 1986
6. "The Midas Touch: Turning Athletes Toward Gold or Massage in Sport", J. Orendorff, SPORTS, B-1, November 1980.
7. "Special Means of restoration of Work Capacity of Wrestlers in the Periods Between Competitive Bouts", Birukov, M.M., SIRC.
8. "Sports Medicine Medical Problems of Wrestling", Megsamem, H.J., Strauss, R.H., Runner, Edmonton, Alberta; 25 (3) Fall 1987, pg. 18-21

9. "Rehabilitation of Elbow sprains", Rylander, R., Wrestling U.S.A., Bozeman, Montana; 21 (8): March 1986.
10. "The Utilization of Functional Progressions in the Rehabilitation of Injured Wrestlers", Kegerrers, S., Wetheralol, T., Athletic Training, Greenville, N.C., 22 (1), Spring 1987, pg. 33-34.
11. "Rehabilitation of Elbow Sprains", McAllister, B., Wrestling U.S.A., Orange, California, 23 (1); September 1987.
12. "Cauliflower Ear", Van Nuys, Sports Medicine Digest, California, 7 (9); September 1985.
13. "Wrestling Injuries", MacLaughlin, J., Canadian Wrestler, % (1); July 1980.
14. "Other Problems for Wrestling Coaches, Stopping the Spread of Skin Infections", First Aider, 49 (2); October, 1979, pg. 14.

TASK #7: Psychological preparation for wrestling coaches.

NEEDS TO KNOW

1. How to develop and refine a focus plan for the coach in pre-competition situations.
2. How to develop and refine a focus plan for the coach in competition.
3. How to develop and refine the coach's plan for distractions (in training and competition).
4. How to develop and refine the coach's mental preparation plan for training sessions.
5. How to develop a mental imagery plan to enhance mental readiness and performance for the coach in training and at competitions.

Note: Additional "need-to-know" material may be assigned by the CAWA and evaluated accordingly.

PREPARATION/DELIVERY

Date

1. NCI, sport-specific technical course, individual study with sport psychology consultant.
2. NCS, requires pre-seminar preparation and post-seminar follow-up.
3. **Approved** equivalent university course. The requires direct application of material as per evaluation guidelines.

EVALUATION

1. Does the coach **know** how to develop and refine the above plans for the coach's own use?

What (1) An assessment of knowledge assimilated from the "need-to-know" content.

What (2) The coach will develop and submit a plan for him/herself.

How (1) Coach submits plans, training diary, feedback, evaluation, etc., discusses with Course Conductor/designated person.

When: Evaluation sequencing (to be determined).

REFERENCES

1. "Developing Mental Skills for Elite Athletes", T.D. Orlick, NCI Content, NCCP, 1986.
2. "In Pursuit of Excellence", T.D. Orlick, CAC.
3. "Psyching for Sport", T. Orlick and J.T. Partington, CAC 1986.
4. "Coaches Training Manual to Psyching for Sport", T. Orlick, Champaign, IL: Leisure Press, 1986.
5. "Visualization", (videotape), CAC.
6. "In Pursuit of Personal Excellence", (audio tape), CAC.
7. "Excellence through Mental Training", T. Orlick and J. Partington, SPORTS, BU-1, May 1986.
8. "Energizing", C. Botterill, SPORTS, BU-1, December 1986.
9. "A New Prescription: Mind over Malady", R. Wecheler, SPORTS, B-1, August 1987.
10. "Practical Sport Psychology for Coaches", K.A. Krueger, SPORTS, BU-1, December 1987.
11. "Becoming A Complete Coach", J. Partington, SPORTS, BU-1, June 1988.
12. "Understanding the Imagery and Mental Rehearsal Processes in Athletics", N. Chevalier, SPORTS, BU-2, October 1988.
13. "Planning and Integration of Mental Training Programs", T. Bacon, SPORTS, Vol. 10 N°1.
14. "Planning for Commitment", J.A. Clement and C. Botterill, SPORTS, BU-1, April 1981.
15. "On-site Psychological Preparation for Athletes", B. Rushall, SPORTS, BU-1, December 1981.
16. "Goal Setting and Athlete Development", C. Botterill, SPORTS, BU-1, November 1983.
17. "Sport and Psychology: What Ethics Suggest about Practice", SPORTS, BU-1, February 1984.
18. "Psychological Skill Development", C. Botterill and G. Winston, SPORTS, BU-1, August 1984.

