

National Coaching Certification Program (NCCP)

Trained vs. Certified

The NCCP model distinguishes between training and certification. Coaches can participate in training opportunities to acquire or refine the skills and knowledge required for a particular coaching context (i.e. Competition-Introduction) as defined by the sport and be considered “trained”.

To become “certified” in a coaching context, coaches must be evaluated on their demonstrated ability to perform within that context in areas such as program design, practice planning, performance analysis, program management, ethical coaching, support to participants during training, and support to participants in competition.

NCCP coaches are described as follows:

In Training – when they have completed some of the required training for a context;

Trained – when they have completed all required training for a context;

Certified – when they have completed all evaluation requirements for a context.

Wrestling Canada Lutte offers the following NCCP workshops:



Kids Wrestling (Community Sport): If you want to teach basic wrestling skills to ‘grass root’ participants (ages 14 and under), this 1.5 day interactive workshop is for you. Developed for elementary and high school teachers, parents, or volunteers, as well as for municipal recreation program officers, this LTAD based workshop will enable you to coach wrestling basics in a fun and safe environment.



Competition-Introduction Part 1: This 16-hour interactive course is all about teaching athletes the basic skills of the sport for low-level competitions. It is an introduction to effective coaching, planning practices, and ethical decision making, and has 6 hours of integrated content from the Wrestling CanCoach Level 1 technical component.

Competition-Introduction Part 2: Complementary to Part 1, this 20-hour high-performance based course is targeted towards coaches in the secondary education system and/or a competition-based club development program. Topics such as designing sport programs, basic mental skills, and teaching skills will be covered, integrating 7 hours of content from the Wrestling CanCoach Level 2 technical component.

Competition-Development: under development.

Advanced Coaching Diploma: The Advanced Coaching Diploma (ACD) is the pinnacle of a coaches’ education in the National Coaching Certification Program. ACD coaches are recognized as being among the most qualified coaches and leaders of athletes and sport programs provincially, nationally and internationally.

Make Ethical Decisions

By successfully completing the Make Ethical Decisions (MED) training, coaches will be fully equipped to handle ethical situations with confidence and surety. MED training helps coaches identify the legal, ethical, and moral implications of difficult situations that present themselves in the world of team and individual sport.

WHO NEEDS THIS TRAINING?

Successful completion of the MED online evaluation is necessary for certification in any new NCCP program. MED training is not necessary to take the evaluation or to achieve certification, however, in certain programs it can lead to 'trained' status. Therefore, any coach wishing to attain 'trained' status should investigate taking MED training.

Once you have completed the MED training, and it appears on your transcript, you will have unlimited attempts at the MED evaluation. If you choose to proceed directly to the MED evaluation without taking any training, please note the following (as of April 1, 2014):

1. A fee of \$85 will apply.
2. You will have 2 attempts at passing the evaluation. If, after 2 attempts, you have not received a passing grade of 75%, you will need to sign up for MED training.

Coaching roles defined:

As a coach, you bring enthusiasm, commitment and a positive attitude to each practice, event and competition. In return, you learn new skills, meet new people and gain unique experiences. Coaches offer more than sports instruction: they are teachers, role models, and mentors.

Head Coach

The head coach is ultimately responsible for all actions within his/her sports program. She/he determines and develops the yearly goals, seasonal plans and budgets along with the assistant coaches; regularly communicates with assistant coaches, program volunteers, athletes, and parents; serves as the spokesperson for the athletes/team; facilitates practices; ensures attendance, training and safety of athletes at practices; ensures all athletes are prepared for competition; and delegates to assistant coaches/program volunteers. Must be 19 years of age or older, and are required to complete proper certification within first year.

Assistant Coach

The assistant coach helps head coach with all duties; assists with training and supervision of athletes at practices and competitions; and regularly communicates with head coach. Must be 16 years of age or older, and must complete proper training (trained) within first year.

Qualifications for BC Wrestling Coaches

First Aid

There must be at least one person who has basic First Aid in the wrestling facility at any time where athletes are participating in a competition. It does not need to be the coach. BCWA does however, encourage all coaches to be current in First Aid Certification.

Criminal Records Check

Volunteers or employees BCWA or member clubs, who at any time could be expected to:

- i) be with any minor aged person;
- ii) be entrusted with performing financial duties;
- iii) be responsible for book keeping or bank account(s);

must have on file the results of a Criminal Record Check completed from an agency approved by the Association. It is the responsibility of the club/team to ensure that all volunteers that are associated within their program, have completed a criminal records check.

Please remember that criminal record checks are **REQUIRED for ALL HEAD COACHES** that are involved in BC Wrestling. These criminal record checks need to be completed once every three years.

Coaching Requirements

- To Register with BCWA as a coach must have "in training" status
- To Coach Cadet & Juvenile National Championships, or Northern BC Winter Games: **Certified & Criminal Records Check**
- To Coach BC Summer Games: **Certified & Criminal Records Check**
- To Coach Junior National Championships (Team BC to US Regionals): **Certified & Criminal Records Check**
- To Coach BC Team at Canada or Western Canada Games or Senior National Championships: **Certified and Criminal Records Check**
- BCWA sanctioning for international travel, coaches must be **certified and Criminal Records Check**

There must be a trained wrestling coach in the gym for all practices (including warm-up activities) for any athletes insurance to be valid. Clubs must advise athletes and/or post this advisory in the wrestling room to ensure unsupervised practices do not take place. Coaches who are not certified may register as a Coach in Training (CIT) and act as an assistant to a fully certified coach.

Recommended Coach to athlete ratios:

Recommendations: 6-12 to 1 coach (5 to 15 years old) Recreation and Competitive
The more advanced the skill level of athlete, the higher the ratio can be.

Additional Recommendations on Coach Certification

Minimum requirements for coaches are outlined above. BCWA recognizes that many coaches receive training by mentoring through senior coaches. There may be situations where a coach is performing duties beyond the level of his/her NCCP. You are encouraged to ensure the coach has adequate training for the tasks they are performing. Failure to do so may lead to liability situations.

Practice

A scheduled wrestling activity that has been publicized to its members, and takes place in a safe environment, that is conducted with a qualified instructor present at all times.

Program Signage & Notification

BC Wrestling member programs must post rules and regulations for participation in BC Wrestling sanctioned activities. Athletes and Coaches code of conduct, and notification that any wrestling activity is strictly prohibited without a certified or trained coach present.

Clubs/members contravening BCWA policies or engaging in misconduct will be responsible for reimbursing BCWA for any costs incurred to that misconduct.