



Ontario Amateur Wrestling Association National Coaching Certification Program

NCCP in a nutshell

Are you just starting out, or a school coach?

Consider taking the NCCP *Community Coach* 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 teacher/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.

Next Step:

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

Under Comp/Int, coaches can take one or both of the A and B workshops. After taking the workshop, the coach is considered 'Trained' at that level. The A and B workshops in wrestling are what is known as integrated workshop, meaning that you do not have to take a separate coaching theory workshop and then a specialized wrestling workshop – the two are integrated together. Each workshop runs approximately 12 – 14 hours depending on the instructor – known as a *Learning Facilitator*.

CONTENT SUMMARY

Part A: Introduction, Make Ethical Decisions, Planning a Practice, Nutrition, Technical Skill

Part B: Design a Basic Sport Program, Teaching and Learning, Basic Mental Skills, Technical Skill

National Level Coaching

Once you are A and B trained (that is, you have taken both workshops) you can move on to becoming 'Certified' under the Competition/Introduction program if you have an interest in Coaching at a higher level such as National Cadet/Juvenile Championships.

To do this, you must complete an Ethical Evaluation. This is done through an on-line questionnaire through the Coaches Association of Canada (CAC for short). The on-line Making Ethical Decisions (MED) modules can be done at: www.coach.ca - you will need your NCCP number to complete this process. You receive this number when you complete the workshops noted earlier, or on request to the CAC (if you took the course recently and have not received your NCCP number yet). **See note at the bottom of page two for more info on MED.**

To complete Certification for Competition/Introduction you must be evaluated. To be evaluated, you arrange with an 'Evaluator' (an experienced/Master Coach) to view a practice you run, along with reviewing the related paperwork associated with what you learned in the A and B courses – how to design a practice, having an Emergency Action Plan in place, etc.). For more information on the Evaluation process, go to the OAWA web-site (www.oawa.ca) and click on the Coaches Section.

CERTIFICATION = Part A + Part B + On-line Ethical Decision Making Evaluation + Coach Evaluation

There is also a list of Course Facilitators and Evaluators on the OAWA web-site.

Special Circumstance

For existing experienced coaches and others with an extensive background in Wrestling, there is an opportunity to "Challenge" the Competition/Introduction level by going straight to the Evaluation phase. This is a very exceptional case for very strong coaches with a great deal of prior experience but who have not taken the A and B courses. For more information on Challenges, including minimum (OAWA) standards to qualify to challenge, please contact OAWA.

High Performance Coaches

Coaches who have completed the Competition/Introduction designation and are certified at that level can choose to move on if they will be coaching at higher levels such as the National Juniors/Seniors, Canada Games, etc..

This training level is referred to as **Competition/Development** (Comp/Dev for short). To become certified under Comp/Dev. the coach must do the following:

1. Through the Coaches Association of Ontario (follow the web link from the OAWA site), review the process for obtaining the **Multi-Sport** portion of Competition Development. Multi Sport generic refers to the basic coaching courses common to all sports.
2. For Competition Development, there are nine of these courses or 'Modules' offered. Currently Coaches wishing to be considered 'trained' in Competition Development must:
 - a. Be fully certified Competition/Introduction
 - b. Complete all Modules under the Competition Development stream. The nine modules are:
 1. Manage Conflict
 2. Leading Drug-free sport
 3. Psychology of Performance
 4. Prevention and Recovery of Injury
 5. Coaching and Leading Effectively
 6. Manage a Sport program
 7. Advanced Practice Planning
 8. Performance Planning
 9. Developing Athletic Abilities (course + 2 hour pre-task)
 - c. Complete the Competition-Development program Wrestling Module.

While taking these courses, the coaches is considered 'In training'. Once the coach has taken these courses, he/she is considered 'Trained' To complete training and become certified, the coach must complete the final two steps below:

3. Complete the Comp/Dev level Making Ethical Decision module (on line at www.coach.ca)
4. Be evaluated by a Comp/Dev Evaluator.

Coaching Beyond Competition Development

Once Coaches reach a very high level of training (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. Interested coaches should contact Wrestling Canada Lutte for more details (info@wrestling.ca).