19. "Self-evaluation for Peak Performance", J. Joy, SPORTS, January 1987.
20. "Mental Links To Excellence", T. Orlick and J. Partington, 1988.
21. "Athletes in Transition", T. Orlick and P. Werthner, 1988.
22. "Sharing The Process of Effective Sportpsych Consulting", T. Orlick and J. Partington, 1988.

TASK #8: Psychological preparation for wrestlers.

NEEDS TO KNOW

1. How to develop and refine a focus plan for wrestlers in pre-competition situations.
2. How to develop and refine a focus plan for wrestlers in competition.
3. How to develop and refine an wrestler's plan for distractions (in training and competition).
4. How to develop and refine an wrestler's mental preparation plan for training.
5. How to develop an wrestler's mental imagery plan to enhance mental readiness and performance in training and at competitions.
6. Maintain athlete's level of motivation
 - avoiding athlete burn-out
 - plan a motivation strategy to assist an athlete who has had a string of losses/loss during a major competition.

Note: Additional "need-to-know" material may be assigned by the CAWA and evaluated accordingly.

PREPARATION/DELIVERY

Date

1. Delivery of the content as a course at the NCI.
2.

Alternate delivery of the content by pre-reading material followed by a review seminar at:
 - a) the National Coaches Seminar
 - b) provincial coaching seminars
3. Delivery of course content of a Technical/Theory course on a sport-specific basis.
4. Attendance by individual coaches at **approved** equivalent university courses, utilizing the course content.
5. Implement as one task of the apprenticeship program.

EVALUATION

What (1) An assessment of knowledge assimilated from the "need-to-know" content.

What (2) An assessment of the application of knowledge gained.

How (1) A written or oral knowledge test conducted by the sport science presenter or a member of the CAWA Education Committee.

How (2) Plan, submit and present a detailed annual periodized training program incorporating the principles and content delivered under "need-to-know" (feedback will be provided to reinforce learning).

How (3) Practical evaluation of a training session and submission of the coach training diary outlining training sessions.

When: Evaluation sequencing (to be determined).

REFERENCES

1. "Developing Mental Skills for Elite Athletes", T.D. Orlick, NCI Content, NCCP, 1986.
2. "In Pursuit of Excellence", T.D. Orlick, CAC.
3. "Psyching for Sport", T. Orlick and J.T. Partington, CAC 1986.
4. "Coaches Training Manual to Psyching for Sport", T. Orlick, Champaign, IL: Leisure Press, 1986.
5. "Visualization", (videotape), CAC.
6. "In Pursuit of Personal Excellence", (audio tape), CAC.
7. "Excellence through Mental Training", T. Orlick and J. Partington, SPORTS, BU-1, May 1986.
8. "Energizing", C. Botterill, SPORTS, BU-1, December 1986.
9. "A New Prescription: Mind over Malady", R. Wecheler, SPORTS, B-1, August 1987.
10. "Practical Sport Psychology for Coaches", K.A. Krueger, SPORTS, BU-1, December 1987.
11. "Becoming A Complete Coach", J. Partington, S.P.O.R.T.S BU-1, June 1988.
12. "Understanding the Imagery and Mental Rehearsal Processes in Athletics", N. Chevalier,

SPORTS, BU-2, October 1988.

13. "Planning and Integration of Mental Training Programs", T. Bacon, SPORTS, Vol. 10 N°1.
14. "Planning for Commitment", J.A. Clement and C. Botterill, SPORTS, BU-1, April 1981.
15. "Mental Mastery", Gilbert, R., Wrestling U.S.A., Bozeman, Montana, 20 (7) 15, February 1985, pg. 4-5.
16. "On-site Psychological Preparation for Athletes", B. Rushall, SPORTS, BU-1, December 1981.
17. "Goal Setting and Athlete Development", C. Botterill, SPORTS, BU-1, November 1983.
18. "Sport and Psychology: What Ethics Suggest about Practice", SPORTS, BU-1, February 1984.
19. "Psychological Skill Development", C. Botterill and G. Winston, SPORTS, BU-1, August 1984.
20. "Self-evaluation for Peak Performance", J. Joy, SPORTS, January 1987.
21. "Mental Links To Excellence", T. Orlick and J. Partington, 1988.
22. "Athletes in Transition", T. Orlick and P. Werthner, 1988.
23. "Sharing The Process of Effective Sportpsych Consulting", T. Orlick and J. Partington, 1988.
24. "The Mental Game Plan - A Training Program for All Sports", Albinson, J.G., Bull, S.J., Spodym Publishers, London, Ontario, pg. 13-21.
25. "Study of Relaxation and Visuo-motor Behavior Rehearsal On Wrestlers' Tournament Performance", El Gamal, H.L., Ann Arbour University microfilms, 1981.
26. "Relationship Between Motive to Achieve Success, Motive to Avoid Failure, Physical Performance and Sport Performance in Wrestling ", refs. Scandinavian Journal of Sport Sciences, Helsinki 5 (2), pg. 64-72, December 1983.
27. "Psychological Characteristics of Successful and Non-successful Big Ten Wrestlers", Gould D. et al., Journal of Sport Psychology, 3 (1), 1981, pg. 69-81.

