USA Wrestling Coach Certification Courses
As of 8/26/2019

Coaches must be current Wrestling Leader (coach) members of USA Wrestling to take courses or to have task credits awarded. Purchase or track tasks online at www.USAWmembership.com - Click “Manage” and “Coach Certifications.” Click “My Courses” to find courses you’ve paid for (Copper/Bronze).

All courses delivered online are available immediately from your online profile:

Copper - $50 (4 hours online or in-person)
Designed to coach athletes ages 12 and Younger
4 hours, Online Format
Requirements: Wrestling Leader Membership with USA Wrestling
Check with State Offices or Tournament Directors to determine what level you need.

Bronze - $80 (6 hours online or in-person)
Designed to coach athletes ages 13 and Older
6 hours, Online Format
Requirements: Wrestling Leader Membership with USA Wrestling
Check with State Offices or Tournament Directors to determine what level you need.

Silver - $ Varies
Designed to provide advanced training, networking, and philosophy development.

Tasks:
1. 3D Online Coaching Course, $125, save 10% USAW2015 discount code
2. Attend a USWOA Officials Education Program (OEP) Course. (Not valid at Fargo’s OEP.)
3. Attend a Silver Coaches College (@ apx $350 plus travel, etc)
4. Silver Technical Certification (Practice plan and video)
5. CPR/AED
Requirements: Wrestling Leader Membership plus Copper & Bronze Certifications.

Gold - $ Varies, designed for coaches to “give back” to others through designated tasks.

Tasks:
1. Coach Apprentice Program (International Trip - @ or below apx $4,000)
2. Book Report on Ego is the Enemy
3. Teach at a Silver College (we recommend this as your last Gold task)
4. Publish an article for USA Wrestler Magazine and TheMat.com
5. Mentorship Task
6. Community Service Task
7. One Misc Task using 4D Learning (this task is changing for 2020 FY)
8. Periodization Task
9. Host a USA Wrestling Tournament or Coaching Clinic (not a Silver College)
10. Volunteer at USA Wrestling Developmental Camp
11. CPR/AED
Requirements: Wrestling Leader Membership plus Copper, Bronze, & Silver Certifications

All certifications are valid for life with active membership.
What is the difference between “Membership” and “Certifications?”

Annual coach membership (Wrestling Leader membership) with USA Wrestling requires the following:

1. SafeSport Certification - 90 minute course, free, accessed from your online profile
2. Successful background check through your online membership profile (no outside background checks can be accepted)
3. Purchase your annual Wrestling Leader membership

Certifications (Copper, Bronze, Silver, or Gold) are attached to your USA Wrestling ID number. When you renew your membership profile, your certifications automatically renew as well.

If you create a new profile in our membership system, your certifications won’t automatically follow you. Certifications stay with your USA Wrestling ID number.

Two Types of Membership Cards:

1. Print your membership card from your online profile:

   ![Membership Card Example]

   Upload your photo through your online profile.

2. Hard plastic membership card ($10) from USA Wrestling

   ![Hard Plastic Membership Card Example]

   Photos uploads are not yet available on hard plastic cards.

   All certifications are valid for life with active membership.