Note about Making Ethical Decisions: Please be aware there are different MED modules for Community Coach, Comp/Int, and Comp/Dev. Taking the course at the level listed qualifies you for that level only, meaning you must take the next MED when you go to the next level. However, if you take the highest level (Comp/Dev.) it qualifies for all three levels.

The Ontario Amateur Wrestling Association can help with:

1. Arrange an NCCP Clinic/workshop in your area if there is demand for it (usually about 5 – 10 coaches interested in a course is needed to schedule one locally).
2. Provide details of courses currently scheduled, or communicated details as they become scheduled – watch the OAWA web-site.
3. Assist with putting you in touch with a Course Conductor, Learning Facilitator, or Evaluator.
4. Provide course materials – books, manuals, CD/DVD's
5. Clarify requirements for NCCP training for provincial, national and international coaching assignments by OAWA and CAWA
6. General Inquiries: Please contact the OAWA for more information on Coaching Support!

www.oawa.ca

admin@oawa.ca

Contact List

Competition-Introduction A level Workshop Learning Facilitators:

Toronto	Ron Moncur	ron_moncur@yahoo.ca
Toronto/Durham	Chris Stefopoulos	cstefopoulos@gmail.com
Toronto	Kimin Kim	kkimin@hotmail.com
Toronto/Durham	Stan Tzogas	tzogas@rogers.com
Sarnia	John Burke	john.burke@st-clair.net
Sudbury/Near North	Chris Mask	cmask@hotmail.com
Thunder Bay	Harry Curtis	hbcurtis@tbaytel.net
Georgian Bay/Barrie Region	Bob Parsons	coachbob60@rogers.com
Renfrew/Ottawa Valley	Grant Lavallee	grant_wrestle@hotmail.com

Competition-Introduction B level Workshop Learning Facilitators:

Toronto	Ron Moncur	ron_moncur@yahoo.ca
Toronto/Durham	Stan Tzogas	tzogas@rogers.com
Sarnia	John Burke	john.burke@st-clair.net
Sudbury/Near North	Chris Mask	cmask@hotmail.com
Thunder Bay	Harry Curtis	hbcurtis@tbaytel.net
Georgian Bay/Barrie Region	Bob Parsons	coachbob60@rogers.com
Renfrew/Ottawa Valley	Grant Lavallee	grant_wrestle@hotmail.com

Competition-Introduction Evaluators:

Ottawa	Derek Kossatz	tsunami@storm.ca
Georgian Bay/Barrie Region	Juris Ligiers	jurisligiers@rogers.com
Guelph	Doug Cox	dcox@uoguelph.ca
Thunder Bay	Harry Curtis	hbcurtis@tbaytel.net
St. Catharines	Heather Sweezey	hsweezey@hotmail.com
Toronto/Durham	Chris Stefopoulos	teamimpact@netscape.ca
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Sarnia	John Burke	john.burke@st-clair.net

Community Coach level Workshop Learning Facilitators:

Georgian Bay/Barrie Region	Bob Parsons	coachbob60@rogers.com
Sarnia	John Burke	john.burke@st-clair.net
Kitchener/Waterloo	Dan Brown	brown4105@rogers.com
Caledonia	Chris Fraser	fra@mountaincable.net
Kingston	Marcus Niemann	marcusniemann@hotmail.com
Toronto	Jeff Haymer	jhaymer@primus.ca
Renfrew/Ottawa Valley	Grant Lavallee	grant_wrestle@hotmail.com
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Toronto	John Cho	john_cho@rogers.com

Competition-Development Learning Facilitators (Wrestling module)

Renfrew/Ottawa Valley	Grant Lavallee	grant_wrestle@hotmail.com
Toronto	Ron Moncur	ron_moncur@yahoo.ca
Georgian Bay/Barrie Region	Bob Parsons	coachbob60@rogers.com

Competition-Development – Multi-Sport Modules

Contact the Coaches Association of Ontario www.coachesontario.ca

www.oawa.ca

admin@oawa.ca