TASK #9: Plan, conduct and evaluate a variety of practical coaching sessions of skill training appropriate to elite wrestlers.

NEEDS TO KNOW

Knowledge and application of appropriate:

1. Content.
2. Methodology, as identified by the CAWA's performance analysis of sport, with particular emphasis on:
 - a) session/lesson planning and their context in the overall training plan
 - b) quality of organization and progression of the sessions
 - c) ability to observe key performance factors, diagnose and prescribe improvements
 - d) quality of communication and demonstration skills.
3. Organize a visitation program by master coaches or CAWA "assessors" to evaluate practical coaching in home environment (on more than one occasion).

Note: Additional "need-to-know" material may be assigned by the CAWA and evaluated accordingly.

PREPARATION/DELIVERY

Date

1. Assemble a number of wrestling coaches on a technical course for content delivery and assessment purposes.
2. Organize a visitation program by master coaches or CAWA "assessors" to evaluate practical coaching in home environment (on more than one occasion)
3. Implement as one task of the apprenticeship program.
4. Implement as one task of the National Coaching Institute diploma course.

EVALUATION

What (1) An assessment of practical coaching ability in a number of training sessions will be conducted utilizing elite athletes.

(3) An evaluation of the Coach Training Diary submitted as a record of work.

(1) The CAWA will develop an approved assessment procedure for this purpose and directly supervise the evaluation, e.g.:

- practical assessment checklist (see reference)
- videotape of coaching sessions for analysis of coaching effectiveness (see reference).

How (2) The CAWA will develop an approved evaluation procedure including:

- verification of the sessions planned and conducted
- content of the sessions planned and conducted, e.g., oral defence.

When: Evaluation sequencing (to be determined).

REFERENCES

1. Level 3 Practical Assessment Guidelines, CAC 1986.
2. Sample of various sports' assessment procedures, NSOs 1986.
3. Assessment of teaching and coaching, CAC Video (VHS) 1987.
4. "Analysis of the Coaching Process", I. Franks, SPORTS, GY-1, January 1986.
5. Coach Training Diary, T. Bompas, CAC 1986.

TASK #10: Analyze advanced technical skills biomechanically.

NEEDS TO KNOW

1. Static and dynamic stability.
2. Impulse.
3. Force production through the eccentric and concentric cycles.
4. Direction of force application.
5. Continuity of joint moments of force.
6. Summation of body segments' velocities.
7. Production of linear movement and rotations.
8. Movement phase analysis.
9. Factors chart analysis.
10. Methods of analysis – advantages and disadvantages.

Note: Additional "need-to-know" material may be assigned by the CAWA and evaluated accordingly.

PREPARATION/DELIVERY

Date

1. Delivery of the content at
 - a) National Coaching Institute
 - b) wrestling specific technical courses/conferences
2. Alternate delivery of the content by pre-reading material followed by a review seminar at:
 - a) the National Coaches Seminar
 - b) provincial coaching seminars
3. Attendance by individual coaches at **approved** equivalent university courses utilizing the course content.

EVALUATION

What (1) An assessment of knowledge assimilated from the "need-to-know" content.

What (2) An assessment of the application of knowledge gained by evaluation of a practical coaching session.

How (1) A written or oral knowledge test conducted by the sport science presenter or a member of the CAWA Education Committee.

How (2) The coach will complete an analysis assignment of an individual or team, based upon the parameters identified by the CAWA.

When: Evaluation sequencing (to be determined).

specific technical skills;

- utilize A/V equipment to detect errors in execution and to bring the athletes' attention to these faults;
- break down the technical skills into its different phases (e.g. set-up, execution, secondary action);
- identify the biomechanical factors specifically affecting the performance of the wrestling specific technical skills;
- establish the cause/effect relationship in the process of detecting/correcting errors in the wrestlers' performance.

