

	<p align="center">NSAWA Coaching Requirements</p>	<p align="center">Approved: January, 2024</p>	<p align="center">Up for review: May, 2026</p>
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NSAWA values its coaching members and as such attempts to recruit, train, certify, and retain high quality dedicated coaches. Coaching members are a valuable source of information to the Board of Directors. To ensure their input is always considered, the coaches have an elected Coaching Director on the Board of Directors, who is responsible to represent coaching interests and concerns.

Coaching comes with a high degree of responsibility. Therefore, NSAWA coaches must complete the Sport Coach course (Part A) via the National Coaching Certification Program (NCCP) (see Appendix A below). Once completed, coaches will be able to coach singularly on the mat as well as oversee Coaching in training.

Coaches in training who have yet to complete their Part A are unable to coach alone on the mat and as such will not be covered by NSAWA insurance.

In addition, all coaches must have completed the following:

1. Registered and paid dues as a coach through the National Registration system.
2. Have submitted a Nova Scotia Child Abuse Registry check from the Nova Scotia Department of Social Services.
3. Have submitted either a Criminal Record check/Vulnerable Sector Check from their local police station or through MyBackCheck.
4. Have completed the Safe Sport course at coach.ca
5. Have completed the NCCP Sport Coach course.
6. Have completed and been evaluated for the Making Ethical Decisions (MED) at coach.ca.
7. Have completed the Making Headway course at coach.ca.

It is recommended that coaches provide up-to-date contact information to the Coaching Director yearly. The Director will then be able to provide timely and relevant information to every coach.

APPENDIX A

National Coaching Certification Program

Designed and delivered through the Coaching Association of Canada (CAC) and the Coaches Association of Ontario (CAO), the National Coaching Certification Program (NCCP) is a world class Coaches' training program.

Are you just starting out, or a school coach?

Consider taking the NCCP Community Coach (Part A) training workshop. The workshops are designed to be presented in 6 – 8 hours and provide much of the basic training for coaches. These workshops are ideal for new teachers/coaches who are looking to coach at the community club or elementary/high school level. Community Coach Courses are also an excellent resource for club volunteers (parents, etc.) who are interested in helping out at the club.

Want to take the next step?

Coaches wanting more training or who are moving into coaching athletes going on to participate in Provincial and National Championships, there is the Competition Introduction training level (Comp/Int for short).

Under Comp/Int, coaches can take Sport Coach or Club Coach workshops. After taking the workshop, the coach is considered 'Trained' at that level. The workshops in wrestling are what is known as integrated workshop, meaning that you receive both Coaching Theory/Science and on-mat Wrestling training during the course. Each workshop runs approximately 12 – 14 hours and is currently being delivered online. The instructor is known as a Learning Facilitator.

Comp/Int Content Summary

Sport Coach (Part A):

Introduction
Make Ethical Decisions
Planning a Practice
Nutrition
Technical Skill

Club Coach (Part B):

Design a Basic Sport Program
Teaching and Learning
Basic Mental Skills
Technical Skill

Looking to move to National Level Coaching

Once you have taken both Sport and Club workshops, you are considered 'NCCP Trained'. From here, if you have an interest in Coaching at a higher level such as U17/U19 Championships, you can move on to becoming 'Certified' under the Competition Introduction program.

To be certified, you must complete an Ethical Evaluation. This is done through an on-line questionnaire through the Coaches Association of Canada (CAC). The on-line Making Ethical Decisions (MED) modules can be completed at: **www.coach.ca**. Your NCCP number is required to complete this process. You will have received this number when you completed the workshops noted earlier.

To be evaluated, you work with an 'Evaluator' (an experienced Master Coach) to demonstrate your ability to implement your learnings in the courses in running your practice. Contact the Coaching Director at wns.coach@gmail.com to arrange for an Evaluator to work with you.

Evaluation is a two-step process:

1. The Evaluator reviews required related paperwork associated with what you learned in the Sport and Club courses – you will provide practice plans, an Emergency Action Plan, etc.

2. Once you have completed your MED and submitted the material to the Evaluator, you will be paired up with an Evaluator to view a practice you run.

CERTIFICATION = Sport Coach workshop + Club Coach workshop + Plans + On-line Ethical Decision- Making Evaluation + Coach Evaluation

High Performance Coaches

Coaches who have completed the Competition Introduction designation and are certified at that level can choose to move on if they would like to be coaching at higher levels such as Trials.

This training level is referred to as Competition Development (Comp/Dev for short). To become certified under Comp Dev the coach must complete several levels.

Through the coach.ca, review the process for obtaining the *Multi-Sport* portion of Competition Development. Multi-Sport refers to the basic coaching courses common to all sports.

For Competition Development, there are nine of these courses or 'Modules' offered. Currently Coaches wishing to be considered 'trained' in Competition Development must:

- 1) Be fully certified in Introduction/Competition.
- 2) Complete all Modules under the Competition Development stream. The nine modules are:
 - a) Manage Conflict
 - b) Leading Drug-free sport
 - c) Psychology of Performance
 - d) Prevention and Recovery of Injury
 - e) Coaching and Leading Effectively
 - f) Manage a Sport program
 - g) Advanced Practice Planning
 - h) Performance Planning
 - i) Developing Athletic Abilities (course + 2-hour pre-task)
- 3) Complete the Competition Development Program Wrestling course. This is a specialized course hosted only by Wrestling Canada. The course is offered on a limited basis.

While taking these courses, the coach is considered 'In training'. Once the coach has taken these courses, they are considered 'Trained'. To complete training and become certified, the coach must be evaluated by a Comp Dev Evaluator. Evaluation for Comp Dev is also a multiphase Evaluation. The Coaching Director can assist you in this stage.

Important Note: The Competition Development stage of Wrestling NCCP training is managed completely by Wrestling Canada. WNS will do everything we can to help with questions, but course requirements and availability and enforcement of Competition Development is handled exclusively by WCL.

Coaching Beyond Competition Development

Once a coach is ready to coach at an international level (World Championships for example), they can continue to grow as coaches through the NCCP level 4 and 5 programs. These are very specialized courses run through the Wrestling Canada Lutte.

Maintaining your Certification

Once you are certified under NCCP, you are required by the Coaches Association of Canada to maintain your certification by collecting professional development (PD) points. Courses providing points are offered regularly online and in-person demonstrating that you are continuing to coach and continuing to enhance your coaching skills. To find out how many points you need and how to obtain them, please check in the Coaching Association of Canada's Locker system.

Hints on how you can earn points:

- Once a year, you can submit a form to CAC to show you are still coaching
- Take one of the e-learning modules at www.coach.ca. Some of these modules (eg. Making Headway – Concussion Training) are FREE!
- Taking courses.
- Coaching at National Championships.