



National  
Coaching  
Certification  
Program

Programme  
national de  
certification des  
entraîneurs



## Sport: Wrestling

Discipline:

Context: Community Sport-Initiation (Wrestling Kids)

Participant age group: 9-13

Estimated number of participants: 3000

Age range of coaches: 16 & up

Estimated number of coaches: 200

Date of conditional approval: December 2007

Official launch date (both official languages): July 2008

### Outcomes trained and evaluated:

Outcome	Trained	Evaluated
Make Ethical Decisions	T	
Plan a Practice	T	
Support to Athletes in Training	T	
Analyze Performance		
Design a Sport Program		
Support the Competitive Experience	T	
Manage a Sport Program		
**Sport-specific outcomes		

Which multi-sport modules will the coaches access through the provincial/territorial delivery system?

Training program is based on the NCCP Community Coach Template

### Training Description:

- This one and a half day workshop taking place in a school gymnasium
- Help develop knowledge for coaches to teach basic wrestling skills to kid wrestlers.

### Learning Facilitator:

- MLF's were identified by the CECC to attend a funded training session
- MLF's were refreshed on adult education principles and facilitation skills

### NSO Contact Information

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### 3 most innovative features of your program:

1. The use of "the oldest sport" curriculum guide and video
2. Directly relates to Wrestling Canada's LTAD formalized training (Fundamentals) and training to train.
3. Gives parents and teachers basic skills of wrestling without the competition component

<b>OUTCOME</b>	<b>CRITERIA</b>	<b>Multi-sport module</b>	<b>Integration</b>
Make Ethical Decisions	Apply an ethical decision making process	Training program is based on the NCCP Community Coach Template	
Plan a Practice	Plan activities in a safe practice environment	Training program is based on the NCCP Community Coach Template	
Design a Sport Program			
Analyze Performance			
Provide Support to Athletes in Training	Lead participants in appropriate activities.	Training program is based on the NCCP Community Coach Template	
Support the Competitive Experience	Model exemplary behavior at practice and during competition	Training program is based on the NCCP Community Coach Template	
Manage a Program			
<b>SPORT SPECIFIC</b>			