REFERENCES

1. "Biomechanical Testing in Sports", B.M. Nigg, SPORTS, W-3, April 1982.
2. "Applied Sport Biomechanics for Advanced Coaching", T. Duck, SPORTS, W-1, June 1986.
3. "The Principles of Biomechanics. Course notes", B. Roy, 1987.
4. "The Biomechanics of Sports Techniques", Prentice-Hall Inc., Englewood Cliffs, N.J. 1988.
5. "Biomechanics and the female athlete", A.E. Atwater, SPORTS, W-3, July 1988.

TASK #11: Plan, conduct and evaluate a variety of practical coaching sessions appropriate to elite wrestlers in strategy and tactics.

NEEDS TO KNOW

Knowledge and application of appropriate:

1. Selection of content (as specified by CAWA).
2. Select appropriate strategies required that are specific to an athlete's weight class.
3. Selection of appropriate strategies and tactics in a variety of match situations.
4. Scouting and analysis of opponents.
5. Methodology, as identified by the CAWA's performance analysis of the sport with particular emphasis on:
 - a) session/lesson planning and their context in the overall training plan
 - b) quality of organization and progression of the sessions
 - c) ability to observe key performance factors, diagnose and prescribe improvements
 - d) quality of communication and demonstration skills.

Note: Additional "need-to-know" material may be assigned by the CAWA and evaluated accordingly.

PREPARATION/DELIVERY

Date

1. Assemble a number of coaches on a technical course for content delivery and assessment purposes.
2. Organize a visitation program by master coaches or CAWA "assessors" to evaluate practical coaching in home environment (on more than one occasion).
3. Implement as one task of the apprenticeship program.
4. Implement as one task of the National Coaching Institute diploma course.

EVALUATION

What (1) An assessment of practical coaching ability in a number of training sessions will be conducted utilizing elite athletes.

What (3) An evaluation of the "Coach Training Diary" submitted as a record of work.

How (1) The CAWA will develop an approved assessment procedure for this purpose and directly supervise the evaluation, e.g.,

- practical assessment checklist (see reference)
- videotape of coaching sessions for analysis of coaching effectiveness

How (2) The CAWA will develop an approved evaluation procedure including:

- verification of the sessions planned and conducted
- content of the sessions planned and conducted, e.g. oral defence.

When: Evaluation sequencing (to be determined).

1. Level 3 Practical Assessment Guidelines, CAC, 1986.
2. Sample of various sports' assessment procedures, NSOs, 1986.
3. Assessment of teaching and coaching , CAC Video (VHS) 1987.
4. "Analysis of the Coaching Process", I. Franks, SPORTS, GY-1, January 1986.
5. Coach Training Diary, T. Bompa, CAC, 1986.

REFERENCES

1. "Neutralizing the Big Heavyweight on the Mat", Knnutila, E., Freishlag, S., Athletic Journal, Evanston, Illinois, 66 (5), December 1985, pg. 14-15.
2. "Playing Percentages", Leyshon, G.A., Coaching Review, Ottawa, Vol. 10, Jan.-Feb. 1987, pg. 42-43.
3. "Scouting for Wrestling", Takahashi, R., Ontario Wrestler Newsletter, Willowdale, Ontario, Oct.-Nov. 1986, pg. 22-23.
4. "Wrestling Scouting Program", Riccio, D., Athletic Journal, 57 (3) , vol 18, November 1976, pg. 76-77.
5. Computer Scouting Program, Gary Gardiner, Canadian Amateur Wrestling Association, 1987.

TASK #12: Integrate physiological, psychological, technical and tactical factors into an annual periodized training program for elite wrestlers.

NEEDS TO KNOW

1. The long-term development of athletes within own sport.
2. The theory and process of periodization.
3. Foundations of annual planning.
4. How to monitor the annual plan. In order to complete this workbook the coach will need a copy of his/her competition calendar and should be familiar with the reading material developed for this task.

Note: Additional "need-to-know" material may be assigned by the CAWA and evaluated accordingly.

PREPARATION/DELIVERY

Date

1. NCI, wrestling specific technical course, individual study with sport psychologist.
2. NCS, requires pre-seminar preparation and post-seminar follow-up.
3. **Approved** equivalent university course. This requires direct application of material as per evaluation guidelines.
4. Implement as one task of the National Coaching Institute diploma course.

