

WRESTLING



The Ontario Physical Activity Safety Standards in Education for Wrestling – Secondary Interschool

<https://safety.ophea.net/secondary/interschool/wrestling>

Qualifications:

Head coach must demonstrate knowledge of sport, skills and strategies to principal or designate.

All coaches must be familiar with and implement, where applicable, the criteria outlined in [Coaches Expectations](#).

At least one wrestling coach must possess **one of the following** coaching qualifications:

- **NCCP Competition Coach – Competition-Introduction Part 1 Course**
- **NCCP Competition Coach – Competition-Introduction Part 2 Course**
- Accreditation as a NCCP Wrestling Learning Facilitator
- Completion of wrestling NCCP level 1 and/or level 2 certification in the past
- Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and progressions), and where safety is addressed as outlined in the Ontario Physical Activity Safety Standards in Education.
- Past experience within the last 3 years as a coach in wrestling, having knowledge of the activity (e.g., appropriate skills and progressions) and current safety practices as outlined in the Ontario Physical Activity Safety Standards in Education.

How to access the NCCP Courses for Wrestling:

NCCP Competition Coach – Competition-Introduction Part 1 Course Register here: http://www.oawa.ca/coaches/workshops Cost: ~\$185 Contact: admin@oawa.ca	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.
OR	
NCCP Competition Coach – Competition-Introduction Part 2 Course Register here : http://www.oawa.ca/coaches/workshops Cost: ~\$235 Contact: admin@oawa.ca	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.

FUNDING OPPORTUNITIES

- Grants are available to pay a portion of NCCP courses through the Coach Bursary program.
<https://www.coachesontario.ca/programs-resources/funding-for-coaches/> or email cep@coachesontario.ca

Useful Links:

Need more information? Email guidelines@coachesontario.ca to help navigate the NCCP coaching qualifications, as well as find additional ways to achieve the coaching qualifications (e.g.- direct to evaluation option, etc.).

- Ontario Wrestling <http://www.oawa.ca/coaches/workshops>
- Wrestling Canada <https://wrestling.ca/programs/coach-training/>
- Course Information <http://www.coach.ca/wrestling-p154439>
- Coaches Association of Ontario <https://www.coachesontario.ca/>
- OFSAA <http://www.ofsaa.on.ca/>
- Coaching Association of Canada <http://coach.ca/>
- Ontario Physical Activity Safety Standards in Education <http://safety.ophea.net>

