

## NCCP Competition Introduction Certification Guide – Wrestling

STREAM	CONTEXT	PROGRESSION	CATEGORY	OFFERED BY	MODULES
Competition Introduction	Sport Wrestling Coach (Comp Int Part A)	Recommended	Safe Sport	Canadian Centre for Childcare Protection	Commit to Kids for Coaches
		In Training	Multi-Sport	PTCR	Make Ethical Decisions (MED) Training
			Multi-Sport	CAC	Nutrition
			Multi-Sport	CAC	Emergency Action Plan
			Multi-Sport	WCL	+Introduction to Coaching
			Multi-Sport	PTCR	+Planning A Practice
		Wrestling Specific	WCL	+Technical & Tactical Part A	
	Club Wrestling Coach (Comp Int Part B)	Trained	Multi-Sport	PTCR	Teaching and Learning
			Multi-Sport	PTCR	+Basic Mental Skills
			Multi-Sport	PTCR	+Design a Basic Program
			Wrestling Specific	WCL	+Technical & Tactical Part B
		Certified	Multi-Sport	CAC	MED Online Evaluation
			Wrestling Specific	WCL	Portfolio Evaluation
			Wrestling Specific	WCL	Practice Evaluation
		*Safe Sport Requirements	Multi-Sport	CAC	Making Head Way
			Safe Sport	CAC	Safe Sport Training
			Safe Sport	Various	Screening

+ Changes as part of WCL's pilot project for online delivery during COVID  
\*required for all WCL sanctioned activities

### Notes:

#### The two wrestling specific modules include:

**Part A (Sport Coach) training:** Planning a practice (a multi sport module) plus technical and tactical which includes introduction to Coaching.

**Part B (Club Coach) training:** Design a Basic Sport Program (a multi sport module) plus technical and tactical which includes coaching philosophy

**Evaluation:** Contact WCL through their coach training section (<https://wrestling.ca/programs/coach-training/>) to request to be evaluated once all your training is complete.

#### Competition Introduction Evaluation:

##### A) Portfolio

- a. Practice plans (3 in total) (beginning, middle, end of season)

- b. Emergency Action Plan
- c. Seasonal Training Plan (or Yearly Training Plan)
- B) **Practice evaluation (observation)**
  - a. Include practice plan write up for this practice (could be one from your portfolio)
  - b. Be sure to share safety plan on site (med kit, safe training space, etc)
  - c. Can be completed in person or via zoom video share

**Use this check list below to make sure your training is complete prior to evaluation:**

Item	Notes	Check (☒)
<b>MED training/evaluation (through via sport and e-learning for evaluation)</b>	MED training allows unlimited attempts for evaluation at the same cost (recommend training prior to evaluation)	<input type="checkbox"/>
<b>Nutrition (through e-learning)</b>	Cost: \$20.00	<input type="checkbox"/>
<b>Emergency Action Plan (through e-learning)</b>	Free (hint: download a copy of your completed EAP as a pdf for your portfolio)	<input type="checkbox"/>
<b>Part A (sport coach) training</b>	Includes: Planning a practice, technical and tactical, and introduction to coaching (cost varies)	<input type="checkbox"/>
<b>Part B (Club coach) training</b>	Includes: Design a basic sport program, coach philosophy, and technical and tactical (cost varies)	<input type="checkbox"/>
<b>Basic Mental Skills (through Via Sport)</b>	Cost: (about \$80.00)	<input type="checkbox"/>
<b>Teaching and Learning (through Via Sport)</b>	Cost: (about \$80.00)	<input type="checkbox"/>
<b>Making Headway (through e-learning)</b>	Free	<input type="checkbox"/>
<b>Safe Sport (through e-learning)</b>	Free	<input type="checkbox"/>
<b>Screening (through Sterling and/or local police)</b>	You can be certified without this however you will be required to submit this to BC Wrestling to be an active coach (And WCL if you plan on going to the Nationals)	<input type="checkbox"/>

**e-learning:** Tab in your NCCP locker

**Via Sport:** Our provincial sport body responsible for coach education. In person, online and home study options available. <https://www.viasport.ca/coaching>