EVALUATION

1. Does the coach know how to plan for the optimal development of his/her athletes?
2. Can the coach work from/adapt the plan to optimize wrestler development?

What (1) An assessment of knowledge assimilated from the "need-to-know" content.

What (2) The plan the coach designs - coach submits plan (Coach Training Diary).

What (3) The success of the plan - review of plan in light of wrestlers' goals and performances.

How (1) The coach submits plans, receives feedback, discusses with Course Conductor.

How (2) Coach evaluates plan; discusses with Course Conductor (use of coaches diary).

When: Evaluation sequencing (to be determined).

REFERENCES

1. NCI Coaching Science Content "Understand Principles of Optimum Preparation", D.J. Smith, NCCP, 1986.
2. "Peaking for Major Competitions - Parts 1 and 2", Tudor Bompa, SPORTS, April/May 1984.
3. "Theory and Methodology of Training", 2nd Ed., Tudor Bompa, Dubuque: Kendall/Hunt, 1985.
4. Coach Training Diary, T. Bompa, CAC, 1986.
5. "From Planning to Implementation: Some Coaching Principles", C. Hughes, SPORTS, P-1, February 1982.
6. "The Further Development of Training Theory", J. Sartori, P. Tschiene, SPORTS, W-1, April 1988.

TASK #13: Analyze performance factors as a basis for coaching decisions.

NEEDS TO KNOW

1. The importance of analysis in the coaching process.
2. A specific model of analysis wrestling.
3. The applied research that is being undertaken in the various areas of analysis:
 - a) the process of observation in wrestling environments
 - b) computer-assisted sports analysis
 - c) real time analysis of wrestling behaviours for athletes (team and individual)
 - d) computer video interactive analysis
 - e) expert systems in sport
 - f) modelling of sport performance.
4. The fundamentals of computer technology that will enable the coach to operate computer analysis programs and manipulate data gained from such analyses.

Note: Additional "need-to-know" material may be assigned by the NSO and evaluated accordingly.

PREPARATION/DELIVERY

Date

1. Delivery of the content at;
 - a) National Coaching Institute
 - b) wrestling specific technical courses/conferences
2. Alternate delivery of the content by pre-reading material followed by a review seminar at:
 - a) the National Coaches Seminar
 - b) provincial coaching seminars
3. Attendance by individual coaches at **approved** equivalent university courses utilizing the course content.

APPLICATION

1. Conduct practical analysis with own wrestlers. _____
2. Special education project re performance analysis.

EVALUATION

What (1) An assessment of knowledge assimilated from the "need-to-know" content.

What (2) Complete a performance analysis utilizing the hierarchial approach described in June 1984 edition of SPORTS.

How (1) Follow the hierarchial approach to design and implement a practical performance analysis for elite athletes. Conduct and report on the results of this analysis.

When Evaluation sequencing (to be determined).

REFERENCES

1. "Analysis of Individual and Team Performance", I. Franks, NCI Sport Science Content, NCCP, 1986.
2. "Analysis of Performance: Qualitative or Quantitative", I. Franks et al, SPORTS, GY-1, March 1983.
3. "A Hierarchial Approach to Performance Analysis", I. Franks and D. Goodman, SPORTS, GY-1, June 1984.
4. "Anatomy of a Season", Bill Thomson, SPORTS, GY-1, November 1985.
5. "The Evaluation of Performance: A Speedskating Model", T. Comfort et al, SPORTS, GN-1, July 1982.
6. "Analysis of the Coaching Process", I. Franks et al, SPORTS, GY-1, January 1986.
7. Computer Scouting Program, Gardiner, G., Canadian Amateur Wrestling Association, 1987.

TASK #14: Plan, conduct and evaluate a training camp.

NEEDS TO KNOW

1. Objectives of camp.
2. Venue, Facilities and equipment.
3. Duration and dates.
4. Program – number, times and type of training sessions.
5. Number of wrestlers.
6. Calibre and experience of wrestlers.
7. Recreation objectives and activities.
8. Staffing – primary and support.
9. Evaluation methods and instruments.
10. Budget – travel, accommodation, meals, facilities, staffing.
11. Public relations/media relations, if applicable.

Note: Additional "need-to-know" material may be assigned by the CAWA and evaluated accordingly.

PREPARATION/DELIVERY

Date

1. Individual practical experience arranged with CAWA.

EVALUATION

What (1) An assessment of knowledge assimilated from the "need-to-know" content.

What (2) Planning a camp.

What (3) Conduct of the camp.

What (4) Overall post-camp evaluation – achievement of objectives; organization and

administration; staffing; program; facilities; etc. Final report.

- How (1) a) Checklist of planning factors – match against actual achievements. Identify "got to do" items – 100% score on these to pass.
- b) Interview session based upon checklist of performance deficiencies revealed in (1) a).
- How (2) a) Daily activity schedule – checklist of accomplishment of schedule.
- b) Feedback from staff and athletes – completion of evaluation questionnaire completed in diary fashion.
- c) Presentation of Coaching Diary indicating day-to-day activities and including detailed training sessions and observations of effectiveness of camp relative to major objectives. (NSOs should seriously consider the design of a "Training Camp Diary" which can be used as an evaluation tool. Such instrument to include sections for "on the spot" modifications to program design, ideas for future camps, etc.).
- How (3) Completion of final report incorporating all information detailed above and including brief reports (standardized where possible to assist tabulation of evaluation) from each member of coaching and support staff. Such reports to indicate strengths, weaknesses, and proposed changes for improvement.

When: Evaluation sequencing (to be determined).

1. Prior to start of camp.
2. During and at closing of camp.
3. Following conclusion of camp and analysis of feedback data.

REFERENCES

1. Coach Training Diary, T. Bompa, CAC 1986.

TASK #15: Plan, conduct and evaluate a competitive tour.

NEEDS TO KNOW

1. Objectives of tour.
2. Competition – level, schedule.
3. Travel itinerary – training opportunities, facilities.
4. Athlete selection, organization and administration.
5. Coaching staff and support staff.
6. Budget – CAWA controlled; host controlled.
7. Protocol – cultural and recreational programs, required and optional; official gift exchanges.
8. Cultural differences – briefing sources, dissemination of information.
9. Help the manager to;
 - organize the staging process
 - manage on-site support staff
 - analyze individual and team performance
 - evaluate support staff
 - become familiar with the FILA draw
10. Public relations/media relations as applicable.

Note: Additional "need-to-know" material may be assigned by the CAWA and evaluated accordingly.

PREPARATION/DELIVERY

Date

1. This will be practical experience arranged with NSO. _____

EVALUATION

What (1) An assessment of knowledge assimilated from the "need-to-know" content.

What (2) Planning a tour.

What (3) Conduct the tour - day-to-day

What (4) Overall tour evaluation – achievement of objectives performance and other; organization and administration; staffing; program; controlling the controllable; coping techniques.

- How (1)
- a) Checklist of planning factors – match against actual achievements. Identify "got to do" items – 100% score on these to pass.
 - b) Checklist of "anticipated" low control and non control items and coping techniques available individually and team.
- How (2)
- a) Checklist of daily activity schedule matched against tour plan.
 - b) Feedback from staff and athletes – completion of evaluation questionnaire utilizing diary technique.
 - c) Presentation of Tour Leader Diary (NSO consider design of this instrument) indicating day-to-day activities and including training and competition details and all factors influencing achievement of tour objectives.
- How (3)
- a) Completion of final report including all information above and with brief reports (standardized as much as possible on format) from each member of staff (manager's evaluation form). Such reports to indicate strengths, weaknesses, and proposed changes for improvement. Set of results to be included with the report with related comments identifying positive and negative influences on performance in relation to tour itinerary.
 - b) Interview session based upon the report and the Tour Leader Diary Explanation of and rationale for tour program to be provided by coach to examining panel (two persons).

When: Evaluation sequencing (to be determined).

1. Prior to and during a competitive tour either abroad (first preference) or cross-Canada (second preference).

TASK #16: Plan the long-term development of wrestlers.

NEEDS TO KNOW

1. Long-term athlete development model.
 - design a battery of tests for measurement of the wrestler's physical abilities.
 - Set standards to be met over the multi-year program.
 - Introduce performance indicators.
 - Specify long-term objectives and identify priorities.
 - Set short and long-term goals.
 - Set a time you feel the athlete should be carded by.
 - Fit technical, tactical, psychological and physical preparation into the periodized program.
2. Principles related to stages of athlete development:
 - Initiation
 - Athletic Formation
 - Specialization
 - High Performance.
3. Talent identification principles and programs.
4. Growth and development principles related to the stages of initiation and Athletic Formation.
5. Quadrennial (four year cycle) planning for athletes at various stages of development.
6. Non-athlete career planning:
 - Impact of sport retirement on the athlete
 - Preparing for transition to a non-athlete career.

Note: Additional "need-to-know" material may be assigned by the NSO and evaluated accordingly.

PREPARATION/DELIVERY

Date

1. Delivery of the content at
 - a) National Coaching Institute
 - b) wrestling specific technical courses/conferences

2. Alternate delivery of the content by pre-reading material followed by a review seminar at:
 - a) the National Coaches Seminar
 - b) provincial coaching seminars
3. Attendance by individual coaches at **approved** equivalent university courses utilizing the course content.

EVALUATION

What (1) An assessment of knowledge assimilated from the "need-to-know" content.

What (2) Written exam on principles and content.

What (3) Case study using either a hypothetical or real example to describe the athlete development process.

What (4) Training diary, to evaluate quadrennial planning.

What (5) Describe and critique the athlete development plan for your club or sport organization.

When: Evaluation sequencing (to be determined).

REFERENCES

1. "A Model for Sport Talent Detection", J.H. Salmela and G. Régnier, SPORTS, GY-1, October 1983.
2. "Talent Identification", T. Bompa, SPORTS, GN-1, February 1985.
3. "Transition from High Performance Sport", COA booklet, 1986.
4. "From Senior to Superstar", F. Dick, SPORTS, B-1, May 1985.
5. "Athletic Talent from Detection to Perfection", K. Russell, SPORTS, GY-1, January 1989.
6. "Goals and Affirmations for Coaches and Athletes", Huff, D., Wrestling U.S.A., Bozeman, Montana, 23 (2), October 1987, pg. 33-37.
7. "Goal Setting for Peak Performance (Ref. 14)", Gould, D. in Williams, J.M., (ed), Applied Sport Psychology, Personal Growth to Peak Performance, Palo Alto, California, 1986, pg. 133-148.

TASK #17: Demonstrate coaching leadership skills.

NEEDS TO KNOW

1. What makes an effective leader? Explore the values you base your coaching on and their effect on your overall leadership
 - how to integrate ethical issues into a long-term team development strategy
 - the difference between leadership and management
 - the impact of different leadership styles
 - strategies for handling the demands and the rewards of coaching.
2. What are the keys to building effective teams? Practise
 - group process skills that will help you get the most out of everyone
 - techniques for enhancing team harmony
 - essential communication skills
3. What is the basis of clear, effective communication? Learn
 - ways to communicate dynamically and assertively
 - methods for optimizing communication
 - techniques for improving the effectiveness of meetings
4. How can conflict situations be managed? Discover
 - how conflict can contribute to team effectiveness
 - how conflict can be dealt with - and which techniques work best in which situations
 - how your conflict management style influences your success as a leader.

Note: Additional "need-to-know" material may be assigned by the CAWA and evaluated accordingly.

PREPARATION/DELIVERY

Date

1. Training program at annual residential leadership workshop conducted as a Level 5 task by
 - a) the Canadian Association of National Coaches
 - b) wrestling specific technical course conductors, trained as facilitators at a) above.

EVALUATION

What (1) An assessment of knowledge assimilated from the "need-to-know" content.

What (2) Practical evaluation of leadership skills - to be determined by leadership training program.

When: Evaluation sequencing (to be determined).

REFERENCES

1. "The Coach as Motivator and Chameleon of Leadership Styles", P. Chelladurai, SPORTS, BU-1, October 1981.
2. "Zero-Base Budgeting", L.M. Leith, SPORTS, P-1, July 1983.
3. "The Pyramid Principle of Sports Administration: A Focal Point", G.T. Garvie, SPORTS, P-1, March 1984.
4. "In Search of Leadership", R.L. Boueher, SPORTS, BU-2, November 1984.
5. "Direct and Indirect Fund Raising", L.M. Leith, SPORTS, P-1, December 1984.
6. "Forming, Storming, Norming and Performing: Group Development Stages in sport", K. Henschen, E. Richards, SPORTS, BU-1, March 1985.
7. "The Coach as Manager - Administrator", L.M. Leith, SPORTS, P-1, February 1983.
8. "Trends in Sport", G. Gowan, SPORTS, B-1, October 1986.

TASK #18: Enhance coaching performance.

NEEDS TO KNOW

1. Assessment of the coach's lifestyle, coping skills and pre-disposition to stress.
2. Goal setting – short and long-term.
3. Coaching burnout – causes, symptoms and remedies.
4. Life goals – coaching, family, social, etc.
5. Performance blocks in the competitive environment:
 - perfectionism
 - conflicting demands and interpersonal problems.
6. Optimizing your time and talent:
 - self-control strategies
 - relaxation and guided imagery.
7. Problem-solving situations demanding special attention
8. Cognitive re-structuring.
9. Contracts: clarifying roles, responsibilities and relationships
10. Time management.

Note: Additional "need-to-know" material may be assigned by the CAWA and evaluated accordingly.

PREPARATION/DELIVERY

Date

1. NCS or CANC requirement.

Evaluation

What (1) An assessment of knowledge assimilated from the "need-to-know" content.

What (2) As per NCS, CANC requirements.

When: Evaluation sequencing (to be determined).

REFERENCES

1. "Understanding Self Regulation Training in Sport", V.M. Wilson et al, SPORTS, BU-1, October 1982.
2. "Burnout in Coaching", V.M. Wilson et al, SPORTS, BU-1, September 1986.
3. "Burnout in Coaching - Part Two", V.M Wilson et al, SPORTS, BU-1, September 1988.
4. "Human Resource Management - Staffing and Performance Appraisal of National Coaches", Sport Canada, 1986.
5. "Mirror, mirror on the wall: Self evaluation for Peak Performance", J. Joy, SPORTS, GN-1, January 1987.
6. "Career Crisis in Sport", B. Ogilvie and M. Howe, SPORTS, BU-1, November 1982.
7. "Enhancing the Cross Cultural Sport Experience: Culture Shock", J. Craven, SPORTS, BU-2, November 1988.
8. "Enhancing the Cross Cultural Sport Experience: Effectiveness Abroad", J. Craven, SPORTS, BU-2, December 1988.

TASK #19: Understand the sport system.

NEEDS TO KNOW

The coach must have an understanding of the following subjects:

1. Canadian Sport System
 - Who are the "players"?
 - Federal Government, Provincial/Territorial Governments, national sport organizations (Olympic sports, non-Olympic sports, multi-sport agencies), provincial sport organizations, major games organizations, education institutions, clubs, associations, etc.
 - How does the system work?
 - How does the coach operate within the system?
 - e.g. - athlete/coach relationship
 - athletes' rights
 - anti-doping.
 - National Coaching Priorities
2. Sport-specific Sport System
 - What is the structure of the sport? (conceptual model)
 - Where does the coach fit within the organizational chart of the sport?
 - Coaching structure (domestic and high performance) i.e., how do athletes get coached?
 - What are the components of the high performance system?
 - athlete development model, H.P. system grid, etc.
 - Quadrennial planning (process and content) including plan of wrestling.
3. International Sport System (sport-specific and other organizations).

Note: Additional "need-to-know" material may be assigned by the CAWA and evaluated accordingly.

PREPARATION/DELIVERY

Date

1. Delivery of the content at
 - a) National Coaching Institute/NCS
 - b) sport-specific technical courses/conferences
2. Implement as one task of the apprenticeship program

EVALUATION

What (1) An assessment of knowledge assimilated from the "need-to-know" content.

What (2) An assessment of knowledge and understanding of the various "need-to-know" items.

What (3) An assessment of the ability to apply this knowledge in practical situations.

How (1) An interview conducted by a qualified resource person or panel of subject area experts.

How (2) Case study analysis of a real or hypothetical human resource management issue.

How (3) Assessment of practical application of management tasks over the period of a year (submit coach diary; feedback from CAWA professional staff, volunteer board members, other coaches, support staff.)

When: Evaluation sequencing (to be determined).

REFERENCES

1. QPP Guidebook.
2. QPP (sport-specific).
3. National Coaching Priorities.
4. CAC.
5. COA.

TASK #20: Plan, implement and evaluate the development of the National Team Program.

NEEDS TO KNOW

1. International competition structure.
2. International standards.
3. National standards.
4. National competition structure.
5. Long-term quadrennial plans for high performance wrestler development.
 - club, provincial, national organizations
 - training standards
 - training facilities, equipment
 - coaching expertise, certification.
6. Develop a media strategy

Note: Additional "need-to-know" material may be assigned by the CAWA and evaluated accordingly.

EVALUATION

What (1) A plan of development.

What (2) An assessment of implementation.

What (3) A defence of the results.

How (1) Submit a detailed plan of development.

How (2) A national Coach review by Sport Canada/CAC/CAWA.

When: At the discretion of the coach/Sport Canada.

REFERENCES

1. QPP Guidebook.
2. QPP (sport-specific).